

# DISCOVER, EXPLORE AND MORE

**August 2021**  
Events and Programs



**TROPICAL COSTA RICA  
COLLETE TRAVEL PRESENTATION  
Thursday, August 5 at 10:00 AM  
Community Room**

Your trip to Costa Rica opens in the colorful capital city of San Jose, the perfect place to relax and soak up the sights as your adventure begins. Highlights include: Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, and Zarcero. Come to an informational presentation to learn more and ask questions about this tour provided by Collette Vacations.

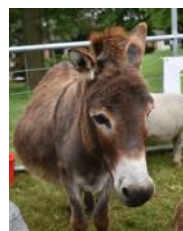
**The dates of this trip are February 16— 24, 2022  
9 Days— 14 meals included**

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**HOVICK PETTING ZOO &  
FROZEN IN TIME ICE CREAM  
Tuesday, August 17  
2:00 PM—4:00 PM**

Don't miss the affectionate animals that are coming for a visit. Miniature pigs, cows, llamas, goats, and donkeys are animals you might see. You will have the opportunity to feed the animals with the provided food. This event will be held in the Linden's parking lot grass area.

Frozen in Time Ice Cream truck will provide a complimentary afternoon treat! They make homemade ice cream, and you will have the flavor choices of vanilla, chocolate, chocolate malt, cookies and cream and strawberry.



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**SAVE THE DATE  
ADA HAYDEN HERITAGE PARK  
GOLF CART TOURS**

Each year the Friends of Ada Hayden Heritage Park lead golf cart tours of the park for mobility challenged adults. This year, Thursday, September 9 has been selected for a tour date with Friday, September 10 as the rain date. These are two hour long tours with a driver and interpreter on each golf cart. Green Hills has scheduled a bus for the morning tour, 9:30 –11:30 AM on Thursday, September 9. **Sign up in the bus book by Wednesday, September 1st to guarantee your spot for this special tour.** Bus departs Green Hills at 9:00 AM.

## HAPPY BIRTHDAY!

- Gwen Wells—8/1
- Donna Bond—8/6
- Chuck Oulman—8/6
- Bob Deppe—8/8
- Kenneth Hook—8/8
- Arlene Boyington—8/9
- Clarence Cory—8/10
- John Greve—8/11
- Susan Fales—8/12
- Carol Pletcher—8/14
- Keith Whigham—8/15
- Charles Kniker—8/20
- Bev Kruempel—8/20
- John Mutchmoor—8/21
- Fran Theile—8/21
- Erv Klaas—8/23
- Beth Cheville—8/24
- Carol Wright—8/24
- Paul Brackelsberg—8/27
- Glenda Hillhouse—8/27
- Wayne Rowley—8/27
- Maryn Rogge—8/29

### Health Care Center

- Kathryn Burkholder—8/2
- Ed Dixon —8/11
- Betty Haviland —8/14
- Doris Winterfeld —8/16



## DINING SERVICES

### CHEF'S BREAKFAST

August 5, 12, 19, 26  
8:00—10:00 AM

### GREEN HILLS CAFÉ

Wednesday, August 11  
5:00 PM

### BBQ Bash

Wednesday, August 25  
5:00 PM  
Community Room

### CLUB 2200 GRILL OUT

Friday, August 27  
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.

## 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.

## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinic

Thursdays, August 5, 12, 19, 26  
9:30 AM  
Wellness Clinic

### Ames Hearing Aid Clinic

Tuesday, August 10  
9:30 AM—11:00 AM  
Wellness Clinic: Call Kaylee for an appointment.



### IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Vena Mae Larson, Bill Switzer, and Bernadine Goetzman.

## SHOPPING TRIPS

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

**HyVee:** Mondays, August 2, 9, 16, 23, 30

**Fareway:** Thursdays, August 5, 12, 19, 26

The scheduled bus trips to HyVee and Fareway are not dependent on the number of residents signed up.

## 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.



*Good friends make great neighbors!*

What's Open Wednesday Schedule:

August 4 - The Oaks 204

August 18 - 2434 Hamilton Drive

*You are our number one referral source!*

**HELLO**  
my name is

Reminder to wear your name tag to events at Green Hills.

