

DISCOVER, EXPLORE AND MORE

April 2023



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
- Ralph Neill—4/29

Health Care Center

- Margo McNabb—4/2
- Colleen Nutty—4/27



Pat Thompson's 90th Birthday Open House

Saturday, April 29th

2:00-4:00 PM

Community Room

Pat's family would like you to come celebrate her 90th birthday at this

CITY OF AMES UPDATE

Thursday, April 20th

2:30 PM

Community Room

Ames City Manager, Steve Schainker, is one of the longest, continuously serving City Managers working today. He joined the City of Ames in 1979 and was appointed City Manager in 1982. The City Manager carries out the day-to-day responsibilities of running the city organization and oversees 18 departments and divisions including Public Works, Water and Pollution Control, Parks and Recreation, Finance, Ames Electric Services, Ames Police, Ames Fire, and Planning and Housing. Mr. Schainker reports directly to the Ames City Council, which is the policy-making arm of government. Today, he will talk about his role and projects they are working on.

MEET OUR DINING ROBOT

Tuesday, April 25th

1:30 PM

Community Room

Learn about Rosie, our service robot, and how she helps staff and residents in the Health Center.



NAMETAG REMINDER

Please remember to wear your nametag to all in-house Green Hills' events.



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DINING SERVICES

GH GRILL

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

SIGNATURE BRUNCH

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

LE BISTRO & LOUNGE HOURS

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

EASTER BRUNCH BUFFET

Sunday, April 9
9:30 AM — 1:30 PM

GREEN HILLS CAFÉ

Wednesday, April 26
5:00 — 7:00 PM

CLUB 2200 MEAL BASKET

Friday, April 28
5:30 PM

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

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

Ames Hearing Aid Clinic

Tuesday, April 11
9:30 AM
Wellness Clinic: Call Kaylee for an appointment.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Donna Henry, Jen Peters, Dick Henry, Christine Freeman, Jean Peterson and John Rademacher.



GREEN HILLS[™]
Marketing Minute

WHAT'S OPEN WEDNESDAY

schedule

April 19: 2310 Hamilton Drive (1-2PM)

Good friends make great neighbors!

MAINTENANCE & GROUNDS UPDATE

Friday, April 7th at 2:30 PM

Community Room

Attend this meeting to hear about what is happening at Green Hills.

APRIL DEVOTION SERVICES

Wednesdays at 10:30 AM
HCC Activity Room

5th— Hymn Sing

12th— Northminster Presbyterian Church

Pastor Jim Dubois

19th— Cornerstone Church

Pastor Kip Hamby

26th— Palestine Lutheran Church

Pastor Eric Klimpel

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

GREEN HILLS ON-SITE SPECIAL EVENTS

HEART OF IOWA BAND CONCERT


Monday, April 3rd at 2:00 PM
Community Room

Don't miss this local band featuring senior band members. They are sure to play the tunes you will remember and love!

ART GALLERY RECEPTION

Tuesday, April 4th at 4:00 PM
Common Area Lobby

The current show in the Art Gallery features art by Iowa Artists from Residents' Collections. Come to this informal reception to enjoy the art and talk with your neighbors about the artworks in their collections. We've also invited local artists represented in the show to join us.




GREEN HILLS™

ADVENTURE Awaits

You and a friend are invited to a Traveling Cyclones Program with host, Lainey Crawford, Iowa State Alumni Association's Manager of Travel.

WHEN? APRIL 12TH | 2PM

WHERE? GREEN HILLS THEATER

GREENHILLSRC.COM | FOLLOW US ON FACEBOOK! 

Sign up in the Event & Bus Sign Up Book at the Reception Desk by Friday, April 7th.

April is National Humor Month

Why is everyone so tired on April 1st?

Because they just finished a 31-day march!

When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings.

DONATION DAY

Thursday, April 27th
10:00 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 10:00 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.

Please let us know in advance if you are bringing any large items or have an excessive amount that you are donating so that we can plan accordingly.

