

# NEWS AND ANNOUNCEMENTS

**May 2021**  
Events and Programs

## CONTINUING EDUCATION PRESENTATION: WORKFORCE SOLUTIONS

**Wednesday, May 12 at 10:00 AM**  
**GH THEATRE**

Dan Culhane, President and CEO of the Ames Chamber of Commerce, and Brenda Dryer, Senior Vice President of the chamber will be speaking jointly on “Workforce Solutions”, a program developed to train unemployed with skills to be employable and to help employers have qualified workers. Attend in person in the GH Theatre. This presentation will not be on zoom or recorded.

## GROUNDS DAY

**Friday, May 14**

**9:00 AM—11:00 AM or 12:30 PM—2:30 PM**

This year the Grounds Committee and Yes2HealthyLife Committee have endorsed a Grounds Day. Selena and Brett will be helping run the Grounds Day, and are asking residents to help spread mulch throughout campus. This campus utilizes a lot of mulch.

**A Signup Genius link will be sent out to all residents.** If you do not get the email, you can contact Brett or the Reception Desk to help you sign up. There will be 2 different times slots: 9:00 am-11:00 am and 12:30 pm-2:30 pm. Please meet in the courtyard by the Lindens Parking Lot. You don't need to help for the full time period. All skill levels and mobility levels are welcome to help! All equipment will be provided. Please come help spread the mulch!

## VIRTUAL REMEMBRANCE SERVICE

The Memorial Committee decided it would be best to have a virtual remembrance service again this year, since guests are limited on Green Hills premises and in the common spaces. Hopefully next year we can all get together for this event. This year the service will be emailed out to all Green Hills residents on Monday, May 24th. **If you would like to view the service on the big screen come to the Green Hills Theatre on Monday, May 24 at 2:30 PM.** Only Green Hills resident owners are recognized in this remembrance service.

## HAPPY BIRTHDAY!

Anne Almquist—5/6  
Paul Rietz—5/6  
Milt Allison—5/10  
Mary Israel—5/12  
Jo Burgason—5/15  
Tom Wheelock—5/15  
Roger Bruene—5/18  
Dick McCoy—5/21  
Phyllis Seim—5/21  
Jean Lory—5/22  
David Michael—5/22  
Peggy Cutlip—5/23  
Ardeth Rietz—5/24  
Stephen Howell—5/30

### The Lindens

Jo Burgason—5/15

### Health Care Center

Tom Wheelock—5/5  
Mary Israel—5/12  
MJ Weltha — 5/22

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## EVENTS AT GREEN HILLS

<p><b>MAY 3 (MON)</b> <b>9:30 AM</b></p>	<p><b>WOMEN'S COFFEE</b> Women's Coffee is held the first Monday of the month in the Main Dining Room. All women are welcome to this informal social. Coffee will be provided.</p>
<p><b>MAY 3 (MON)</b> <b>10:00 AM</b></p>	<p><b>BOARD OF DIRECTOR NOMINEES MEET &amp; GREET</b> This meet and greet is an opportunity for residents to meet the FY 2022 Board of Director Nominees, who will introduce themselves and answer questions. Attend in the Community Room or watch via GHTV.</p>
<p><b>MAY 5, 12, 19, 26</b> <b>(WED) 1:00 PM</b></p>	<p><b>BISTRO STITCHERS</b> Currently held in the Pine Meeting Room, this informal gathering is for everyone who does any type of hand craft, including but not limited to: needlework, crocheting, and knitting. Bring your project to work on while you visit with other residents. The last Wednesday of May the group will gather in Le Bistro.</p>
<p><b>MAY 5 (WED)</b> <b>3:00 PM</b></p>	<p><b>MUSIC WITH CYNTHIA</b> Cynthia is always full of energy as she sings songs from previous Oscar-winning music. Held in the Community Room.</p>
<p><b>MAY 5, 12, 19, 26</b> <b>(WED) 3:00 PM</b></p>	<p><b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held Wednesdays in the Hickory Room. These sessions are led by Elizabeth Angelici.</p>
<p><b>MAY 6, 13, 27</b> <b>(THURS)</b> <b>10:00 AM</b></p>	<p><b>MEN'S COFFEE</b> Men's Coffee is held every Thursday, except the third, in the Main Dining Room. This informal social is a chance for the men at Green Hills to get together and talk. Coffee is provided and men sign up to bring cookies or a treat for everyone. Sign up in the front of the bus book if you are interested in bringing treats. If you do not bake, the Green Hills kitchen can also provide treats for you as a catering request. Contact the kitchen ahead of time with your order.</p>
<p><b>MAY 6 (THURS)</b> <b>3:00 PM</b></p>	<p><b>SING-ALONG WITH US</b> Come to the Community Room for this sing-along with your friends and neighbors. No need to sign up, just come enjoy the music.</p>
<p><b>MAY 11, 18</b> <b>(TUES) 10:00 AM</b></p>	<p><b>COFFEE CLATTER</b> Attend this informal social in the Main Dining Room. Sign up is not needed. All residents are welcome.</p>
<p><b>MAY 12 (WED)</b> <b>10:00 AM</b></p>	<p><b>CONTINUING EDUCATION PROGRAM: WORKFORCE SOLUTIONS</b> Join Dan Culhane and Brenda Dryer in the GH Theatre to learn how this program trains the unemployed with skills to be employable and to help employers have qualified workers.</p>
<p><b>MAY 17 (MON)</b> <b>11:00 AM</b></p>	<p><b>3RD QUARTER FINANCIAL REVIEW</b> All residents are invited to the Community Room for this presentation and this event will be live on GHTV.</p>
<p><b>MAY 20 (THURS)</b> <b>10:00 AM</b></p>	<p><b>KAFFEE KLATSCH</b> All residents are invited to this social event. This event is held in the Main Dining Room on the third Thursday of each month. New residents are welcomed and upcoming activities are discussed. Refreshments will be provided. No sign up needed.</p>

