

DISCOVER, EXPLORE AND MORE

April 2022
Events and Programs

APRIL NEIGHBORHOOD MEETINGS

Please join Kat in the Community Room for neighborhood meetings. A flyer is included with the newsletter with the dates and times of the meetings. The meetings are open to all residents. Attend the meeting that is most convenient for you. Contact Jesse, at jesses@greenhillsrc.com, with meeting topic ideas.

HAPPY BIRTHDAY!

Independent Living
 Molly Ethridge—4/2
 Bobbie Nordyke—4/2
 Norma Clayton—4/8
 Marilyn Keller—4/8
 Trudy Yoder—4/11
 Roy Teas—4/17
 Pat Thompson—4/17
 Chuck Jons—4/18
 Joyce Mercier—4/18
 Anne Clubine—4/19
 LaRue Clark—4/20
 Lloyd Crim—4/27

The Lindens
 Marion Weiss—4/6
 Colleen Nutty—4/27

Health Care Center
 Margo McNabb—4/2
 Barb Rusk—4/11

Cedar Court
 Jim Cooper—4/1
 Carol Catus—4/29

SALON
in the hills

SALON IN THE HILLS OPEN HOUSE
Friday, April 15
11:30 AM—1:00 PM
Salon & Community Room

Green Hills residents and staff are welcome to attend this Open House for the Green Hills salon. A ribbon cutting will be held at noon in the Community Room with the Ames Chamber present. Come tour the salon, meet the beauty team, enjoy refreshments, and win prizes!

COMMITTEE FAIR
Thursday, April 14 from 2:30—4:00 PM
Community Room

All residents are encouraged to attend this Committee Fair to learn about the various opportunities to get involved at Green Hills. Representatives from each committee will be available to explain what their committee does. Refreshments will be provided.

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UPCOMING ELECTIONS
Board of Directors and Advisory Council
Important Dates to Remember:

Nomination forms due by Wednesday, April 6, 2022
 Meet n Greet on Monday, May 2, 2022
 Ballots due by Wednesday, May 18, 2022
 Annual Meeting on Friday, May 20, 2022

More detailed information to come.

Follow us:



DINING SERVICES

GH GRILL

Mondays, Wednesdays, & Fridays

11:30 AM — 6:30 PM

Sunday

11:30 AM — 1:30 PM

GH SIGNATURE BRUNCH

Tuesdays & Thursdays

8:00—2:00 PM

EASTER BRUNCH BUFFET

Sunday, April 17

10:00 AM — 2:00 PM

LE BISTRO & LOUNGE HOURS

Monday through Friday 8:30 AM — 2:00 PM

Saturday 10:00 AM — 2:00 PM

*Residents can reserve time outside of Bistro hours for a specific event. Dining Services can cater for any event.

Meals can be ordered anytime from the Linden's dining room for pickup, just call x5064.



Good friends make great neighbors!

April Open Houses:
4/6: Timberland 2318
4/20: The Oaks 810

You are our number one referral source!

GROCERY SHOPPING TRIPS

1:30 PM

HyVee: Mondays, April 4, 11, 18, 25

Fareway: Thursdays, April 7, 14, 21, 28

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, April 7, 14, 21, 28

9:30 AM

Wellness Clinic

Ames Hearing Aid Clinic

Tuesday, April 12

9:30 AM

Wellness Clinic: Call Kaylee for an appointment.

FIRST NATIONAL BANK

Tuesdays & Thursdays

9:00 AM — 11:00 AM

The First National Bank office is located in the hallway leading to the Community Room.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Herb Harmison, Milt Allison, Ed Dixon, Ken Hook and David Gradwohl.