GH TRIVIA NIGHT

Thursday, April 27th
6:30 PM

Community Room

Join us for a fun night of trivia in our Community Room. Bring a team of 6 players or join a group the night of the event. There will be complimentary food and prizes provided by Encore Rehabilitation Services. 

To help us plan, please sign up in the Event & Bus Sign Up.



REGULARLY SCHEDULED EVENTS AT GREEN HILLS

APR 1 (SAT)	POTLUCK - There will be no Potluck in April.
APRIL 1, 8, 15, 22, 29 (SAT) 4:00 PM	HAPPY HOUR SOCIALS IN LE BISTRO Meet your friends and neighbors in the Le Bistro for an informal gathering. Bring your own drinks and snacks.
APRIL 3 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
APRIL 5, 12, 19, 26 (WED) 1:00 PM	BISTRO STITCHERS & BED MAT MAKERS This gathering is for those who do any type of hand craft. (Prairie Rose Dining Room)
APRIL 5, 12, 19, 26 (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.
APR 6, 13 AND 27 (THURS) 10:00 AM	MEN'S COFFEE All men are invited to this informal coffee group, held every Thursday except the third, in the Main Dining Room.
APRIL 12 (WED) 10:00 AM	CONTINUING EDUCATION: International Educational Experiences for ISU Students Come learn about the current international experiences available for students at Iowa State. Joining us will be Jodi Cornell, Director of CALS Study Abroad along with two of the students who have recently participated in Study Abroad Programs which take place on all seven continents. No doubt many of you have had children and grandchildren who have participated in these programs. In addition, Jackson Tubbs of Dewitt, an IFYE (International 4-H Youth Exchange Delegate) from DeWitt and former ISU student will share his experience in Germany this past year. Residents Keith Whigham, Ralph Neill, and Florine Swanson are all former IFYE's. (Community Room)
APRIL 20 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided. (Main Dining Room)
APRIL 23 (SAT) 2:00 PM	SUNDAY PIANO BAR Motoko and Chuck Oulman are excited to welcome their friends and neighbors to gather in the Commons Area Lobby to socialize with Motoko playing background music. Dancing is always welcome!
APRIL 26 (WED) 1:30 PM	ISU NATURE GROUP: CLIMATE ACTION PLAN ISU Women's Club invites you to attend this program (Community Room)
APRIL 28 (FRI) 4:30 PM	CLUB 2200 Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be served. Payable at Club 2200 is \$1.00 for a soft drink, and \$3.00 for beer, wine or mixed drinks. The Green Hills Kitchen offers a "Meal Option" at 5:30 PM (which is an offering of food that varies each month). Sign up for the meal through the kitchen (x5040) and the fee will be billed to your account. This event is held in the Community Room. Please wear you name tag.

CLUBS AND SUPPORT GROUPS

<p>APR 3 (MON) 11:00 AM</p>	<p>SENSORY GARDEN CLUB Tim Adams will be installing the sculpture in the Sensory Garden between 10-2 on Thursday, April 6th. Meet in the Sensory Garden on Monday, April 3rd, at 11:00 am to help clean out the installation bed. Come view the installation as it progresses. Committee members are also invited to the activity room of the Health Center for a gathering after Tim has completed the installation to "toast" and thank him.</p>
<p>APR 5 (WED) 2:00 PM</p>	<p>CAREGIVERS 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>APR 6 (THURS) 11:00 AM</p>	<p>TECHNOLOGY ASSISTANCE Residents can receive technology assistance with Ryan H., IT Tech (Note: this is usually on the first Thursday of each month. (Pine Meeting Room)</p>
<p>APR 12 (WED) 2:00 PM</p>	<p>BOOK CLUB This month we will discuss the book <i>Before We Were Yours: A Novel</i> by Lisa Wingate. Janet Hurlbert will be the discussion leader. Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country. (Pine Meeting Room)</p>
<p>APR 12 (WED) & APR 26 (WED) 1:00 PM</p>	<p>BRIDGE CLUB Come play bridge with us the <u>second</u> and <u>fourth</u> 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>

COMMITTEE FAIR

Friday, April 21st
1:00– 2:30 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.