# GREEN HILLS ON-SITE SPECIAL EVENTS

## RURAL REFLECTIONS

### Art and Artifacts from the Collections of our Green Hills Family

Thursday, August 12 at 3:00 PM  
Art Gallery and Lobby

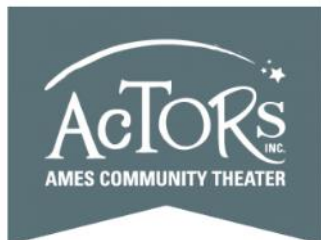
Come celebrate rural life past and present, from near and far at the reception for our newest Art Gallery Show. Visit with residents and a staff member who contributed their artworks and artifacts to the show. Their Blue Ribbons will make them easy to spot. Toast the show and the opening day of the Iowa State Fair with fair-inspired refreshments. "Rural Reflections" will continue until August 31.



## NECK & BACK PAIN PRESENTATION

Tuesday, August 24 at 10:00 AM  
GH Theatre

Stacy Weaver, Encore Rehabilitation Services Therapy Program Director will lead this presentation. You will learn different causes of back and neck pain and possible treatment options.



## ACTORS AMES COMMUNITY THEATER Tuesday, August 31 at 10:00 AM Community Room

The Ames Community Theater (ACTORS) has been providing live theater for central Iowa for the past 64 years. During that time, ACTORS has staged almost 300 productions to over 160,000 audience members.

Each season includes comedies, dramas, and a musical or two. Over the years, ACTORS has produced shows for children, adults, and families. ACTORS gives everyone in the community the opportunity to participate in putting on a show. During a show, our volunteers design, find, and sew costumes. Cast and crew members make a strong team, joining their passion and talents to put on a show. These are friendships that often last a lifetime!

Stan Rabe, President of ACTORS, and Lynn Lloyd, past president will talk about how ACTORS began, the current season of shows, and the exciting updates and change with the building project.

## AUGUST

### DEVOTION SERVICES

Wednesdays at 10:30 AM  
HCC Activity Room, Masks Required

8/4 - Hymn Sing

8/11 - Hymn Sing

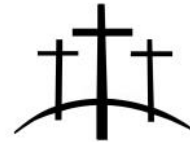
8/18 - Christ Community

*Pastor Kip Hamby*

8/25 - Communion:

**First United Methodist**

*Reverend Dr. Kirkpatrick*



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



## TECHNOLOGY CLASSES

Remember to sign up in the front of the bus book for the technology classes offered in August, which are held in the Green Hills Theatre.

Classes require at least 3 participants or the class will be cancelled.

# COMMUNITY WIDE EVENTS AT GREEN HILLS

<p><b>AUG 2 (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>AUG 4, 11, 18, 25 (WED)</b> <b>1:00 PM</b></p>	<p><b>BISTRO STITCHERS &amp; BED MAT MAKERS</b> This group has expanded to include the plarn and bed mat makers. If you would like to convert plastic bags to plarn or learn how to make a bed mat, you can attend this informal gathering typically held in the Pine Room. This 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. <u>This month on the second and fourth Wednesdays the group will gather in Le Bistro.</u></p>
<p><b>AUG 4, 11, 18, 25 (WED)</b> <b>3:00 PM</b></p>	<p><b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held on Wednesdays <b>in the Meditation Room</b> on the second floor of the Lindens. These sessions are led by Green Hills resident, Elizabeth Angelici. Please remember your mask when entering the Lindens.</p>
<p><b>AUG 5, 12, 26 (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.</p>
<p><b>AUG 5 (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. This sing-along is put on by Cliff Smith and Carol Deppe.</p>
<p><b>AUG 7, 14, 21, 28 (SATURDAYS)</b> <b>4:00 PM—6:00 PM</b></p>	<p><b>HAPPY HOUR SOCIALS IN THE MAIN DINING ROOM</b> The Saturday Zoom happy hour socials are now in person. Meet your friends and neighbors in the Main Dining Room for an informal gathering. Green Hills Dining Services has a variety of alcoholic and non-alcoholic drinks for purchase. Snacks are provided.</p>
<p><b>AUG 11 (WED)</b> <b>10:00 AM</b></p>	<p><b>FOLLOWING JOHN JACOB RESSLER'S 1849 TRAIL</b> Alice Thompson will present this month's continuing education program. Alice's great-grandfather, with three friends, set out in their covered wagon in 1849 to find gold in California. This will be a slide presentation based on the book <i>Trails Divided, A Dissertation on the Overland Journey of Iowa '49ers</i>, written by his grandson Theo. C. Ressler in 1964. Harvey and Alice followed the same trail as closely as possible in 1995 in their pick-up camper. (Community Room)</p>
<p><b>AUG 19 (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 are provided.</p>
<p><b>AUG 27 (FRI)</b> <b>4:30 PM</b></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. 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" at 5:30 PM (which is an offering of food that varies each month). 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 you name tag.</p>

