

DISCOVER, EXPLORE AND MORE

November 2022

HAPPY BIRTHDAY TO YOU!!

- Maureen Wilt—11/1
- Richard Warwick—11/4
- Mary Feyerer—11/5
- Helen Crockett—11/7
- Janet Shoenhair—11/12
- Irene Switzer—11/12
- Bill Whitman—11/14
- Charles Sage—11/14
- Peter Pattee—11/15
- John Rundle—11/15
- Ann Meierkord—11/16
- Cathy Secrist—11/17
- Alan Atherly—11/19
- Larry Mitchell—11/23
- Bruce Munson—11/25
- Don Roehr—11/27
- John Essig—11/29
- Dallas Glenn—11/29
- Bud Nichol—11/29
- Carolyn Jons—11/30

Health Care Center
John Tait—11/25



VETERANS DAY EVENTS

Public Art Meets Education - The USS Iowa Thursday, November 11th at 10:00 AM Community Room

Rachel Eubank, President/Owner of Sticks, Inc. will present this program about their partnership with the USS Iowa during the very early stages of recovery, when funds were needed to purchase/long-lease the ship and save it from destruction. Once that was accomplished, they leveraged the creation of art panels sharing the story of the ship to create further fundraising to restore the ship.

Veterans Day Social Thursday, November 11th at 2:00 PM Community Room

Join us for a dessert social as we honor our Veterans here at Green Hills. Come to this social to show appreciation to your friends and neighbors who have served. Don't forget to stop down and view the Wall of Honor display of our residents in Green Hills Art Gallery.

ELECTION DAY– DON'T FORGET TO VOTE!

The Community Room will be used for the City / School Election on Tuesday, November 8th. Polling hours are 7:00 AM—8:00 PM.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Ruth Thompson, Dixie Jensen, Mary Israel, Rita Lorenzo, Norman Rudi and Marge Allison.

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2-4-6-8 Who Do We Appreciate?



Many years ago, Green Hills residents established a no-tipping policy. Instead, they started the tradition of a December employee appreciation event to present a monetary gift to each employee of the GH Resident Association and the GH Health Care Corporation.

This tradition continues!

Our goal this year is \$130,000 as our way to say “thank you” to our loyal employees. Last year the most common contribution was \$1,000 with the largest of \$3,800 and average of \$737. The Whitmans share that they give 10% of their annual fees to the Employee Appreciation Fund.

Our dedicated employees rose to the challenges of Covid-19 and difficulties of filling vacancies in staff by continuing to provide all the services that we rely on in Independent Living, Assisted Living, Health Care and Memory Care. This is a special time to join together and give a generous “thank you” for all their efforts on our behalf.

Contributions are already coming in. Please make yours by Wednesday, November 30. Make checks payable to Green Hills Appreciation Fund. All contributions are confidential. Put your contribution, cash or check in the box at the GH reception desk or mail it to Green Hills Employee Appreciation, 2205 Green Hills Drive, Ames, IA 50014-9109.

The 2022 Employee Appreciation celebrations will be Wednesday, December 7, at 10 a.m. for GH Resident Association employees and 1:30 p.m. for GH Health Care employees. Please plan to attend these celebrations to offer your thanks in person.

Not included in these programs are the employees of other groups such as Kat, Kilbane, Jessica Walker, Anita Howard (Salon in The Hills), Lou Ann Norlin, and Stacy Weaver. Please consider sending notes of appreciation to these folks who help us daily.

Thank you for your generosity!

2022 Employee Appreciation Committee

Carolyn Jons and Rae Reilly, co-chairs, Donna Cooper, John Greeve, Joyce Nichol, Ardeth Rietz, Marguerite Sibley and Toni Whitman

DINING SERVICES

SIGNATURE BRUNCH

Tuesdays & Thursdays
8:00 AM — 2:00 PM

GH GRILL

Mondays, Wednesdays, & Fridays
11:30 AM — 6:30 PM
Sundays
11:30 AM — 2:00 PM

GREEN HILLS CAFÉ

Wednesday, November 9th
5:00 PM

ANNUAL THANKSGIVING BUFFET

Thursday, November 24th
11:00 AM– 2:00 PM

LE BISTRO & LOUNGE HOURS

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

Le Bistro will be CLOSED on Thursday, November 24 and Friday, November 25.