TRANSPORTATION BY REQUEST

For townhome, Oaks and Maples residents, a Green Hills van is available each Monday through Friday, during non-bus events for rides to non-medical locations within the Ames city limits. Service hours will be 9:00 AM to 3:00 PM. \$6.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

APRIL DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

6th—TBA

13th—Collegiate Presbyterian Church
Larry Mitchell

20th—Christ Community
Pastor Kip Hamby

27th—First United Methodist

*A special thank you
to our pastors and pianists
who volunteer weekly to provide this
special service.*

GREEN HILLS ON-SITE SPECIAL EVENTS

GREEN OAKS

Saturday, April 2 at 3:00 PM
Community Room

Don't miss the music of Reggie Greenlaw and Curt Snook. This high energy duo isn't confined to just one genre. They play folk, Americana, alt-country, traditional, bluegrass and some original music. They are multi-talented and play the mandolin, hammered dulcimer, and violin.

4 FEATHERS

Friday, April 8 at 10:00 AM
Community Room

David Krumm, Phil Meraz and Kris Parsons will speak about the history, culture and life today on the Pine Ridge Indian Reservation. They will also tell us what is needed to become self-sufficient and how we can help.

This program is in conjunction with our Donation Day event. The items we gather from our Donation Day benefit the Pine Ridge Indian Reservation.

CLAY CATUS DESIGN—JEWELRY MAKING

Monday, April 11 at 3:00 PM
Community Room

Sabrina Konchan will demonstrate how she makes clay jewelry. Sabrina typically makes earrings, but also has designed coffee mugs and planters. Attend this program to learn her method of making this unique jewelry and also have a hands-on experience and make your own earrings. No experience necessary. We will provide all the supplies.



CONTINUING EDUCATION:

EXPLORING HOW IOWA'S EDUCATION SYSTEM COULD CHANGE—THE COMMUNITY ACADEMY MICROSCHOOL

Wednesday, April 13 at 10:00 AM
Community Room



The Community Academy (a 501(c)(3) non-profit) was founded in 2017 with the goal of helping Iowa's educational system change, so that ALL kids have positive, life-changing experiences K-12. After four years of offering summer programming, our board voted to open a Microschool in the Fall of 2022. Mike Todd, Sarah Mansell, and Mel May will be on hand to discuss many of the unique educational changes they are implementing in order to ensure ALL youth have a safe place to learn, make mistakes, form deep relationships, and connect with their community.

LIVING WITH ALZHEIMER'S FOR CAREGIVERS: LATE STAGE

Friday, April 15 at 10:00 AM
Green Hills Theatre

In this program of a three-part series, you'll hear from caregivers and professionals about the late stage of Alzheimer's disease, along with resources, monitoring care, and ways to engage in meaningful connections.

DONATION DAY

Friday, April 22
9:00 AM—12:00 PM

It is that time of year again, where we go through our closets and clean out our storage areas to donate items for a good cause. Bring donations to the main Green Hills entrance between 9:00 AM and noon. Donations should be already boxed or bagged and ready to be transported. Some useful items to be donated to Pine Ridge are: towels, washcloths, plates, bowls, silverware, blankets, gardening tools, personal hygiene items, canning or craft items, spring and summer clothing, reusable bags, and can openers.

INTERNATIONAL FRIENDSHIP FAIR

Friday, April 29
2:00— 4:00 PM
Community Room

This is a great intergenerational activity. Students from Iowa State will present on 6 to 8 countries. Countries have not been determined yet, but will be advertised as soon as possible. Students may also have engagement activities such as music, dances or trivia from the country. The students would love to answer questions regarding the countries after the presentation. Refreshments will be provided.