BILLIARDS
Every Friday
10:00– Noon

Head over to the 2nd floor of The Lindens to play some 8-Ball pool! The Billiards room is right next to the elevator.

GAMES AT GREEN HILLS!

PICKLEBALL

Wednesday, April 5th at 2:30 pm
(Community Room)

April is Pickleball Month! Join Brett and Cheryl for a friendly game of Pickleball. The Pickleball court will be set up from Tuesday noon through Thursday afternoon April 4th-6th if you want to get together on your own to play with friends. Pickleball is an excellent and fun way to exercise. Equipment and rules will be provided.

FARKLE WITH BRETT

Friday, April 14th at 1:30 pm
(Prairie Rose Room)

Known by other names such as Zonk and Wimpout, Farkle is a dice game in which the goal is to get the highest score on the highest round of play. Come join Brett for this game!

MEXICAN TRAIN DOMINOES

Thursday, April 27th at 3:00 pm
(Main Dining Room)

Come play this fun game with us! If you don't know how to play, we will teach you!



The Green Hills Chimes

President's Message

Three months have passed since the Chimes was published to relay information to the Green Hills residents. This is due to no one having stepped up to be the Chimes editor. On a trial basis, items originally in the Chimes are now included with the Green Hills staff monthly publication. We really do need our own membership publication so as not to diminish or defeat the purpose of the staff publication. Someone, please agree to use your talent and skills to be a Chimes Editor!

As to other significant activities, the Oaks 8th floor hallway has been renovated with new lighting, wall paint and handrails. The laundry room has been refurbished and outfitted with new commercial washers and dryers. Furniture has been installed and flooring will be completed when the windows have been installed. Cat 6 wiring has been installed for the internet. Artwork on the walls will be installed on March 30th. The Oak window project will proceed when weather and the schedule of Boone Glass are compatible. April 3rd is tentatively set as the start date. All the windows have been manufactured and delivered. Boone Glass is currently finishing the trim pieces. The Oaks roof membrane will be replaced during June and July.

The roofing project will continue for selected units of the townhomes. Additional curb and gutter work are also included in the work needed for the townhomes.

The Community room acoustics and sound system will be analyzed in September by RDI to make design suggestions for improving the system and sound level when the room is being used.

The Long-Range Planning Committee is preparing to work with RDG to comprise a community plan for future years. This will include health care space, dining space and kitchen along with external space for improvement or expansion. The Maintenance-Shop needs will also be considered, as well as other outdoor spaces.

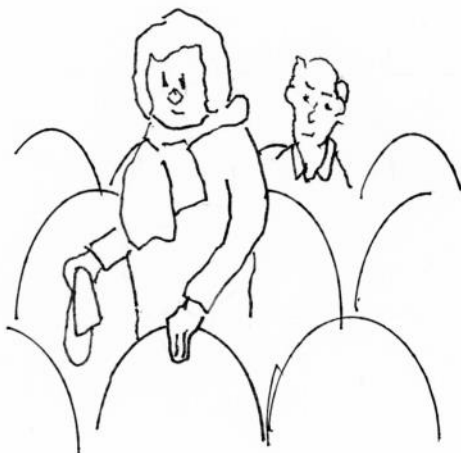
The Maples addition will be presented to the membership for a vote in April or May. The Capital Planning Committee is working to finalize floor plans and estimated cost for the project. The Finance Committee will be working on the financial aspects of the project so that the membership can be presented with the necessary details to formulate a vote. Kat, our Executive Director, has scheduled several informational meetings to discuss the details and other topics of interest.

The 2024 budget is in the process of being formulated. The first draft will be considered by the Finance Committee on April 4th .

We have nearly made it through another winter. We will soon see the spring birds along with some sunshine to make us smile. We can go outside for fresh air and planting activities. Better dispositions helps us be the "Best We Can Be." Go Cyclones!