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

GREEN HILLS ON-SITE SPECIAL EVENTS

AMES CHILDRENS'S CHOIR SNEAK PEEK CONCERT

Tuesday, November 1st at 5:45 PM
Community Room

The Ames Children's Choir program aspires to be the best in the American choral tradition for young singers. The focus is the development of self-esteem through artistic experience including healthy vocal technique, expressive singing, and music literacy. They will give a short 20 minute concert which will be followed by a light dessert. Members of the children's choir will not be able to stay to chat, but we hope you will stay for dessert and social time with friends. On Sunday, December 4 at 5:00 PM, they will return for their main concert which will be open to the public.

FIRE-PIT & HOT CHOCOLATE BAR

Thursday, November 3rd from 5:30– 7:30 PM

Come sit outside and enjoy the warmth of the fire while sipping hot chocolate. This is a come and go event. (Linden's Parking Lot)

ISU WOMEN'S BASKETBALL TEAM MEET & GREET

Friday, November 4th at 4:00 PM
Community Room

Let's give a warm welcome to the Iowa State Women's Basketball Team! The ISU Women's Basketball season begins on Wednesday, November 2nd. Don't forget to show your Cyclone spirit by wearing cardinal and gold.



JOHN HAILA, MAYOR OF AMES Tuesday, November 15th at 2:00 PM Community Room

Have you ever wondered what it takes to be a mayor of a city or what some of the daily duties are? John Haila, mayor of Ames, will be coming to talk about what he does as mayor of Ames. He will also speak about current and upcoming projects in Ames. He was elected as the mayor in 2018.



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

2nd—First United Methodist Church
Pastor Amanda Gordon

9th—Northminster Presbyterian
Pastor Jim DuBois

16th—Cornerstone Church
Pastor Kip Hamby

23rd—Communion:
Palestine Lutheran Church
Pastor Eric Klimpel

30th— Hymn Sing

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

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, November 3, 10, 17
9:30 AM
Wellness Clinic

Ames Hearing Aid Clinic

Tuesday, November 8
Wellness Clinic: Call Kaylee for an
appointment.

COMMUNITY WIDE EVENTS AT GREEN HILLS

NOV 2 (WED) 10:00 AM	MANAGING SWELLING AND PREVENTING LEG WOUNDS Stacy, DPT, Therapy Program Manager, will review the main causes of lower leg swelling, how to treat lower leg swelling and importance of managing swelling to prevent lower leg wounds. (Community Room)
NOV 2, 9, 16, 23,30 (WED) 1:00 PM Le Bistro	BISTRO STITCHERS Bring any type of hand work you are currently working on and get acquainted with others who are working on their own projects. Bring your project while you visit with others residents. (Le Bistro)
NOV 2, 9, 23, 30 (WED) 3:00 PM	MEDITATION EXPLORATION All are welcome to attend sessions on the 2nd floor of the Lindens. There will not be meditation on November 16th. (Meditation Room)
NOV 3, (THURS) 10:00 AM	TECHNOLOGY ASSISTANCE Starting in November, residents can receive technology assistance with Ryan H., IT Tech, on the first Thursday of each month. (Pine Room)
NOV 3, 10 (THURS) 10:00 AM	MEN'S COFFEE Due to the Thanksgiving holiday and Newcomer's Social & Kaffee Klatsch, Men's Coffee is only offered twice this month. Sign up in the bus book to bring treats. Coffee will be provided. (Main Dining Room)
NOV 7 (MON) 9:30 AM	WOMEN'S COFFEE Everyone is welcome to join this monthly social. (Main Dining Room)
NOV 9 (WED) 10:00 AM Community Room	STORY COUNTY CONSERVATION PROGRAMS Mike Cox, Story County Conservation Director, will be our Continuing Education speaker this month. He will talk about all the many programs that are under their "umbrella", and will focus in particular on their plans for their recently acquired Deppe property. Mike graduated from I.S.U. in 1992 with a B.S. in Fisheries and Wildlife Biology. He has been in the conservation field for 30 years and has worked in non-profit and public sectors in Vermont, Alaska, and Iowa.
NOV 17 (THURS) 10:00 AM	NEWCOMERS RECEPTION & KAFFEE KLATSCH Residents are especially encouraged to attend this social to give a warm welcome and meet new Green Hills residents. Refreshments will be provided. (Community Room)
NOV 27 (SUN) 2:00 PM	MOTOKO'S SUNDAY PIANO BAR Relax, chat and even dance. Bring your own beverages and snacks to this informal social or enjoy a hot drink from the refreshment bar. (Common Area Lobby)