COMMUNITY WIDE EVENTS AT GREEN HILLS

APRIL 2 (SAT) 4:00 PM	HAPPY HOUR ZOOM SOCIAL The first Saturday of each month we will have a zoom social. A zoom link will be sent out by email to all residents the day before.
APRIL 3 & 24 (SAT) 3:00 PM	SUNDAY PIANO BAR Motoko is providing music and everyone is welcome to request songs to listen to, sing along or even dance. Bring your own food and drink to this informal gathering. (Community Room)
APRIL 4 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
APRIL 4 (MON) 2:30 PM	THE BENEFITS OF AQUA AEROBICS Come learn about the great benefits of working out in the water versus on land. Learn about the equipment that Green Hills has to offer in the pool. (Community Room)
APRIL 6 (WED) 10:00 AM	ALZHEIMER'S: THE SCIENCE OF PREVENTION Episode 7 will discuss the gut-brain connection. You will find out how microbes influence your brain. Episode 8 discusses stress and how to regain balance in your life. (Theatre)
APRIL 6, 13, 20, 27 (WED) 1:00 PM	BISTRO STITCHERS & MAT MAKERS This group meets in the Pine Meeting Room to work on individual craft projects or hand work.
APRIL 6, 13, 20, 27 (WED) 3:00 PM	MEDITATION EXPLORATION All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.
APRIL 7 (THURS) 3:00 PM	SING-ALONG WITH US Spring is here! Join us in song with your friends and neighbors in the Community Room.
APRIL 9, 16, 23, 30 (SAT) 4:00 PM	HAPPY HOUR SOCIALS These in-person informal gatherings will happen every Saturday <u>except</u> the first Saturday in the month. Meet in Le Bistro and bring your own drink and snack, if desired.
APRIL 13 (WED) 10:00 AM	EXPLORING HOW IOWA'S EDUCATION SYSTEM COULD CHANGE: THE COMMUNITY ACADEMY MICROSCHOOL This is the topic for this month's continuing education program. More details on page 3. (Community Room)
APRIL 20 (WED) 3:00 PM	ARTIST RECEPTION: HONORING THE ART OF INDIGENOUS PEOPLE OF THE WORLD This informal reception will give you the opportunity to talk with residents who have their Indigenous art on display in the Green Hills Gallery. Located in the Art Gallery Hallway; refreshments provided.
APRIL 21 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided. (Main Dining Room)
APRIL 22 (FRI) 4:30 PM	CLUB 2200 Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Meal basket served at 5:30 PM; sign up with the kitchen at x5040. (Community Room)
APRIL 25 (MON) 2:30 PM	TRIVIA TIME Meet in Le Bistro for a fun game of trivia. We will have a variety of categories. Everyone has a chance to win a prize!
APRIL 27 (WED) 10:00 AM	ALZHEIMER'S: THE SCIENCE OF PREVENTION Episode 9 talks about how movement and exercise impacts your brain health. In Episode 10, will discuss how the brain reacts to sleep. (Theatre)

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

<p>APR 5 (TUES) APR 19 (TUES) 9:30 AM</p>	<p>SENSORY GARDEN CLUB This club typically meets twice a month in the Sensory Garden. Volunteers are needed to provide planting input, plant the flowers, deadhead spent flowers, and water throughout the year. All abilities are welcome. Meet in the Sensory Garden on April 5th to do a little cleaning and assess the Sensory Garden area. If the weather doesn't cooperate we will meet in the Health Care Activity Room.</p>
<p>APR 13 (WED) & APR 27 (WED) 1:00 PM</p>	<p>BRIDGE CLUB Come play bridge with us the second and fourth Wednesday of each month in the Main Dining Room. Open to any resident. If you have questions please contact Jan Clark (x5217), Shala Ludley (x5250) or Paula Toms (x5141). (Main Dining Room)</p>
<p>APR 13 (WED) 2:00 PM</p>	<p>BOOK CLUB This month we will discuss the book <i>Eleanor Oliphant is Completely Fine</i> by Gail Honeyman. Ann Hein will be the discussion leader. (Pine Meeting Room)</p>
<p>APR 21 (THURS) 2:00 PM</p>	<p>WINDOWS COMPUTER CLUB The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Pine Meeting Room)</p>
<p>APR 27 (WED) 1:30 PM</p>	<p>TECHNOLOGY CLUB Share your knowledge or get answers to your questions. All residents are encouraged to come. (Pine Meeting Room)</p>