# CLUBS AND OTHER EVENTS

<b>AUG 3 (TUES) &amp; AUG 17 (TUES) 9:30 AM</b>	<b>SENSORY GARDEN CLUB</b> Sensory Garden club meetings are now about maintaining the plants, so the weeds don't overtake them. Anyone is welcome to meet in the garden or just come enjoy the ambiance.
<b>AUG 11 (WED) 2:00 PM</b>	<b>BOOK CLUB</b> Nancy Martin will lead the discussion of <i>The Bluest Eye</i> authored by Toni Morrison. (Pine Meeting Room)
<b>AUG 19 (THURS) 2:00 PM</b>	<b>WINDOWS COMPUTER CLUB</b> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Pine Meeting Room)
<b>AUG 25 (WED) 1:30 PM</b>	<b>TECHNOLOGY CLUB</b> Share your knowledge or get answers to your questions. All residents are encouraged to come. (Pine Meeting Room)

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

## MONTHLY GREEN TUESDAY

Join the City of Ames and Ames Public Library for EcoChats, a series of virtual lectures focused on sustainability topics. The 2021 EcoChats will be held via Zoom at 7:00 PM the first Tuesday of each month.



**August's EcoChat theme will be electric.  
Tuesday, August 3 at 7:00 PM  
Via Zoom**



For more information and the Zoom link, visit: <https://www.amespubliclibrary.org/ecochats>

## CRIBBAGE ANYONE?

Green Hills has an active group of cribbage players. If you are interested in playing or want to learn how to play, contact Roger Beckett (x5218). Recently, Green Hills obtained a large cribbage board with easy to see holes and larger pegs to grip. If you aren't interested in playing but are looking for something fun to participate in, the group welcomes spectators, too.



## DONATION UPDATES

Donations are being accepted for **newspapers** again. Take newspapers to the first floor Maples trash room.

**Plastic bags** are still being collected to make plarn. Please only donate grocery sacks (no newspaper or bread bags please).

If you are interested, you can donate **school supplies** in the box by the north entrance door. Donations are accepted until August 2nd and will go to Story County families in need.

# THE LINDEN LETTER

## TENANT MEETING

**Wednesday, August 4th at 2:00 PM**

This monthly meeting is open to all Assisted Living Residents. This meeting is held on the first floor and is led by Lauren Pearson, Assisted Living Coordinator. Come hear about what's going on in the Lindens.

## SCENIC BUS RIDE—AMES HOUSES

**Wednesday, August 11th at 3:30 PM**

If you are an Ames native and would like to show your fellow residents where you've lived, please provide the address to any Linden's staff member. We will take the Green Hills bus on a tour of these special places around town!

## MOVIE MONDAYS First Floor Living Room 3:00 PM

### August 2nd—Some Like It Hot

After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in. (1959, Musical, 2 hours)

### August 9th—Blue Miracle

To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition. (2021, PG, Family, 1 hour 36 minutes)

### August 16th—State Fair

The Fraake family attends the annual Iowa State Fair; each member of the clan has their own reason for doing so. (1945, Musical, 1 hour 40 minutes)

### August 23rd—National Treasure

Historian, Benjamin Franklin Gates has to steal the Declaration of Independence to ensure it doesn't fall into dangerous hands. (2004, Mystery, PG, 2 hours 11 minutes)

### August 30th—National Treasure 2: Book of Secrets

The sequel to last week's movie, starring Nicholas Cage as Ben Gates. He and his team must weave their way toward a mysterious and highly guarded book containing centuries of secrets. But there's only one way to find it: Ben must kidnap the President. (2007, PG, Mystery/History, 2 hours 4 minutes)

## DINING IN WITH LAUREN—AUNT MAUDE'S

**Wednesday, August 25th AT 11:30 AM**

**First Floor Lindens**

The concept of Aunt Maude's was created on a Sunday morning in 1975 over a few Bloody Mary's. Although Aunt Maude the person is mythical, they cherish the ideals of her with their casual personal style and delivering hospitality, superb service, and excellent cuisine.