GREEN HILLS BUS PHONE

There is a cell phone on the Green Hills bus. If you would like a card with the bus phone number to take with you when you go to an event just ask the driver. The driver is not allowed to answer the phone if they are driving but will call back when they are parked. Beginning this weekend, the bus will pick up residents at half time of Iowa State Football games if you choose to go back early. The bus will depart when the second half begins. The bus phone may not be used to request an early pick up from an event. The phone should only be used if you cannot locate the bus or if you are not returning from an event and need to let the bus driver know.

CLUBS AND SUPPORT GROUPS

<p>NOV 3 (THURS) 3:30 PM</p>	<p>SENSORY GARDEN CLUB Thank you club members for all your hard work and dedication! Please plan to attend this end of season meeting. This was another successful growing season! (Pine Meeting Room)</p>
<p>NOV 1, 8, 15, 22, 29 (TUES) 10:00 AM</p>	<p>CRIBBAGE CLUB Everyone is welcome to play! If you win, you take the “traveling trophy” until the next winner is determined. If you want more details, contact Roger Beckett at x5218. (Prairie Rose Dining Room)</p>
<p>NOV 2 (WED) 2:00 PM</p>	<p>CAREGIVER SUPPORT GROUP Are you a caregiver or do you help someone with everyday tasks? This support group is here to help you deal with caregiver stress. Everyone is welcome. (Pine Meeting Room)</p>
<p>NOV 9 (WED) & NOV 23 (WED) 1:00 PM</p>	<p>BRIDGE CLUB Come play bridge the second and fourth Wednesday of each month. Open to any resident. Questions? Please contact Jan Clark (x5217), Shala Ludley (x5250) or Paula Toms (x5141). (Main Dining Room)</p>
<p>NOV 9 (WED) 2:00 PM</p>	<p>BOOK CLUB This month we will discuss the book <i>Next Year in Havana: A Novel</i> by Chanel Cleeton. <i>Next Year in Havana</i> is a historical family drama/romance told through two time lines in the past and present political strife and uncertainty. The men and women fight for their families and identities in both Cuba and the United States. Written in 2018, Cuba has changed very little. Joyce Nichol will be the discussion leader. (Pine Meeting Room)</p>

SEMI-ANNUAL DONATION DAY

**Thursday, November 3rd
9:00 AM—12:00 PM**

Please bring your gently used books, clothing, small appliances, household items and furniture to the main entrance. Donations will benefit the Pine Ridge Indian Reservation. The Pine Ridge Indian Reservation can use most anything including school supplies (used pencils, pens, crayons), sewing or decorative items. Please call the reception desk (x5000) ahead of time if you are bringing big items. **We would appreciate any assistance if you are able to help load donated items into vehicles from the main entrance during our donation time.**

MAKING TOYS FOR YOUTH AND SHELTER SERVICES

Don Dyer, Bruce Munson, and Vikki Morain are making wooden toys and tops to give to YSS. The toys will be distributed to children in their programs. A small selection of the toys and tops will fill the Art Gallery Vitrine near the Mailroom during November, beginning around November 7th. Stop by and admire the creativity of our woodworking guys and gal.

GREEN TEAM CHALLENGE

Consider adjusting your thermostat this month to save energy. Put on that sweater or grab your blanket as you are relaxing in your chair. You'll save money on gas and do a bit for the environment!

A NEW VITRINE DEDICATION TO THE MEMORY OF DAVID GRADWOHL

Monday, November 7th at 3:00 PM

You are invited to help the Art Gallery Committee honor the memory of David Gradwohl, a highly valued, long-time member of the committee. Artworks from the Gradwohl collection will fill the new vitrine and additional one. There will be a brief program, refreshments, and time for talking with Hanna, while seeing a small part of their vast collection. Many thanks to Bruce Munson for constructing the pedestal for the new vitrine.

THE LINDEN LETTER

Crumbl Cookie Tasting Monday, November 14th at 3:00 PM

Come enjoy unique and tasty cookie flavors from a cookie store located right here in Ames.