SB / GH CHORUS PRACTICES
 Tuesdays, April 5, 12, 19, 26
 9:30 AM—10:30 AM
 Community Room



All residents who enjoy singing are encouraged to come to chorus practices on **Tuesdays in the Community Room from 9:30 AM – 10:30 AM**. This chorus is a combination of Songbird members and Green Hills residents. The Chorus will be practicing a song to sing at the Senior Variety Show in August. They are also singing a variety of songs just for fun, so come join us! If you have questions or want more information, please contact Alice Thompson at 515-296-5024.

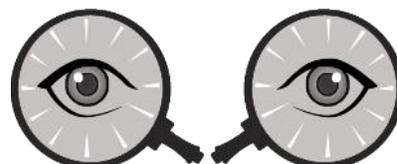
CAREGIVERS SUPPORT GROUP
Wednesday, April 6 at 2:00 PM
Pine Meeting Room

Are you a caregiver? Helping someone you love with everyday tasks? Or does a loved one suffer from Alzheimer's or Dementia? This support group is here to help you deal with caregiver stress. This group will be led by Laurie Yocum with Heartland Senior Services.

**LOW VISION
 SUPPORT GROUP**
Wednesday, April 20
2:00 PM

Prairie Rose Dining Room

Do you have low vision issues? Attend this group to talk about issues, learn helpful hints, and to discuss products that may be able to help.



WELLNESS FAIR
Thursday, April 14
9:00 AM—11:00 AM and 1:00 PM—3:00 PM
Aerobics Room

Come to the Aerobics Room to participate in our Annual Wellness Fair. This fair is open to everyone and there is no sign up needed. The screenings themselves will take approximately 30 minutes. Come anytime during the advertised time periods. This is NOT a physical examination and NOT meant to replace your annual physical. The screenings will include: Berg Balance Screen, Cognitive Assessment, and a Functional Assessment.

THE LINDEN LETTER

CRAFTY CORNER

Tuesday, April 5th at 3:00 PM



We will cut and assemble canal houses and windmill designs to create a center piece for our tables!

GARDENING

Wednesday, April 6th at 3:00 PM

It's time to get those seeds started for the garden! We will sow a variety of seeds including both flowers and vegetables.

PESKY PETAL GAME

Sunday, April 10th at 3:00 PM

In this game, you will want to complete your flower before the other players do. A complete flower consists of 5 petals. Watch out for a pesky caterpillar!



DINING OUT—CORNBRED BARBECUE

Monday, April 18th at 5:00 PM

This restaurant is newer to Ames and offers delicious barbecue. Starting out by smoking meats at contests on small backyard smokers, The barbecue team at Cornbred has won over 250 awards. Be sure to sign up by the Assisted Living Coordinator's office to attend! We will take a Green Hills vehicle. You will be able to order off the menu and the cost will be billed to your resident account.

PATIO PARTY

Tuesday April 12th at 3:00 PM

It's that time of year again! Warmer spring weather means that we can get out on our patio more often! As long as the weather cooperates, we will have a social on the patio while getting our dose of Vitamin D.

EASTER EGG HUNT



Saturday, April 16th at 11:00 AM

On this day, there will be eggs placed around The Lindens....keep an eye out and snatch an Easter egg if you find one!

WINE TASTING WITH KIERSTEN

Saturday, April 16th at 3:00 PM

Resident Aide, Kiersten, is currently in the Wine & Spirits class at ISU. This is an opportunity for you to hear how her class is going and to do some wine tasting!