## EVENTS CONTINUED

<p><b>MAY 21 (FRI)</b> 10:00 AM</p>	<p><b>ANNUAL SHAREHOLDER MEETING</b> Each year, an Annual Shareholder Meeting is held to discuss the next fiscal year's budget, receive updates from Board Standing Committees, and to announce results of the Board of Directors and Advisory Council elections. Please join us this year for the Annual Shareholder Meeting on Friday, May 21 at 10:00 AM in the Community Room, or live on GHTV.</p>
<p><b>MAY 25 (TUES)</b> 10:00 AM</p>	<p><b>DECONDITIONED DUE TO THE PANDEMIC? THERAPY CAN HELP!</b> Due to all the changes during the pandemic, you may have noticed physical or cognitive deconditioning. Attend this presentation in the Community Room to hear about ways to physically and mentally condition your body. Stacy Weaver, Physical Therapist and Therapy Program Manager will lead this presentation.</p>
<p><b>MAY 28 (FRI)</b> 4:30 PM</p>	<p><b>CLUB 2200</b> Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be served. Residents run this event that is held the 4th Friday of every month. Payable at Club 2200 is \$1.00 for a soft drink, and \$3.00 for beer, wine or mixed drinks. A refill is available at no additional cost. There is a 2 drink limit per person. The Green Hills Kitchen offers a "Grill Out" (which is an offering of food that varies each month) at 5:30 PM. Residents need to sign up for the Grill Out through the kitchen (x5040) and the fee will be billed to the resident's account. This event is held in the Community Room. Please wear your name tag.</p>

**NOTE: Sign ups are no longer needed for socials, movies, music and educational presentations. The room capacity restrictions have been lifted for these events. You still need to sign up for exercise classes and bus events.**

## GREEN HILLS CLUBS

### CLUB MEETINGS:

<p><b>MAY 4 (TUES) &amp; MAY 18 (TUES)</b> 9:30 AM</p>	<p><b>SENSORY GARDEN CLUB</b> Meet in the Sensory Garden for a work day on May 4th and to help with planting on May 18th, weather permitting.</p>
<p><b>May 12 (WED)</b> 2:00 PM</p>	<p><b>BOOK CLUB</b> Book club will meet via Zoom. The book to be discussed is <i>America's Original Sin</i> authored by Jim Wallis. The Ames Public Library has one copy of this book.</p>
<p><b>MAY 20 (THURS)</b> 2:00 PM</p>	<p><b>WINDOWS COMPUTER CLUB</b> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Pine Meeting Room)</p>
<p><b>MAY 26 (WED)</b> 1:30 PM</p>	<p><b>TECHNOLOGY CLUB</b> Share your knowledge or get answers to your questions. All residents are encouraged to come. (Pine Meeting Room)</p>