THANKSGIVING GAME Wednesday, November 16th at 3:00 PM

Come join the fun and get in the spirit of Thanksgiving festivities; pumpkin pie, turkey, stuffing, and good company!

CRAFTY LINDENS: TURKEY DOOR HANGER

Tuesday, November 22nd at 3:00 PM

Prepare for Thanksgiving by creating an inviting decoration for your door!

THANK YOU, VETERANS

Veterans Day is on Thursday, November 11th. Thank you Linden residents: Bob Underhill, Herb Best and Paul DeJong for your dedicated service.



MOVIE MONDAYS

First Floor Living Room at 3:00 PM

November 7th– Mr. Harrigan’s Phone

Craig, a young boy living in a small town, befriends older, reclusive billionaire, Mr. Harrigan. The two form a bond over books and an iPhone, but when the man passes away, the boy discovers that not everything dead is gone, and finds himself able to communicate with his friend from the grave through the iPhone that was buried with him. (2022, PG-13, 1 hour 44 minutes)

November 14th– No movie: There will be a **Crumbl Cookie** tasting!

November 21st– Elvis

This movie tells the story of the life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker. (2022, PG-13, 2 hours 39 minutes)

November 28th– Legends of the Fall

In early twentieth century Montana, Colonel William Ludlow lives in the wilderness with his sons, Tristan, Alfred, and Samuel. Eventually, the unconventional, but close-knit, family encounters tragedy when Samuel is killed in World War I. Tristan and Alfred survive their tours of duty, but, soon after they return home, both men fall for Samuel's gorgeous fiancée, Susannah, and their intense rivalry begins to destroy the family. (1994, R, 2 hours 13 minutes)

HEALTH CARE HAPPENINGS

Residents from Independent Living are welcome to come to these activities.

WELCOME TO GREEN HILLS

We extend our warmest welcome to Sandy Horton, Ruth Dunleavy, Diane Grebasch, and Pat Seaman.

ISU HOMECOMING SOCIAL

Thursday, November 3rd at 3:00 PM
Activity Room

This year's homecoming theme is *Cy Me To The Moon*. Homecoming is usually celebrated with food, music, pep rallies, honoring the colleges, recognizing the alumni, and a football game. We will be celebrating with good food and company.

PICTIONARY: TEAM HANNAH VERSUS TEAM KATHRYN

Monday, November 7th at 2:30 PM
Activity Room

Have you ever played Pictionary? Do you know what game it is? It is a charades-inspired game that uses drawing pictures as clues to guessing the word. Hannah and Kathryn will each lead their teams going up against each other with the help of residents.

TOM, MOM & MARY JANE MUSIC
Saturday, November 12th at 10:30 AM
Aspen Court

Tom, Mom and Mary Jane will lead health care residents in a lively sing-along, that includes all the old, familiar songs we all enjoy and know by heart.

CRUMBL COOKIE TASTING

Monday, November 14th at 2:30 PM
Activity Room

Crumb Cookie is a newer business to the Ames community. Every week their cookie menu rotates to feature 4 to 5 new flavors. The flavors range from anything to everything such as strawberry limeade, apple pie, brownie batter, watermelon, cinnamon swirl, and much more. We will be learning about this business and sampling cookies!

AMES MAYOR PRESENTATION

Tuesday, November 15th at 2 PM
Community Room

Have you ever wondered what it takes to be a mayor of a town or what some of the daily duties are? John Haila, mayor of Ames, will be coming to talk about mayor roles and duties. He has been the Ames mayor since 2018 and won a re-lection since then.

MUSIC WITH TABITHA BASSETT

Thursday, November 17th at 2 PM
Aspen Court

The health care center will be hosting a new musician, Tabitha Bassett, from Des Moines. She is currently studying music therapy at KU. Tabitha has had a singing and music passion since she was a young child. She plays the piano and sings along.

FRIENDSGIVING SOCIAL

Tuesday, November 22nd at 3 PM
Activity Room

Friendsgiving is a blend of friends and thanksgiving. This has become a national event since 2011. It's basically thanksgiving with your friends where everyone brings a dish to share. We will be doing a similar gather, but activities will provide the goodies!

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.