Come eat delicious food with Lauren and your fellow neighbors. Get to know everyone over a delicious meal. Order off the menu and it will be billed to your resident account.



# 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  
Barbara Rusk, Dolores Dolley,  
Jim Sperflage, and Phyllis Smith.

## DAVE SWENSON

**Wednesday, August 4 at 3:30 PM**  
**Aspen Court Living Room**

Classical, Norwegian, and Celtic fiddle are on Dave Swenson's set list today. He'll sprinkle in a few popular songs we will all enjoy too.

## FANCY FOODS WITH CHRIS

**Monday, August 9 at 2:00 PM**  
**Activity Room**

Do you know what it takes to make delicate chocolate mousse and fruit tarts? Come join us in the Activity Room to learn about Chef Chris's culinary education and training, while watching him make these dainty treats. After he creates these masterpieces, we will be able to sample them.

## HAWAIIAN THEME MEAL

**Tuesday, August 10 at 5:15 PM**  
**HCC Dining Room**

Join us for a Hawaiian dinner tonight in the dining room as we transform the dining room into a tropical paradise. Come as you are, put on your colorful best or wear one of our Hawaiian leis and join the fun. Listen to music and try the hula hand dance with us.

## DUMP CAKE

**Wednesday, August 18 at 3:00 PM**  
**Activity Room**

It's cherry season so when it comes to a quick and easy dessert, Nan often turns to a cherry dump cake. Don't let the name discourage you from trying it. This dessert is a cross between a cake and a cobbler and gets its name because all the ingredients are literally dumped into a baking dish.

## PIANO MUSIC WITH MOTOKO

**Friday, August 20 at 3:00 PM**  
**Aspen Court Living Room**

Independent living resident, Motoko, is going to be playing some of her favorite classical piano songs along with requests from the audience. Motoko and her spouse, Chuck, will end their performance with an Argentine Tango. Not sure what a tango dance is? Come see for yourself!

## CEDAR COURT

Activities listed below are held in  
Cedar Court Memory Care.

## HAWAIIAN PARTY PREP

### TROPICAL SUNSHINE CAKE

**Tuesday, August 10 at 1:30 PM**

We'll prepare this tasty dessert for our Hawaiian theme meal tonight. Topped with bits of pineapple, almonds and toasted coconut flakes, it will be sure to add a little sunshine to our table and be a delicious finale for our dinner.



**Thursday, August 19 at 3:45 PM**

This game of chance is fun for all ages. Do you have a lucky bingo number? Get 5 in a row and you win!

## BAKING WITH HANNAH

**Thursday, August 26 at 3:45 PM**

For this month's baking with Hannah, we will be making the BEST brownie recipe from scratch. Come share stories of baking and enjoy each others company. The brownies will be served with vanilla ice cream.

# 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.

Wednesday, August 4	1:30 PM	<b>Parkinson's Singing Group</b>	First Baptist Church
Thursday, August 5	7:15 PM	<b>Central Iowa Symphony</b>	Ames Bandshell
Wednesday, August 11	1:30 PM	<b>Parkinson's Singing Group</b>	First Baptist Church
Friday, August 13	1:00 PM	<b>Park Walk Christopher to Daly Park</b>	Ames
Saturday, August 14	10:15 AM	<b>ISU Volleyball: Cardinal &amp; Gold Scrimmage</b>	Hilton Coliseum
Friday, August 20	1:00 PM	<b>Park Walk: Tedesco Park</b>	Ames
Friday, August 27	5:45 PM	<b>ISU Volleyball vs Omaha</b>	Hilton Coliseum
Saturday, August 28	10:15 AM	<b>ISU Volleyball vs Drake</b>	Hilton Coliseum
Saturday, August 28	6:45 PM	<b>ISU Volleyball vs Fresno State</b>	Hilton Coliseum



## SPECIAL BUS EVENTS



### OUTDOOR WALKING TOUR OF TEDESCO LEARNING CENTER

Tuesday, August 3  
Bus Departs GH at 10:00 AM

Mike Cox and Ted Tedesco will talk about the unique park just a few blocks from Green Hills. Ride the bus to the Tedesco Learning Center and listen as these two gentlemen tell how this park came to be, how it is designed to encourage interaction and protect its natural resources. We will walk the trails in the park and discuss conservation techniques.