MOVIE MONDAYS

First Floor Living Room at 3:00 PM

April 4th—DUNKIRK

Driven to the beaches of France with their backs to the sea, Britain's soldiers are running out of time. (2017, PG-13, Military, 1 hour 46 minutes)

April 11th—THE STARLING

Lilly and Jack were happy. But a year after a tragedy, they're lost. Until a pesky bird and an unconventional veterinarian nudge them toward a new path. (2021, PG-13, Comedy/Drama, 1 hour 44 minutes)

April 18th—EASTER PARADE

Judy Garland and Fred Astaire sing 17 Irving Berlin tunes in this romantic classic, where a hooper teams up with an inexperienced chorus girl in order to show up his former dance partner. (1948, NR, Classic Musical, 1 hour 43 minutes)

April 25th—LA LA LAND

While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray. (2016, PG-13, Drama/Musical, 2 hours 8 minutes)

HEALTH CARE HAPPENINGS

Residents from Independent Living are welcome to come to these activities.
Please wear a mask while in the Health Care Center.

WELCOME

We extend our warmest welcome to Florence Bunker, Terry Rasmusson, and Jeannine Moore.

RESIDENT COUNCIL

Friday, April 1 at 2:30 PM

Activity Room

All are welcome to attend this monthly meeting to learn about updates happening at Green Hills. There is usually a special guest speaker who tells about the role they play at Green Hills and answers questions about their department. Suggestions are always welcome and discussion is encouraged.

EASTER BUNNY VISITS

Wednesday, April 13th

Afternoon Room Visits

Spring is here...watch out on this day for the Easter bunny! Our visiting friend with the fluffy tail will be making room visits and taking pictures with residents.



REIMAN GARDENS PRESENTATION

Friday, April 22nd at 3:00 PM

Activity Room

This year-round attraction features distinct gardens both indoors and outdoors on a 17-acre campus, a Conservatory with season displays, a 2500-square foot Butterfly Wing and a Gift Shop. Ellen Sattler, horticulturist, will talk about Reiman Gardens and it's theme for this year.

EXERCISE CLASSES

We are excited to announce that we will be diversifying our exercise programs. This April you will see new exercise opportunities with our Life Enrichment staff including but not limited to Flyswatter Volleyball, Salsa Chair Dancing, and Hungry Hippos Ball Grab. We hope you enjoy them as much as we do!



TRAVELOGUE & THE DUTCH TABLE

Tuesday, April 26th

Visit Amsterdam and the Netherland this afternoon during our armchair travel presentation at 3:00 pm in the Activity Room. Learn about the culture and history, then discover some of Holland's favorite foods this evening at dinner. Tonight's menu includes Sopi di Pampuna Soup (a Creamy Pumpkin soup), Grilled Cheese Sandwich and Vanille Vla, a pudding-type dessert cream very popular in Belgium and the Netherlands, which consists of eggs, milk, sugar and vanilla. Nicknamed "Dutch Custard", its texture is thicker than that of custard but less than pastry cream.

NOTICE TO FAMILIES

It's that time of year again, time to clean out our closets, put away winter clothing and bring out the spring and summer things. We are asking families to please go through your loved ones clothing and take home winter items. This is a good time to make sure each item of clothing is clearly marked with their names. Let Environmental or Nursing staff know if you want Green Hills to label your clothes.

ISU & COMMUNITY / OFF-SITE EVENTS

The bus has been scheduled for the following events. Please sign up early to reserve your seat on the bus! Tickets should be purchased on your own.

Sunday, April 3	6:45 PM	Ames Piano Quartet	Martha– Ellen Tye Recital Hall
Tuesday, April 5	11:15 AM	Lunch to The Vault	Gilbert
Friday, April 8	6:45 PM	ACTORS: Doublewide, Texas	ACTORS Theater
Monday, April 11	4:45 PM	Dining Out with Kat: Sweet Caroline's	Ames
Tuesday, April 19	8:30 AM	Day Trip to Pella	Pella
Thursday, April 21	6:45 PM	ISU Chamber Orchestra	Martha– Ellen Tye Recital Hall
Friday, April 22	6:45 PM	Ames Town & Gown: Calmus	First United Methodist Church
Friday, April 27	6:25 PM	A Ride on the Dinkey	Ames Public Library



Sign up by Monday, April 11 for the Pella Trip.