Jerry Hall 3-15-23

Observed at the Monday night movie in the theater:



A resident returned from a visit to the restroom and asked the gentleman seated behind her, "Did I step on your toes when I left?"

"Why, yes you did," he replied.

"Oh," she said, "I must be at the right seat then."

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

- Nomination forms due by Wednesday, April 5th
- Meet n Greet: Monday, May 8th at 10:00 am
- Ballots due by Wednesday, May 17th
- Annual Meeting on Friday, May 19th at 10:00 am

More detailed information to come.

THANK YOU to all who attended the first Eco-Earth Fair at Green Hills and to all who worked so hard to make it happen. Our booth participants were very happy with the turnout from our community.

THE GREEN TEAM CHALLENGE: REDUCING FOOD WASTE

This month keep track of how much food you waste. At the end of the week, look through your notes to understand what you throw away most often and how you can change your ways to prevent that waste. Did you buy more than you can eat before it goes bad? Or did you simply get tired of leftovers?

The Ames Resource Recovery Plant cannot burn garbage contaminated with food waste because it's so wet and greasy that it won't become RDF (resource derived fuel), and eventually ends up going into the landfill.

A 2022 study by the Iowa Department of Natural Resources showed that food waste is by far the most common material going to the state's landfills. Food waste is also the number one material in America's landfills, accounting for 24.1 percent of all municipal solid waste.

TIPS:

- If you buy perishable food in bulk, such as fruits, vegetables, and meat, organize your refrigerator so what you need to eat first is up front and visible.
- Take produce out of plastic wrappings. Airtight wrappings suffocate fresh produce and speed up the decay process.
- Don't wash produce until you're ready to eat it. Moisture encourages decomposition and mold growth.

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 2	2:15 PM	Ames Town & Gown– Mezzo-Soprano & Piano	Martha– Ellen Tye Recital Hall
Monday, April 17	6:45 PM	Annie	Stephens Auditorium
Saturday, April 22	10:30 AM	ISU Football Spring Game	Jack Trice Stadium
Saturday, April 22	2:30 PM	Ames Repair Café	Ames Public Library
Saturday, April 22	6:45 PM	Les Violons du Roy	Stephens Auditorium
Tuesday, April 25	6:45 PM	Ames Town & Gown– Maxwell String Quartet	First United Methodist Church

**DINING OUT WITH KAT:
RED LOBSTER, AMES
Monday, April 10th
Apartments: 5:00 PM
Townhomes: 5:05 PM**

Come out to eat with Kat, our Executive Director, at Red Lobster this month.

Red Lobster started off as a single, family-owned restaurant in Lakeland, Florida and now has over 700 locations around the world.

They are committed to serving seafood sourced in ways that are traceable, sustainable, and responsible.

Sign up in the bus book for this event.
Order off the menu and pay individually.

**LUNCH BUNCH:
FLIGHTS BAR + GRILLE, HUXLEY
Tuesday, April 18th
Apartments: 10:30 AM
Townhomes: 10:35 AM**

Flights Bar + Grille is devoted to providing guests with the highest level of customer service, locally sourced products and ingredient transparency. Their burger was just named to the “Top 10” list in the 2023 Iowa’s Best Burger Contest sponsored by Iowa Beef Industry Council.

Sign up in the bus book for this event.
Order off the menu and pay individually.

GROCERY BUS SHOPPING—1:30 PM

HyVee: Mondays, April 3, 10, 17, 24

Fareway: Thursdays, April 6, 13, 20 and 27

TARGET SHOPPING—2:00 PM

Friday, April 21

Meet back on the bus at 3:30 PM to return to Green Hills.

TRANSPORTATION BY REQUEST

For townhome, Oaks and Maples residents, a Green Hills vehicle 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.