### LUNCH BUNCH TO NILAND'S CAFE

Friday, August 6 at 10:40 AM

This café in Colo, Iowa is under new ownership. Niland's Cafe was restored in 2003 along with the Reed Service Station. The restored Colo Motel reopened in 2008. This café serves a variety of sandwiches including: beef burgers, tenderloin, chicken, pulled pork or a



### LAKE ROBBINS BALLROOM DANCING

Sunday, August 22 at 4:15 PM

Do you like to listen to big band music, or enjoy dancing or watching people dance? Then come to Lake Robbins Ballroom (located near Woodward) with your Green Hills friends to listen to music by Al Godfredsen. Green Hills receptionist, Vanessa, will be there with her husband Kris to swing the night away on the dance floor. Cost is \$13.00 per person. There is food and drink available to purchase. Pay individually.



# NOW SHOWING AT GREEN HILLS

## FEATURED WEEKLY MOVIES

### The Dig

Monday, August 2 at 7:00 PM

Tuesday, August 3 at 2:00 PM

Thursday, August 5 at 2:00 PM

In the late 1930s, wealthy landowner Edith Pretty hires an amateur archaeologist named Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground. (2021, PG-13, British Drama, 1 hour 52 minutes)

### Morocco

Monday, August 9 at 7:00 PM

Tuesday, August 10 at 2:00 PM

Thursday, August 12 at 2:00 PM

World-weary chanteuse Amy Jolly arrives in Morocco on the same ship as wealthy playboy La Bessiere. Amy gets a job at a local club and attracts the attention of womanizing Legionnaire soldier Tom Brown who visits her later on. Discouraged by Amy's melancholy demeanor, Tom departs for another rendezvous. When Amy follows and is attacked by locals, Tom defends her, which has consequences for him, Amy, and the romantic hopes of La Bessiere. (1930, Drama/Romance, 1 hour 32 minutes)

### Dark Waters

Monday, August 16 at 7:00 PM

Tuesday, August 17 at 2:00 PM

Thursday, August 19 at 2:00 PM

A tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, his family, and his own life. (2019, Biography/Drama, PG-13, 2 hours 6 minutes)

### The Tourist

Monday, August 23 at 7:00 PM

Tuesday, August 24 at 2:00 PM

Thursday, August 26 at 2:00 PM

During an impromptu trip to Europe, a math teacher meets a woman named Elise. Their seemingly innocent flirtation turns into a dangerous game of cat and mouse. (2010, PG-13, Romance/Action, 1 hour 43 minutes)

### MINARI

Monday, August 30 at 7:00 PM

Tuesday, August 31 at 2:00 PM

Thursday, September 2 at 2:00 PM

A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the Ozarks, they discover the undeniable resilience of family and what really makes a home. (2020, PG-13, Drama, 1 hour 56 minutes)

## JAMES BOND MOVIES

### A View to Kill

Friday, August 6 at 7:00 PM

James Bond discovers that a microchip has the potential for sinister applications. Soon Agent 007 faces off against the villainous Zorin and his touch Amazonian bodyguard, May Day. (1985, PG, Action, 2 hours 11 minutes)

### The Living Daylights

Friday, August 13 at 7:00 PM

James Bond helps KGB officer defect during a symphony performance. During Georgi Koskov's debriefing, he reveals that a policy of assassinating defectors has been instated by new KGB head Leonid Pushkin. However, as Bond explores this threat, a counterplot surfaces, involving a shady American arms dealer and a pair of Russian assassins. (1987, PG, Action, 2 hours 10 minutes)

### License to Kill

Friday, August 20 at 7:00 PM

007 relinquishes his license to kill, disobeys his orders, and goes on a mission of revenge when his best friend's wife is killed by a drug baron. A beautiful CIA pilot flies him to Sanchez's South American headquarters where, disguised as a hitman, Bond is hired by the villainous drug dealer. (1989, PG-13, Action, 2 hours 13 minutes)

### GoldenEye

Friday, August 27 at 7:00 PM

When a powerful satellite system falls into the hands of Alec Trevelyan, AKA Agent 006, only James Bond can save the world from a space weapon that could destroy the whole earth. As Bond squares off against his former compatriot, he also battles Trevelyan's stunning ally, Xenia Onatopp, an assassin who uses pleasure as her ultimate weapon. (1995, PG-13, 2 hours 10 minutes)