LUNCH BUNCH: THE VAULT **Tuesday, April 5th at 11:30 AM**

Join us in Gilbert at The Vault restaurant, owned by Chef Andrew and wife, Amanda. We had a superb meal when we were there in 2018. Our meal today will include The Vault's signatures dishes: a half chicken salad sandwich, with a cup of "Grandma's" creamy potato soup and passion fruit chiffon pie for dessert. Iced tea, coffee, soda or water will be the drink options. The price for the meal is \$13.00 and will be billed to your GH account. Please note: The Vault entrance has three outside steps. Lunch outing must have 14 signed up but the outing is limited to 20 spots.

DINING OUT WITH KAT: **SWEET CAROLINE'S** **Monday, April 11 at 4:45 PM**

Dining Out with Kat has returned! Come out to eat with the Executive Director at restaurants around the area. Sweet Caroline's Kitchen & Cocktails is relatively new to Main Street Ames. It serves southern comfort food and fine cocktails. The name Sweet Caroline's is a nod to Iowa State's celebration song, Neil Diamond's 1969 hit. Sign up in the bus book for this event. Order off the menu and pay individually.



CHOCOLATERIE STAM **Tuesday, April 26 at 2:00 PM**

This local chocolate store is an Ames favorite. They offer pure Belgian chocolate, fresh bonbons, real Italian gelato, a full coffee bar, and wine and coffee to go! Buy your own treats and pay individually.

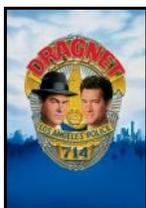
NOW SHOWING AT GREEN HILLS

FEATURED WEEKLY MOVIES

Dragnet

Friday, April 1 at 6:30 PM

Los Angeles detective Joe Friday (Dan Aykroyd) -- a straight-laced cop who can recite the penal code in his sleep - and his new hipster partner, Pep Streebek (Tom Hanks), put their heads together to solve a series of nefarious, religious-cult crimes. While on the trail of a charlatan televangelist, the mismatched duo tussles with a 30-foot anaconda and saves a would-be sacrificial virgin in this parody of the 1950s TV show. (1987, Comedy/Crime, 1 hour 46 minutes, PG-13)



The King's Man

Monday, April 18 at 6:30 PM
Thursday, April 21 at 2:00 PM



A group of history's worst tyrants and criminal masterminds, including Rasputin, has gathered to plot a mercenary war that will wipe out millions of innocent people across the world. Enter Kingsman, the world's very first independent intelligence agency. Sworn to operate at the highest levels of ethics and discretion, the lethal, impeccably trained spies use an elite haberdashery business as a front for the organization. Dedicated to stopping the imminent carnage, Kingsman founding member, the Duke of Oxford, recruits a protégé, Conrad, to join the organization and help set history on a more positive course. (2021, Action & Adventure, 2 hours 11 minutes, Rated R for bloody violence, language, and some sexual material)

The War with Grandpa

Monday, April 4 at 6:30 PM
Tuesday, April 5 at 2:00 PM

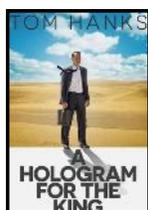
Sixth-grader Peter is pretty much your average kid. But when his recently widowed grandfather, Ed, moves in with Peter's family, the boy is forced to give up his most prized possession of all, his bedroom. Unwilling to let such an injustice stand, Peter devises a series of increasingly elaborate pranks to drive out the interloper, but Grandpa Ed won't go without a fight. Soon, the friendly combatants are engaged in an all-out war with side-splitting consequences. (2020, Family Comedy, 1 hour 34 minutes, PG)