DAY TRIP: “TOP OF THE TOWN”

Friday, April 14th
Apartments: 9:00 AM
Townhomes: 9:05 AM

Trip includes: Hoyt Sherman Place, Embassy Club and Des Moines Art Center



Tour **Hoyt Sherman Place** and learn about the impact Hoyt Sherman, General Sherman’s brother had on Des Moines. A grand manor home built in 1877 by prominent businessman Hoyt Sherman; the structure is now a museum and performing arts center. The original house and gallery display an impressive collection of 19th and 20th century painting and elaborately carved 17th century furniture as well as many rare, ancient artifacts. The renovated historic theater, built in 1923, hosts an array of world-renowned musicians, theatrical productions and local performing arts events.

Take in the spectacular panoramic views of the city and the State Capitol complex from atop the Ruan Building at the **Des Moines Embassy Club’s downtown location**. We’ll enjoy a catered lunch buffet high above the city of Des Moines.

Explore the special exhibitions that add to the variety of artwork on display from the Art Center’s permanent collection. The **Des Moines Art Center** has a rich history in supporting and showcasing Iowa’s community of artists. “75 Year of Iowa Art” will represent that history in a uniquely curated exhibition of storytelling. Postcards, a recent photography acquisition, will also be on exhibit. We have



scheduled a guided tour, or you are free to walk through the exhibits on your own.

Cost of \$39.00 per person includes lunch & tour costs and will be billed to your account after Friday, April 7th. (No refunds unless you find someone to go in your place.) Deadline to sign up is Friday, April 7th.

Return time is approximately 4:00 PM.



NOW SHOWING AT GREEN HILLS

FEATURED MOVIES

Please note movie times have reverted back to that they were in past months.

DEVOTION

Monday, April 3rd at 6:30 PM

Tuesday, April 4th at 2:00 PM

1950. Ensign Jesse Brown and Lt(jg) Tom Hudner join Navy Fighter Squadron VF-32 at roughly the same time and Brown is assigned as Hudner's wingman. They are quickly the best of friends and always look out for each other. Later that year war breaks out in Korea and VF-32, onboard the carrier USS Leyte, provides air support. Their missions are vital to the war effort and extremely dangerous. *(2022, Action / Drama / War, 2 hours 19 minutes, Rated: PG-13)*

THE FABELMANS

Monday, April 10th at 6:30 PM

Tuesday, April 11th at 2:00 PM

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. *.(2022, Drama, 2 hours 31 minutes, Rated: PG-13)*

MOLLY'S GAME

Monday, April 17th at 6:30 PM

Tuesday, April 18th at 2:00 PM

The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target. *(2017, Biography / Crime / Drama, 2 hours 20 minutes, Rated: R)*

A MAN CALLED OTTO

Monday, April 24th at 6:30 PM

Tuesday, April 25th at 2:00 PM

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. *(2022, Comedy / Drama, 2 hours 6 minutes, Rated: PG-13)*

THURSDAY MOVIES

A BEAUTIFUL MIND

Thursday, April 6th at 2:00 PM

From the heights of notoriety to the depths of depravity, John Forbes Nash, Jr. experienced it all. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery. After many years of struggle, he eventually triumphed over his tragedy, and finally - late in life - received the Nobel Prize. *(2001, Drama, 2 hours 15 minutes, Rated: PG-13)*

SINGIN' IN THE RAIN

Thursday, April 13th at 2:00 PM

A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood. *(1952, Comedy / Musical / Romance, 1 hour 43 minutes, Rated: G)*

WALK THE LINE

Thursday, April 20th at 2:00 PM

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins. *(2005, Biography, Drama, Music, Romance, 2 hours 16 minutes), PG-13)*

THE PRESTIGE

Thursday, April 27th at 2:00 PM

After a tragic accident, two stage magicians in 1890s London engage in a battle to create the ultimate illusion while sacrificing everything they have to outwit each other. *(2006, Drama / Mystery/ Thriller, 2 hours 10 minutes, PG)*

WHAT'S NEW IN THE LINDENS

WELCOME

We extend our warmest welcome to Frank Clark and Vince Hassebrock

Crafty Corner



Tuesday, April 4th at 3:00 PM

We will be decorating eggs to get into the Easter spirit! Come reminisce and get crafty by participating in this traditional Easter craft!