Tuesday, November 1	5:45 PM	ISU Volleyball vs Chicago State	Hilton Coliseum
Wednesday, November 2	5:15 PM	ISU Lecture: 1619 Project	Stephens Auditorium
Wednesday, November 2	5:30 PM	ISU Women's BB vs Winona State	Hilton Coliseum
Friday, November 4	5:45 PM	ISU Volleyball vs Kansas State	Hilton Coliseum
Saturday, November 5	1:30 PM	ISU Football vs West Virginia	Jack Trice Stadium
Sunday, November 6	12:45 PM	Iowa Military Veterans Band	DM Civic Center
Sunday, November 6	6:15 PM	Stomp	Stephens Auditorium
Monday, November 7	10:00 AM	ISU Women's BB vs Cleveland State	Hilton Coliseum
Monday, November 7	6:00 PM	ISU Men's BB vs IUPUI	Hilton Coliseum
Thursday, November 10	5:30 PM	ISU Women's BB vs Southern	Hilton Coliseum
Friday, November 11	6:45 PM	ISU Band Extravaganza	Stephens Auditorium
Saturday, November 12	1:15 PM	ISU Volleyball vs Texas Tech	Hilton Coliseum
Sunday, November 13	11:00 AM	ISU Men's BB vs N. Carolina A&T	Hilton Coliseum
Sunday, November 13	6:15 PM	Nathan Carter	Stephen's Auditorium
Wednesday, November 16	6:45 PM	ISU Jazz Night	Martha-Ellen Tye Hall
Friday, November 18	6:45 PM	ACTORS: First Date	ACTORS Theatre
Saturday, November 19	TBA	ISU Football vs Texas Tech	Jack Trice Stadium
Sunday, November 20	10:00 AM	ISU Women's BB vs Columbia	Hilton Coliseum
Sunday, November 20	4:00 PM	ISU Men's BB vs Milwaukee	Hilton Coliseum
Wednesday, November 23	5:45 PM	ISU Volleyball vs Oklahoma	Hilton Coliseum
Tuesday, November 29	5:30 PM	ISU Women's BB vs SIUE	Hilton Coliseum
Tuesday, November 29	6:45 PM	Ames Town and Gown	Martha-Ellen Tye Hall
Wednesday, November 30	6:00 PM	ISU Men's BB vs North Dakota	Hilton Coliseum

GROCERY SHOPPING TRIPS

HYVEE: Mondays, November 7, 14, 21, 28– 1:30 PM

FAREWAY: Thursdays, November 3, 10, 17– 1:30 PM
Wednesday, November 23– 1:30 PM

JORDAN CREEK & TRADER JOE'S

Wednesday, November 30- 9:30 AM
Shop, Eat or Walk for exercise!

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.

NOW SHOWING AT GREEN HILLS

Hocus Pocus 2

Monday, October 31st at 6:30 PM
Thursday, November 3rd at 2:00 PM

Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world. *(2022, Comedy / Family / Fantasy, 1 hour 43 minutes, PG)*

A Call to Spy

Monday, November 7th at 6:30 PM
Thursday, November 10th at 2:00 PM

In the beginning of WWII, women were recruited to conduct sabotage and build a resistance. Two unusual candidates: Virginia Hall, an ambitious American with a wooden leg, and Noor Inayat Khan, a Muslim pacifist are recruited. Together, these women help to undermine the Nazi regime in France. Inspired by true stories. *(2019, Biography / Crime / Drama, 2 hours 3 minutes, PG-13)*

Dream Horse

Monday, November 14th at 6:30 PM
Thursday, November 17th at 2:00 PM

The film tells the inspiring true story of Dream Alliance, an unlikely race horse bred by a small town Welsh bartender. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream in the hopes he can compete with the racing elites. The group's investment pays off as Dream rises through the ranks with grit and determination and goes on to race in the Welsh Grand National, showing the heart of a true champion *(2020, Action / Biography / Comedy, 1 hour 53 minutes, PG)*

Hustle

Monday, November 21st at 6:30 PM
No movie on Thanksgiving Day

After being fired, pro basketball scout, Stanley Sugerman, discovers a phenomenal street ball player while in Spain and sees the prospect as his opportunity to get back into the NBA. *(2022 Comedy / Sport / Drama, 1 hour 57 minutes, Rated R for language)*

Thirteen Lives

Monday, November 28th at 6:30 PM
Thursday, December 1st at 2:00 PM

A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding. *(2022, Action / Biography / Drama, 2*