**Club meetings are also listed on the May Committee and Club Calendar.**

## DINING SERVICES

### CHEF'S BREAKFAST

May 6, 13, 20, 27  
8:00—10:00 AM

### GREEN HILLS CAFÉ

Wednesday, May 26  
5:00 PM

### CLUB 2200 GRILL OUT

Friday, May 28  
5:30 PM

### LE BISTRO & LOUNGE HOURS

Monday through Friday 8:30 AM —2:00 PM  
Saturday — Closed  
Sunday 10:00 AM—1:00 PM

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

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## 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. **Masks are required to visit the bank.**

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## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinic

Thursdays, May 6, 13, 20, 27  
9:30 AM  
Wellness Clinic

### Ames Hearing Aid Clinic

Tuesday, May 11  
9:30 AM—11:00 AM

**Wellness Clinic:** Call Kaylee for an appointment.

## POP UP DONATION DAY

Saturday, May 1st  
9:00 AM—11:00 AM



Four Feathers is a group that gives items to a South Dakota Indian Reservation called Pine Ridge. We are having a donation day to benefit the Pine Ridge Indian Reservation.

If you would like to recycle your items for a good cause, bring donations to the main Green Hills entrance on Saturday, May 1st between 9:00 AM—11:00 AM. **Donations need to be already bagged or boxed up.** Ann Hein will be taking the donated items to the Four Feathers drop off location.

Useful donations include: practical clothing, office supplies such as pens, pencils, and notepads, craft supplies, and personal care items. (No pillows please.)

*Generosity*  
changes everything

A logo for 'Marketing Minute' featuring a house outline with the text 'Marketing Minute' inside.  
A logo for 'Green Hills' featuring a stylized 'H' in a circle and the text 'GREEN HILLS' next to it.

*Good friends make great neighbors!*

**Spring Parade of Homes!**  
May 11 - Parade of Townhomes  
May 20 - Parade of Apartments

*You are our number one referral source!*

**THANK YOU** to those who made plan and learned how to crochet the bags into a bed.



# NOW SHOWING AT GREEN HILLS

Masks are required in the Green Hills Theatre. No need to sign up!

## FEATURED WEEKLY MOVIES

### News of the World

Monday, May 3rd at 7:00 PM

Tuesday, May 4th at 2:00 PM

Thursday, May 6th at 2:00 PM

Five Years after the Civil War, Captain Jefferson Kyle Kidd (Tom Hanks) moves from town to town as a non-fiction storyteller, sharing the news from the far reaches of the globe. He crosses paths with a 10-year-old girl taken in by the Kiowa people and raised as one of their own. Kidd agrees to deliver the child where the law says she belongs.

(2020, PG-13, Drama, 2 hours)

### Wonder Woman 1984

Monday, May 10th at 7:00 PM

Tuesday, May 11th at 2:00 PM

Thursday, May 13th at 2:00 PM

Leaping forward in time to the Cold War era, Wonder Woman finds herself facing off against the Soviet Union and contending with a formidable new enemy known as the Cheetah, who possesses superhuman strength.

(2020, PG-13, Action, 2 hours 31 minutes)

### Mamma Mia!

Monday, May 17th at 7:00 PM

Tuesday, May 18th at 2:00 PM

Thursday, May 20th at 2:00 PM

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding. Buoyed by the tunes of ABBA, this movie is sure to entertain you. (2008, PG-13, Musical Comedy, 1 hour and 48 minutes)

### Invictus

Monday, May 24th at 7:00 PM

Tuesday, May 25th at 2:00 PM

Thursday, May 27th at 2:00 PM

This drama based on real-life events tells the story of what happened after the end of apartheid when newly elected President Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. (2009, PG-13, Drama, 2 hours

13 minutes)

## JAMES BOND MOVIES

### Dr. No

Friday, May 7th at 7:00 PM

Based on the 1958 novel by Ian Fleming, this movie features Sean Connery and is the first film in the James Bond series. Agent 007 battles mysterious Dr. No, a scientific genius bent on destroying the U.S. space program. As the countdown to disaster begins, Bond must go to Jamaica, where he encounters beautiful Honey Ryder, to confront a megalomaniacal villain in his massive island headquarters.

