

NEWS AND ANNOUNCEMENTS

July 2020



PATRIOTIC PUNCH **Wednesday, July 1st** **2:00 PM**

Beginning at 2:00 PM, we will be delivering cranberry punch to the Oaks and Maples apartments. Multiple staff members will be available to deliver this patriotic inspired drink. If you would like us to deliver to you, make sure your door is open so we don't miss you.

For townhome residents, a table will be set outside the main entry area. Make sure to mark your calendars and come to our punch stand between 2:00 PM and 3:30 PM.

The punch will be offered plain or with a swig of vodka. Whether you open your apartment door or walk over from your townhome to enjoy our refreshing punch, there is no need to sign up!

FRIENDSHIP COMMITTEE

The Green Hills Friendship Committee continues to seek the help of all residents in informing committee members of any individual's illness, hospitalization, or death of an immediate family member. Please contact co-chairs Anne Durland (5398) or Carole Magilton (5113).

BEST OF STORY COUNTY

Reminder to vote for Green Hills for Best of Story County! The deadline for online voting is July 5th. Green Hills was nominated for Best Senior Living Community, Best Assisted Living, Best In Home Care Company and Innovative Workplace. Please tell your friends and family to vote for us too.



WEEKLY CALENDAR

At this time, we will continue to provide a weekly calendar of activities. We are planning on a week by week basis in the hopes of adding more in person activities as restrictions hopefully ease. If you have recommendations or topics for online videos, we are open for suggestions. Contact Stacie at stacies@greenhillsrc.com or x5006.

HAPPY BIRTHDAY!

Janet Stephenson—7/1

Toni Whitman—7/2

Jim Oleson—7/3

Nancy Hall—7/5

Joan Mathews—7/5

Roger Beckett—7/7

Don Dyer—7/8

Bob Humphrey—7/9

Ken Kruempel—7/11

Nancy Martin—7/11

Herb Harmison—7/15

Barbara Derby—7/18

Dick Henry—7/19

Donna Shenefelt—7/19

John Dobson—7/20

Elaine Johnson—7/20

Jim Sperfslage—7/22

Allen Trenkle—7/23

Bob Angelici—7/29

Health Care Center

Tom Colvin —7/17

Virginia Richards —7/18

Meg Tait —7/24

Elaine Meany—7/28

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WEEKLY ACTIVITY DESCRIPTIONS

SUNDAY, JUNE 28 — SATURDAY, JULY 4

The times listed below are just a general notice of when the videos should be in your email inbox. Some will arrive earlier than the time indicated. Once you receive the email, you can watch the video at any time and on any day.

Sunday, June 28

9:00 AM Best Loved Hymns: Sing along if you know the words to these hymns.

2:00 PM Victor Borge: This comedy and piano show is from 1990. There seems to be much more comedy than piano playing.

4:00 PM World's Funniest Engineering Fails This quick video shows major mistakes in engineering which made Brett laugh out loud.

Monday, June 29

10:00 AM Exercises with Brett: A strength video will be sent to your email.

2:30 PM Where's Brian? Brian is experiencing different jobs the Ames community has to offer. This talk is about the CyRide system.

4:00 PM Activity Packet Delivery: This will be delivered with your mail on Monday.

Tuesday, June 30

9:00 AM Yoga Video by Brett: An email with the video link will be sent to you.

10:00 AM Trivia Tuesday: Brain teasers involving numbers will be sent via email.

3:00 PM The Newfangled Four Barbershop Show: The Newfangled Four was the featured quartet in part 2 of the 2018 Annual Show hosted by the Palmetto Statesmen Chorus in upstate South Carolina.

Wednesday, July 1

10:00 AM Exercises with Brett: This strength class video will be sent via email.

10:30 AM Virtual Tour of Son-Doong Cave: This is the worlds largest cave. Click on the arrow to navigate through the cave and see the variety of features it possesses. You can also click the map on the right hand side of the screen.

2:00 PM Patriotic Punch: Time for a refreshing drink of punch or punch with a kick (vodka added). More details listed in the newsletter.

Thursday, July 2

9:00 AM Pilates Video by Brett: Brett will lead this exercise video.

10:00 AM Zoom Social Join other residents for this online social.

3:00 PM Ted Talks Presentation—The Danger of a Single Story: Chimamanda Adichie talks about how impressionable you are based on your stories, especially as children.

6:00 PM Ames Municipal Band Concert: Are you missing the weekly concerts at Bandshell Park? This music program was from 2018.

Friday, July 3

10:00 AM Exercises with Brett: Do these exercise moves at home.

11:00 AM Friendship Puns These puns with a friendship theme will be sent through email.

3:00 PM Ames Rescue Truck Tour: This video was made to teach kids about the Rescue Trucks and the tools onboard, but Brett found it to be very interesting for adults too.

Saturday, July 4

Independence Day

9:00 AM Meditation Video: Take a moment and let this guided meditation relieve your anxiety. Video lasts 10 minutes.

2:00 PM Alaska's Call of the Wild: It's twice the size of Texas, features 16 of the 20 tallest mountains in the nation and is home to the biggest earthquake of the 20th century. Everything about Alaska is larger, tougher, and more extreme than any other state.

4:00 PM Disney's Celebration of Fireworks: This 15 minute video showcases Disney's celebration of the 4th of July with Fireworks at The Magic Kingdom.