Tuesday Movies

Ocean's Twelve

Tuesday, November 1st at 2:00 PM

They pulled off one of the biggest heists ever and now they have another job to complete. They thought they would be able to enjoy their money, but someone has other plans. The team now have the job of getting all the money they spent back, or risk being thrown in jail. How are they going to get it all back? By pulling off another amazing plan. *(2004, Crime / Thriller, 2 hours 5 minutes, PG-13)*

On the Town

Tuesday, November 8th at 2:00 PM

Three sailors, Gabey, Chip and Ozzie, (Gene Kelly, Frank Sinatra and Jules Munshin) let loose on a 24-hour pass in New York, and the Big Apple will never be the same. Wonderful music and terrific shots of New York at its best. *(1949, Comedy / Musical / Romance, 1 hour 38 minutes)*

Ocean's Thirteen

Tuesday, November 22nd at 2:00 PM

Danny Ocean rounds up the boys for a third heist after casino owner Willy Bank double-crosses one of the original eleven, Reuben Tishkoff. *(2007, Crime / Thriller, 2 hours 2 minutes, PG-13)*

Tuesday Movies— Continued

The Secret Life of Walter Mitty

Tuesday, November 29th at 2:00 PM
Stop Dreaming. Start Living.

The manager of the negative-assets sector of Life magazine, Walter Mitty (Ben Stiller), has been working for 16 years for the magazine and has a tedious life, not going anywhere but to and from work. He is an escapist, daydreaming into a fantasy world many times a day. When both he and a colleague are about to lose their job, Walter takes action by embarking on an adventure more extraordinary than anything he ever imagined. *2013, Action / Comedy / Drama, 1 hour 54 minutes, PG*



ISU SPORTS GAMEWATCH

Watch ISU football and basketball games with your friends in the Green Hills Theatre! Put on your team colors and cheer them on! Feel free to bring your own food or drink.

Saturday, November 5th

ISU Football vs West Virginia
Homecoming

Televised on ESPN+ at 2:30 PM

Monday, November 7th

ISU Women's Basketball vs Cleveland State
Televised on ESPN+ at 11:00 AM

ISU Men's Basketball vs IUPUI

Televised on ESPN+ at 7:00 PM

Thursday, November 10th

ISU Women's Basketball vs Southern
Televised on ESPN+ at 6:30 PM

Saturday, November 12th

ISU Football vs Oklahoma State
TBA

Sunday, November 13th

ISU Men's Basketball vs N Carolina A&T
Televised on ESPN+ at 12:00 PM

Wednesday, November 16th

ISU Women's Basketball vs UNI
TBA

Saturday, November 19th

ISU Football vs Texas Tech
TBA

Sunday, November 20th

ISU Women's Basketball vs Columbia
Televised on ESPN+ at 11:00 AM

ISU Men's Basketball vs Milwaukee
Televised on ESPN+ at 5:00 PM

Thursday, November 24th

Phil Knight Invitational— Men & Women

ISU Men's Basketball vs Villanova

No Gamewatch Scheduled in Theater

Televised on ESPN2 at 2:30 PM

ISU Women's Basketball vs Michigan State

Televised on ESPNU at 6:30 PM

November 25th and 27th - TBA

ISU Men's Basketball
Phil Knight Invitational

Saturday, November 26th

ISU Football vs TCU
TBA

Sunday, November 27th

ISU Women's Basketball vs TBD
Phil Knight Invitational
Televised on ESPN2 at TBA

Tuesday, November 29th

ISU Women's Basketball vs SIUE
Televised on ESPN+ at 6:30 PM

Wednesday, November 30th

ISU Men's Basketball vs North Dakota
Televised on ESPN+ at 7:00 PM

DAY TRIPS, LUNCH BUNCH AND MORE



LUNCH BUNCH— NILAND'S CAFÉ, COLO Friday, November 18th APT- 10:45 AM / TH-10:50 AM

This historic restaurant has had many changes in ownership over the years. Reopening in June this year, the new owner has added hand-cut ribeye steaks to the menu, along with homemade pork tenderloins and freshly baked pie.

For the first time, Niland's Cafe has a liquor license, and there's a selection of beer, wine and mixed drinks. The current owner, Kelsey Reed, also has a restaurant in Baxter, Iowa. Order from the menu and pay individually.

MEXICAN TRAIN Thursday, November 17th at 3:00 PM

Come play this fun game with us! If you don't know how to play, we will teach you! It's National Games and Puzzles Month!