A Hologram For The King

Monday, April 11 at 6:30 PM
Tuesday, April 12 at 2:00 PM

Teetering on the edge of bankruptcy, U.S. businessman Alan Clay tries to reverse his fortunes by landing a lucrative contract in Saudi Arabia. As Alan attempts to navigate his way through an unfamiliar culture, he unexpectedly finds romance. (2016, Romantic Drama, 1 hour 37 minutes, Rated R for some sexuality, nudity, strong language, and brief drug use)



Marry Me

Monday, April 25 at 6:30 PM
Thursday, April 28 at 2:00 PM

With their hit "Marry Me" shooting up the charts, pop stars Kat and Bastian are about to wed in front of an arena full of fans -- until Kat learns that Bastian has been untrue. Locking eyes with a stranger in the crowd, Kat opts to marry him instead. (2022, Romantic Comedy, 1 hour 52 minutes, PG-13)



Neighborhood Meetings



Please join Kat in the **Community Room** for neighborhood meetings.

Below is a list of dates and times for the meetings. The meetings will be open to all residents so please attend the meeting that is most convenient for you.

Tuesday, April 12

2:30–3:30 PM

Wednesday, April 13

2:30–3:30 PM

Monday, April 18

3:00–4:00 PM

Tuesday, April 19

1:00–2:00 PM

Tuesday, April 26

2:30–3:30 PM

Please contact Jesse at jesses@greenhillsrc.com with meeting topic ideas.

Green Hills Community April Calendar 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3:00 Sunday Piano Bar (CR) 6:45 Bus - Ames Piano Quartet</p>	<p>9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 2:30 The Benefits of Aqua Aerobics (CR) 6:30 Movie - The War with Grandpa</p>	<p>9:30 SB / GH Chorus Practice (CR) 11:15 Bus - Lunch Bunch to The Vault 2:00 Movie - The War with Grandpa</p>	<p>10:00 Alzheimer's: The Science of Prevention (Theatre) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 2:00 Caregivers Support Group (PR) 3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 3:00 Sing-along with Us (CR)</p>	<p>6:30 Movie: Dagnet</p>	<p>3:00 Green Oaks (CR) 4:00 Happy Hour Zoom Social</p>
<p>3:00 Sunday Piano Bar (CR) 6:45 Bus - Ames Piano Quartet</p>	<p>9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 2:30 The Benefits of Aqua Aerobics (CR) 6:30 Movie - The War with Grandpa</p>	<p>9:30 SB / GH Chorus Practice (CR) 11:15 Bus - Lunch Bunch to The Vault 2:00 Movie - The War with Grandpa</p>	<p>10:00 Alzheimer's: The Science of Prevention (Theatre) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 2:00 Caregivers Support Group (PR) 3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 3:00 Sing-along with Us (CR)</p>	<p>10:00 4 Feathers (CR) 6:45 Bus - ACTORS: Doublewide, Texas</p>	<p>4:00 Happy Hour Social (Le Bistro)</p>
<p>10 Easter Day 10:00 - 2:00 PM GH Annual Easter Brunch Buffet (RSVP)</p>	<p>1:30 Bus - Hy-Vee 3:00 Clay Cactus Design - Jewelry Making 4:45 Bus - Dining Out: Sweet Caroline's 6:30 Movie - A Hologram for the King</p>	<p>9:30 Hearing Aid Clinic (Wellness Clinic) 9:30 SB / GH Chorus Practice (CR) 2:00 Movie - A Hologram for the King</p>	<p>10:00 Exploring How Iowa's Education System Could Change: The Community Academy Microschool (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 3:00 Meditation Exploration (MR)</p>	<p>9:00 - 11:00 AM Wellness Fair (AR) 9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:00 - 3:00 PM Wellness Fair (AR) 1:30 Bus - Fareway 2:30 - 4:00 PM Committee Fair (CR)</p>	<p>10:00 Living with Alzheimer's for Caregivers: Late Stage (Theatre) 11:30 - 1:00 PM Salon in the Hills Open House (CR)</p>	<p>4:00 Happy Hour Social (Le Bistro)</p>
<p>17 Easter Day 10:00 - 2:00 PM GH Annual Easter Brunch Buffet (RSVP)</p>	<p>1:30 Bus - Hy-Vee 6:30 Movie - The King's Man</p>	<p>8:30 Bus - Daytrip to Pella 9:30 SB / GH Chorus Practice (CR)</p>	<p>10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 2:00 Low Vision Support Group 3:00 Artist Reception (Art Gallery) 3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic 10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway 2:00 Movie - The King's Man 6:45 Bus - ISU Chamber Orchestra</p>	<p>Earth Day 9:00 - Noon Donation Day 4:30 Club 2200 (CR) 5:30 Meal Basket (RSVP) 6:45 Bus - Ames Town & Gown: Calmus</p>	<p>4:00 Happy Hour Social (Le Bistro)</p>
<p>24 Sunday Piano Bar (CR)</p>	<p>1:30 Bus - Hy-Vee 2:30 Trivia Time (Le Bistro) 6:30 Movie - Marry Me</p>	<p>9:30 SB / GH Chorus Practice (CR) 2:00 Bus - Chocolaterie Stam</p>	<p>10:00 Alzheimer's: The Science of Prevention (HCC) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 3:00 Meditation Exploration (MR) 6:25 Bus - A Ride on the Dinkey</p>	<p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie - Marry Me</p>	<p>2:00 International Friendship Fair: ISU Culture Presentations (CR)</p>	<p>4:00 Happy Hour Social (Le Bistro)</p>
<p>3 Sunday Piano Bar (CR) 6:45 Bus - Ames Piano Quartet</p>	<p>9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 2:30 The Benefits of Aqua Aerobics (CR) 6:30 Movie - The War with Grandpa</p>	<p>9:30 SB / GH Chorus Practice (CR) 11:15 Bus - Lunch Bunch to The Vault 2:00 Movie - The War with Grandpa</p>	<p>10:00 Alzheimer's: The Science of Prevention (Theatre) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 2:00 Caregivers Support Group (PR) 3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 3:00 Sing-along with Us (CR)</p>	<p>10:00 4 Feathers (CR) 6:45 Bus - ACTORS: Doublewide, Texas</p>	<p>4:00 Happy Hour Social (Le Bistro)</p>