Maintenance & Grounds Presentation

Friday, April 7th at 2:30 PM

Community Room

Join the maintenance and grounds team in the community room for updates on the new projects around campus. There are many exciting plans for this upcoming season.

Make Dog Treats

Monday, April 10th at 3:00 PM

Find yourself wishing you had dog treats for our furry friends that visit often? Prepare to get your hands dirty and come make homemade dog treats.

Tenant Meeting

Wednesday, April 12th at 3:00 PM

All tenants are welcome and encouraged to attend this meeting. It gives you a chance to learn about updates around the community, ask questions and voice concerns. The meeting will be led by Jessica Walker, Administrator and Katie Seydel, Director of Clinical Services.

Baked Potato Bar Thursday, April 13th First Floor Lindens

Enjoy a twice baked potato bar with all the fixings provided by our Green Hills kitchen for lunch!

Ames City Update Thursday, April 20th 2:30 PM

Community Room

Steve Schainker, the Ames City manager is going to share about the planned updates around the city of Ames for this upcoming season.

MUSIC EVENTS:

Monday, April 3rd– 2:00 PM
Heartland Senior Band
Community Room

Wednesday, April 5th– 2:30 PM
Music with Cynthia
Aspen Court

Monday, April 17th– 3:00 PM
Music with Pat Lydon
Aspen Court

Saturday, April 22nd- 10:30 AM
K & L DUO
Aspen Court

Bridge Club at 1:00 PM Aspen Court

Bridge club will be held on the first and third Wednesday of every month.

HEALTH CARE HAPPENINGS

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

WELCOME

We extend our warmest welcome to Sharon Krieger, Jenna McCarley, Paul Dejong and Sue Ann Ridlen!!

HYMN SING WITH BRIAN BOPP **Saturday, April 1st at 10:30 pm** **Aspen Court**

Easter is right around the corner and it's a time to celebrate! Brian, Suncrest Hospice Chaplin, will be joining us for an Easter hymn sing. He will lead us through selected songs and might even be able to take requests. Please join us in Aspen Court.

RESIDENT COUNCIL **Tuesday, April 4th 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 talks about their role at Green Hills and answers questions about their department. Suggestions are always welcome and discussion is encouraged.

SENSORY GARDEN SCULPTURE **ARTIST RECEPTION** **Thursday, April 6th** **Activity Room**

The Sensory Garden is receiving a new sculpture addition: Prairie Flames. This colorful metal sculpture is being created by an artist in Webster City. After the installation, we will be having a reception with the artist and refreshments.

OREO TASTING

Tuesday, April 11th at 2:30 PM **Activity Room**

Oreos have been around since 1912; can you believe that?! Their famous tag line "Milk's Favorite Cookie" is sure to bring memories to mind. We will be sampling a variety of flavors and learn about the business that makes these delicious cookie sandwiches!


HUNGRY, HUNGRY HIPPOS **Friday, April 28th at 2:30 PM** **Activity Room**

The idea for the game was first introduced in 1967 as a table game for kids with different colored hippos. We will be playing a modified version of the game with noodle strainers and large plastic balls on tables. We will have some jungle music playing to create an oasis experience! Join us!

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 Services or Nursing staff know if you want Green Hills to label your clothes.