TRIVIA TIME Monday, November 21st 3:00 PM

What better way to get to know your friends and neighbors than through friendly competition? The universal thrill of correctly answering obscure questions in a friendly, competitive environment just never gets old! Watch your weekly emails for the trivia categories. Reasons to come & join us:

1. Trivia is fun!
2. Trivia enhances memory
3. Trivia reduces stress
4. Trivia connects people

FARM TO TABLE: FOOD SECURITY Tuesday, November 22nd APT– 9:10 AM / TH-9:15 AM

We'll start our day with a guided tour of **The World Food Prize Hall of Laureates**. There is a story in every room – from the building's rich history as the Des Moines Public Library, to the Foundation's celebrated agricultural and humanitarian pioneers.

Then, enjoy lunch at **Hoq Restaurant**. Hoq Restaurant is a stylish farm-to-fork restaurant featuring a frequently rotating menu of New American fare & a bar. Their menu evolves almost daily and exists to showcase the finest of Iowa ingredients while supporting local farmers. 90% of their ingredients come from local farms. A listing of those farms is featured on their website. Order and pay individually.

Our last stop will be **The Food Bank of Iowa** where we will have a tour of their facility and learn how they provide food in 55 Iowa counties for Iowa children and families. Return time will be around 3:00 PM.

DAYTRIP TO JORDAN CREEK MALL & TRADER JOE'S Wednesday, November 30th APT– 10:00 AM / TH-10:05 AM

The holidays are in full swing and Christmas shopping lists are being made. Jordan Creek Mall has a variety of stores so there is something for everyone! Not much of a shopper? That's ok, malls are a great place to walk indoor for exercise! Shop, walk and grab lunch at the food court! At 1:00 pm, we will head to Trader Joe's. This eclectic and retail-fan-favorite is well-known for low prices on unique food items, ranging from cookie butter to salsas, cheeses and ready-to-eat packaged meals. Approximate return time will be around 2:30 PM.

LOOKING AHEAD

Club 2200 will be on Friday, December 2nd at 4:30 PM with the Meal Basket to follow. (This will count as November and December's social.)

There is no Continuing Education in December.

Save the date for the Employee Appreciation on Wednesday, December 7th and the Pancake Breakfast on Friday, December 16th.


Also save the date for Holiday Market (expanded Baker's Day) on Tuesday, December 20th. More information to come.