(1963, PG, Action, 2 hours)

### From Russia with Love

Friday, May 14th at 7:00 PM

007 battles a secret crime organization known as SPECTRE. Russia Rosa Klebb and Kronsteen are out to snatch a decoding device known as the Lektor, using the ravishing Tatiana to lure Bond into helping them. Bond willingly travels to meet Tatiana in Istanbul, where he must rely on his wits to escape his life in a series of deadly encounters with the enemy.

(1963, PG, Action/Romance, 2 hours)

### Goldfinger

Friday, May 21st at 7:00 PM

The powerful tycoon Auric Goldfinger has initiated Operation Grand Slam, a cataclysmic scheme to raid Fort Knox and obliterate the world economy. James Bond, armed with his specially equipped Aston Martin, must stop the plan by overcoming several outrageous adversaries.

(1964, PG, Action, 1 hour 50 minutes)

### Thunderball

Friday, May 28th at 7:00 PM

On his fourth mission, James Bond's goal is to recover 2 stolen warheads. They've been taken by the SPECTRE organization, and the world's held hostage as Bond heads to Nassau, Bahamas. Here, he meets Domino and is forced into a thrilling confrontation with SPECTRE agent Emil Largo on-board his boat, the Disco Volante.

(1965, PG, Action, 2 hours 10 minutes)

# TRANSPORTATION AND BUS TRIPS

## HOLUB GARDEN & GREENHOUSE

**Mondays, May 3, 10, 17**

**Bus Departs Apartments: 10:00 AM**

The bus will be going to Holub Garden & Greenhouse on Mondays, May 3, 10 and 17 at 10:00 AM so residents can purchase plants for their own personal pleasure. Sign up in the bus book. Masks are required.



## PARK WALK: BROOKSIDE PARK

**Friday, May 7**

**Bus Departs Apartments: 1:00 PM**

The bus will go to Brookside Park for residents to take a walk at their leisure or just sit in the park and enjoy the outdoors. You will have one hour at the park.

Brookside Park has many amenities including covered shelters, open green space, picnic tables, restrooms, a walking path, and beautiful scenery.

You will need to wear a mask on the Green Hills bus, but masks are optional while you walk outdoors. Sign up in the bus book.

## IOWA ARBORETUM TOUR

**Tuesday, May 18**

**Bus Departs Apartments: 1:30 PM**

Take a bus ride to the Iowa Arboretum located outside of Madrid, Iowa just 18 miles away. Our guide will step on the Green Hills bus so we can view the trees and plants from the comfort of our bus. After the bus tour, there will be time to get a closer view of the plants by walking around the grounds on the paved and gravel paths.

The purpose of the Iowa Arboretum is to be an inspiring educational and recreational resource demonstrating the value and use of trees, shrubs, and other plants in the Iowa landscape.

No charge for this event. Sign up in the bus book. Masks are required on the bus. Public bathrooms will be available if needed.



## SHOPPING TRIPS

**Bus Departs Apartments: 1:30 PM**

**HyVee:** Mondays, May 3, 10, 17, 24

**Fareway:** Thursdays, May 6, 13, 20, 27



Sign up in the Bus Book at the reception desk to take the Green Hills Bus to the grocery store.

## PICNIC LUNCH AT MCFARLAND PARK

**Wednesday, May 19**

**Bus Departs Apartments: 11:15 AM**

Let's hope for perfect weather for an outdoor picnic at McFarland Park. This park is located north of Ames and has a paved path and many dirt trails.

There are 4 picnic tables on an outdoor deck available for seating. There are more picnic tables in the grass around the pond and conservation center.

When you sign up in the bus book, indicate which sandwich you would like: turkey, ham or corned beef with lettuce, tomato and cheese. The meal will include a choice of sandwich with chips, fruit and cookie. Gluten free or vegetarian boxed lunches are available on request. The meal price of \$10.50 will be billed to your Green Hills account.

Sign up by Monday, May 17, so the kitchen can prepare. There will be time to enjoy the paths of McFarland Park. Walk at your leisure, sit and enjoy the fresh air, or look at the exhibits in the building.

There is not a shelter house in this location, so if the weather doesn't cooperate, this activity will be cancelled.

## 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.