Green Hills Community April Calendar 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>2:15 Bus - Town & Gown - Mezzo-Soprano & Piano</p> 	<p>9:30 Women's Coffee (MDR)</p> <p>1:30 Bus - Hy-Vee</p> <p>2:00 Heart of Iowa Band Concert (CR)</p> <p>6:30 Movie: Devotion</p>	<p>9:30 The Green Birds Chorus Practice (CR)</p> <p>2:00 Movie: Devotion</p> <p>4:00 Art Gallery Reception</p>	<p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers</p> <p>2:00 Caregivers Support Group (PR)</p> <p>2:30 Pickleball with Brett & Cheryl</p> <p>3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic</p> <p>10:00 Men's Coffee (MDR)</p> <p>11:00 Technology Assistance (PR)</p> <p>1:30 Bus - Fareway</p> <p>2:00 Movie Matinee: A Beautiful Mind</p>	<p>10:00 Billiards in the Lindens</p> <p>2:30 Maintenance and Grounds Update</p>	<p>4:00 Happy Hour Social (LB)</p>
<p>9</p> <p>Easter Brunch Buffet 9:30 am to 1:30 pm</p>	<p>1:30 Bus - Hy-Vee</p> <p>5:00 Bus - Dining Out with Kat</p> <p>6:30 Movie: The Fabelmans</p>	<p>9:30 Hearing Aid Clinic</p> <p>9:30 The Green Birds Chorus Practice (CR)</p> <p>2:00 Movie Matinee: The Fabelmans</p>	<p>10:00 Continuing Education: (CR)</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers</p> <p>2:00 Adventure Awaits Travel Program</p> <p>3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic</p> <p>10:00 Men's Coffee (MDR)</p> <p>1:30 Bus - Fareway</p> <p>2:00 Movie: Singin' In the Rain</p>	<p>9:00 Bus - Day Trip - Top of the Town</p> <p>10:00 Billiards in the Lindens</p> <p>1:30 Farkle with Brett</p>	<p>4:00 Happy Hour Social (LB)</p> <p>6:15 Bus - ISU Fashion Show</p>
<p>16</p> <p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie: Molly's Game</p> <p>6:45 Bus - Annie</p>	<p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie: Molly's Game</p> <p>6:45 Bus - Annie</p>	<p>9:30 The Green Birds Chorus Practice (CR)</p> <p>10:30 Bus - Lunch Bunch - Flights Bar + Grille</p> <p>2:00 Movie Matinee: Molly's Game</p>	<p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers</p> <p>3:00 Meditation Exploration (MR)</p>	<p>9:30 Blood Pressure Clinic</p> <p>10:00 Kaffee Klatsch (MDR)</p> <p>1:30 Bus - Fareway</p> <p>2:00 Movie Matinee: Walk the Line</p> <p>2:30 Ames City Update: Steve Schainker</p>	<p>10:00 Billiards in the Lindens</p> <p>1:00 Committee Fair</p> <p>2:00 Bus - Target Shopping</p>	<p>10:30 Bus - ISU Football Spring Game</p> <p>2:30 Bus - Ames Repair Cafe</p> <p>4:00 Happy Hour Social (LB)</p> <p>6:45 Bus - Les Violons du Roy</p>
<p>23</p> <p>2:00 Sunday Piano Bar with Motoko</p>	<p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie: A Man Called Otto</p>	<p>9:30 The Green Birds Chorus Practice (CR)</p> <p>1:30 Meet our HCC Dining Service Robot (CR)</p> <p>2:00 Movie Matinee: A Man Called Otto</p> <p>6:45 Bus - Town & Gown - Maxwell String Quartet</p>	<p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers</p> <p>1:30 ISU Nature Group - Climate Action Plan (CR)</p> <p>3:00 Meditation Exploration (MR)</p> <p>GH Cafe 5:00 - 7:00 pm</p>	<p>9:30 Blood Pressure Clinic</p> <p>10:00 Donation Day</p> <p>10:00 Men's Coffee (MDR)</p> <p>1:30 Bus - Fareway</p> <p>2:00 Movie Matinee: The Prestige</p> <p>3:00 Mexican Train (MDR)</p> <p>6:30 Encore Trivia Night (CR)</p>	<p>10:00 Billiards in the Lindens</p> <p>4:30 Club 2200 (CR)</p> <p>5:30 Meal Basket (RSVP)</p>	<p>2:00 Pat Thompson's 90th Birthday Open House (CR)</p> <p>4:00 Happy Hour Social (LB)</p>

