

# Experience Green Hills



[greenhillsrc.com](http://greenhillsrc.com)

515.357.5000



# THE PROGRAM

Green Hills offers you the opportunity to be part of our Connections Program. We are making available a limited number of annual memberships for our neighbors. These memberships include the opportunity to participate in Green Hills' social and dining activities, membership in the Wellness Center, transportation to Ames and Iowa State cultural and sports events, and so much more.

## How does it work?

To qualify for the Connections membership, individuals must be 55 years of age or older. Memberships operate on a calendar year cycle. Additional services may be purchased at any time during your membership will be billed on a Green Hills monthly statement and are private pay unless noted otherwise.

To learn more and enroll call Green Hills Wellness Coordinator at 515-357-5000





## The Benefits

The Connections membership allows individuals to have access to the quality services and amenities we have here at Green Hills. From counseling with our registered dietitians to exercise class led by our full-time Wellness Coordinator, this program allows you to explore social, educational, and physical activities.



**Basic Membership:** \$600 per person or \$1000 for two people

- Use of the Green Hills Grill, Cafe, Le Bistro, and other dining services
- Ames and Iowa State University event transportation from Green Hills
- Annual fitness test
- Wellness Center membership
- Nutrition counseling
- Including use of warm- water pool, fitness center, and aerobics room
- Monthly newsletter by mail
- Participation in Green Hills activities, continuing education, social programs, and excursions
- Community room access for private meeting uses

## Optional Services: Requires basic membership

### **Home Health** - \$30.00 per hour

- Care Coordinator
- Activities of Daily Living Services
- Wellness Visit
- Personal Shopper Services
- Housekeeping Services

### **Wellness** - \$35.00 per hour

- Personal Trainer at Green Hills

### **Respite Care** - \$20.00 per hour

- In our comfortable Health Care Center

### **Therapy** - Medicare Part B

- Outpatient Physical, Occupational, and Speech Therapies.

### **Transportation** - \$750 per person/year

- Medical transportation from your Ames home to Ames clinics (up to 24 times a year)

# Wellness Classes

Wellness Classes offered  
at Green Hills include:

- Strength
- Better Balance
- Aqua Aerobics
- Yoga
- Aqua Walking Club
- Pool Time
- Pilates







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Green Hills is a 55+ Life Plan Community in Ames, Iowa, that offers residents true quality of care, comfort, and community. We offer a continuum of care with options for independent living, assisted living, skilled nursing, memory care, and home health.





Experience  
Green Hills  
for yourself.



**Call (515) 357-5000 to visit Green Hills today!**

**2205 GREEN HILLS DRIVE AMES, IA 50014 | [GREENHILLSRC.COM](http://GREENHILLSRC.COM)**

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