Green Hills Community November Calendar 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Time Begins 12:45 Bus- Iowa Military Veterans Band 6:15 Bus- Stomp	9:30 Women's Coffee (MDR) 10:00 Bus- ISU Women's BB vs Cleveland State 11:00 Gamewatch- ISU Women BB vs Cleveland St 1:30 Bus - Hy-Vee 3:00 Vitrine Dedication- Gradwohl 6:00 Bus- ISU Mens BB vs IJPUJ 6:30 Movie - A Call to Spy 7:00 Gamewatch- ISU Mens BB vs IJPUJ	Election Day 9:30 Hearing Aid Clinic (Wellness Clinic) 9:30 The Green Birds Chorus Practice (MDR) 2:00 Movie Matinee: On the Town	10:00 Managing Swelling & Preventing Leg Wounds (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers 2:00 Caregivers Support Group (PR) 3:00 Meditation Exploration (MR) 5:15 Bus- ISU Lecture- 1619 Project 5:30 Bus- ISU Women's BB vs Winona State	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie Matinee: A Call to Spy 5:30 Bus- ISU Women's BB vs Southern 6:30 Gamewatch- ISU Women BB vs Southern	4:00 ISU Women's Basketball Social (CR) 5:45 Bus- ISU Volleyball vs Kansas State	12:00 Potluck (CR) 1:30 Bus- ISU Football vs WVU 2:30 Gamewatch- ISU Football vs WVU
11:00 Bus- ISU Mens BB vs N. Carolina A&T 12:00 Gamewatch- ISU Mens BB vs N Carolina A&T 6:15 Bus- Nathan Carter	1:30 Bus - Hy-Vee 6:30 Movie - Dream Horse	9:30 The Green Birds Chorus Practice 2:00 John Hallia, Mayor of Ames (CR)	10:00 Continuing Education: (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers 3:00 Meditation Exploration (MR) 5:00 GH Cafe	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie Matinee: A Call to Spy 5:30 Bus- ISU Women's BB vs Southern 6:30 Gamewatch- ISU Women BB vs Southern	10:00 USS Iowa Presentation (CR) 2:00 Veterans Day Social (CR) 6:45 Bus- ISU Band Extravaganza	TBA Gamewatch- ISU Football vs Oklahoma State 1:15 Bus- ISU Volleyball vs Texas Tech 4:00 Happy Hour Social (LB)
10:00 Bus- ISU Women's BB vs Columbia 11:00 Gamewatch- ISU Women BB vs Columbia 4:00 Bus- ISU Mens BB vs Milwaukee 5:00 Gamewatch- ISU Mens BB vs Milwaukee	1:30 Bus - Hy-Vee 3:00 Trivia Time 6:30 Movie - Hustle	9:10 Bus- Farm to Table: Food Security 9:30 The Green Birds Chorus Practice (CR) 2:00 Movie Matinee: Ocean's Thirteen	10:30 Communion (HCC) 1:00 Bistro Stitchers 1:30 Bus - Fareway 3:00 Meditation Exploration (MR) 5:45 Bus- ISU Volleyball vs Oklahoma	9:30 Blood Pressure Clinic 10:00 Newcomer's Social and Kaffee Klatsch (CR) 1:30 Bus - Fareway 2:00 Movie Matinee: Dream Horse 3:00 Mexican Train (MDR)	10:45 Bus- Lunch- Niland's Cafe 6:45 Bus- ACTORS- First Date	TBA Bus- ISU Football vs Texas Tech TBA Gamewatch- ISU Football vs Texas Tech 4:00 Happy Hour Social (LB)
2:00 Sunday Piano Bar TBA Gamewatch- ISU Mens BB vs TBA TBA Gamewatch- ISU Women BB vs NC/ Oregon	1:30 Bus - Hy-Vee 6:30 Movie: Thirteen Lives	9:30 The Green Birds Chorus Practice (CR) 2:00 Movie Matinee: The Secret Life of Walter Mitty 5:30 Bus- ISU Women's BB vs SIUE 6:30 Gamewatch- ISU Women BB vs SIUE 6:45 Bus- Town and Gown	10:00 Bus- Jordan Creek Mall & Trader Joe's 10:30 Devotions (HCC) 1:00 Bistro Stitchers 3:00 Meditation Exploration (MR) 6:00 Bus- ISU Mens BB vs N. Dakota 7:00 Gamewatch- ISU Mens BB vs N. Dakota	11:00 Thanksgiving Buffet 11 AM-2 PM 2:30 Gamewatch- ISU Mens BB vs Villanova 6:30 Gamewatch- ISU Women BB vs Michigan St	TBA Gamewatch- ISU Mens BB vs NC/ Portland	TBA Gamewatch- ISU Football vs TCU 4:00 Happy Hour Social (LB)
MDR - Main Dining Room CR - Community Room HCC - Health Care Center MR - Meditation Room PR - Pine Room THR - Theatre LB - Le Bistro						

November 2022 Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Cribbage Club (PRDR)	2	3 3:30 Sensory Garden Club (PR)	4 1:00 Capital Planning (PR)	5
6	7 1:00 Technology Committee (PR)	8 10:00 Cribbage Club (PRDR) 10:00 Green Team Committee (PR)	9 9:00 Finance Committee (PR) 1:00 Bridge Club (MDR) 1:00 Garden Committee 2:00 Book Club (PR)	10 9:50 Art Gallery 11:00 Library Committee (PR)	11	12
13	14 9:00 Advisory Council (PR) 1:00 GHCC Board Meeting (PR)	15 10:00 Cribbage Club (PRDR)	16	17 8:30 Board Meeting (PR) 11:00 History Committee (PR) 1:00 Employee Appreciation Committee	18	19
20	21 10:00 Yes2HealthyLife Committee (PR)	22 9:30 Grounds Committee (PR) 10:00 Cribbage Club (PRDR)	23 1:00 Bridge Club (MDR)	24	25	26
27	28	29 10:00 Cribbage Club (PRDR)	30 3:00 Technology Club (PR)	Meetings are held in person. Pine Room- (PR) Arts & Crafts Room - (A&C) Sensory Garden - (SG) Main Dining Room - (MDR) Prairie Rose Dining Room - (PRDR)		