# Green Hills Community August Calendar 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday														
10:00 - 1:00 PM Le Bistro Open	1 9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 7:00 Movie - The Dig	2 10:00 Bus - Outdoor Walking Tour of Tedesco Learning Center 2:00 Movie - The Dig 7:00 EcoChat Virtual Lecture on Electric	3 1:00 Bistro Stitches (Pine Meeting Room) 1:30 Bus - Parkinson's Singing Group 3:00 Meditation Exploration (Meditation Room - 2nd Floor of Lindens)	4 8:00 Chef's Breakfast at Blood Pressure Clinic 10:00 Collette Travel Presentation (CR) 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie - The Dig 3:00 Sing-along with Us (CR) 7:15 Bus - Central Iowa Symphony Bandshell Concert	5 10:40 Bus - Lunch to Niland's Cafe 7:00 James Bond Movies - A View to Kill	6 10:15 Bus - ISU Volleyball: Cardinal & Gold Scrimmage 4:00 Happy Hour Social in the Main Dining Room	7 10:00 - 1:00 PM Le Bistro Open	8 1:30 Bus - Hy-Vee 7:00 Movie - Morocco	9 9:30 Hearing Aid Clinic (Wellness Clinic) 2:00 Movie - Morocco	10 10:00 Following John Jacob Resler's 1849 Trail (CR) 1:00 Bistro Stitches (Le Bistro) 1:30 Bus - Parkinson's Singing Group 3:00 Meditation Exploration (Meditation Room - 2nd Floor of Lindens) 5:00 GH Cafe (RSVP)	11 8:00 Chef's Breakfast 9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie - Morocco 3:00 Rural Reflections	12 1:00 Bus - Park Walk Christopher to Dally Park 7:00 James Bond Movies - The Living Daylights	13 10:15 Bus - ISU Volleyball: Cardinal & Gold Scrimmage 4:00 Happy Hour Social in the Main Dining Room	10:00 - 1:00 PM Le Bistro Open	15 1:30 Bus - Hy-Vee 7:00 Movie - Dark Waters	16 2:00 - 4:00 PM Hovick Petting Zoo & Frozen in Time Ice Cream Truck 2:00 Movie - Dark Waters	17 10:00 Neck & Back Pain Presentation (GH Theatre) 2:00 Movie - The Tourist	23 1:30 Bus - Hy-Vee 7:00 Movie - The Tourist	24 1:00 Bistro Stitches (Le Bistro) 3:00 Meditation Exploration (Meditation Room - 2nd Floor of Lindens) 5:00 BBQ Bash (RSVP)	25 8:00 Chef's Breakfast 9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie - The Tourist	26 4:30 Club 2200 (CR) 5:30 Grill Out (RSVP) 5:45 Bus - ISU Volleyball vs Omaha 7:00 James Bond Movies - GoldenEye	27 10:15 Bus - ISU Volleyball vs Drake 4:00 Happy Hour Social in the Main Dining Room 6:45 Bus - ISU Volleyball vs Fresno State	28 10:00 - 1:00 PM Le Bistro Open	29 1:30 Bus - Hy-Vee 7:00 Movie - Minari	30 10:00 ACTORS - Ames Community Theater (CR) 2:00 Movie - Minari	31 10:00 ACTORS - Ames Community Theater (CR) 2:00 Movie - Minari
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MDR - Main Dining Room  
CR - Community Room

## August 2021 Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 11:00 Continuing Education Committee (PR)	<b>2</b> 9:30 Sensory Garden Club (SG)	<b>3</b>	<b>4</b>	<b>5</b> 1:00 Capital Planning (PR)	<b>6</b>
<b>8</b>	<b>9</b> 9:00 Advisory Council (PR)	<b>10</b>	<b>11</b> 1:00 Garden Committee (PR) 2:00 Book Club (PR)	<b>12</b> 9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)	<b>13</b> 3:00 Technology Committee (PR)	<b>14</b>
<b>15</b>	<b>16</b> 10:00 Dining Services Committee (PR) 1:30 Continuous Quality Improvement (PR)	<b>17</b> 9:30 Sensory Garden Club (SG)	<b>18</b> 9:00 Finance Committee (PR)	<b>19</b> 10:00 History Committee (HR) 2:00 Windows Computer Club (PR)	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> 9:30 Grounds Committee (PR)	<b>25</b> 1:30 Technology Club (PR)	<b>26</b> 8:30 Board Meeting (PR)	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	Meetings are held in person.  Pine Room- (PR), Sensory Garden- (SG) Hickory Room- (HR), Arts & Craft Room- (A&C)			