April 2022
Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 <p>Meetings are held in person.</p> <p>Pine Room- (PR) Arts & Crafts Room - (A&C) Sensory Garden - (SG)</p>			
		<p>3 11:00 Continuing Education Committee (PR)</p>	<p>4 9:30 Sensory Garden Club (SG)</p>	<p>5</p>	<p>6</p>	<p>7</p>
	<p>10 9:00 Advisory Council (PR)</p>	<p>11</p>	<p>12</p>	<p>13 1:00 Bridge Club (MDR) 2:00 Book Club (PR)</p>	<p>14 9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)</p>	<p>15 1:00 Capital Planning (PR)</p>
	<p>17 10:00 Dining Services Committee (PR) 11:00 GHCC Board Meeting (PR) 1:30 Continuous Quality Improvement (PR)</p>	<p>18</p>	<p>19 9:30 Sensory Garden Club (SG) 2:00 Woodshop Committee (A&C)</p>	<p>20 Finance Committee (PR)</p>	<p>21 2:00 Windows Computer Club (PR)</p>	<p>22</p>
	<p>24 10:00 Friendship Committee (PR)</p>	<p>25</p>	<p>26 9:30 Grounds Committee (PR)</p>	<p>27 1:00 Bridge Club (MDR) 3:00 Technology Club (PR)</p>	<p>28 8:30 Board Meeting (PR)</p>	<p>29 3:00 Investment Committee (PR)</p>
						<p>30</p>