

# DISCOVER, EXPLORE AND MORE

**August 2022**  
Events and Programs



**CARNIVAL**  
**Thursday, August 4**  
**2:00 PM—4:00 PM**  
**Lindens Parking Lot**



You won't want to miss this campus-wide event! *There will be games, prizes, snow cones, fair food, a live interactive drumming musician, balloon art, and even a chance to dunk our Executive Director, Kat Kilbane, in the dunk tank!*

This event is open to all Green Hills residents, employees, and family members. Invite your friends and loved ones to join in on the fun. You might even see a familiar face disguised as a clown walking around!

**THE 4,000 YEAR HISTORY OF KAYAKING**  
**Friday, August 19 at 3:00 PM**  
**Community Room**

Bruce Munson will give an interesting talk about the history of kayaks and kayaking. Over the 4,000 years of kayaking in North America, the purpose of a kayak has shifted from being an absolute necessity for existence, to being a source of recreation and sport. Through the use of numerous slides, show-and-tell items, and stories we will look at how and why these changes have come about.

## 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 seniors or mobility challenged adults. This year, the tours will be on September 12 and 13. More information will be released as it becomes available.

### A GOOD 'N' GROOVY CHRISTMAS!

More information coming soon regarding this overnight trip to Minnesota on Tuesday, December 13 to Wednesday, December 14. Shows include: "Christmas with the Rat Pack" and Church Basement Ladies, "Plowin' Thru!". Also, go on a holiday lights tour and visit the Sunken Garden at Como Park Zoo and Conservatory.

## HAPPY BIRTHDAY!

- Donna Bond—8/6
- Chuck Oulman—8/6
- Bob Deppe—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
- Erv Klaas—8/23
- Carol Wright—8/24
- Paul Brackelsberg—8/27
- Glenda Hillhouse—8/27
- Wayne Rowley—8/27
- Jean Watson—8/27
- Maryn Rogge—8/29
- Sondra Eddings—8/30

**The Lindens**  
Gwen Wells—8/1

Follow us:



## DINING SERVICES

### GH GRILL

Mondays, Wednesdays & Fridays

11:30 AM — 6:30 PM

Sunday

11:30 AM — 2:00 PM

### SIGNATURE BRUNCH

Tuesday & Thursdays

8:00 AM — 2:00 PM

### GREEN HILLS CAFÉ

Wednesday, August 10

Wednesday, August 24

5:00 PM

### SHRIMP & CORN BOIL

Wednesday, August 17

5:00 PM

### LE BISTRO & LOUNGE HOURS

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

Saturday 10:00 AM — 2:00 PM

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

## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinics

Thursdays, August 4, 11, 18, 25

9:30 AM

Wellness Clinic

### Ames Hearing Aid Clinic

Tuesday, August 9

9:30 AM

Wellness Clinic: Call Kaylee for an appointment.

## 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.

### IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Bob Humphrey and Carol Catus.



*You're invited!*



**JAVA JEWS**  
Highly-caffeinated klezmer music!



Marketing Minute



GREEN HILLS

**We are going to add a little "chutzpah" (spirit) to your day on August 23 from 6-7PM in the Community Room.**  
Klezmer music is upbeat, joyful, and entertaining - in the hands of the Java Jews, it's always fun!

**If you would like to attend, please sign up in the bus book by August 19th.**



## HOT AIR BALLOON Highlights



# GREEN HILLS ON-SITE SPECIAL EVENTS

## CYCLONES™

**CYCLONE CELEBRATION**  
**Friday, August 12 at 3:00 PM**  
**Community Room**

The Iowa State school year and athletics are about to begin, so what a great time for a party! Life Enrichment will provide the food, drinks and entertainment; just bring yourself! Make sure to wear your Iowa State colors.

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**RURAL REFLECTIONS II**  
**Art and Artifacts from the Collections**  
**of our Green Hills Family**  
**Tuesday, August 16 from 3:00—4:00 PM**  
**Art Gallery and Lobby**

This collection is a sequel to last summer's popular show. Look at the exhibit featuring rural landscapes, farm buildings, crops, livestock, fairs, and other artwork related to agriculture and visit with residents who contributed their artworks and artifacts to the show. Fair themed refreshments will be provided. "Rural Reflections II" will be on display until August 30.



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**MUSIC WITH ROB LUMBARD**  
**Monday, August 22 at 3:00 PM**  
**Community Room**

Vintage country, pop and jazz tunes from an award winning fingerstyle guitarist and singer. Rob Lumbar, a lifelong resident of Des Moines, is in the Iowa Rock & Roll Hall of Fame and the Iowa Blues Hall of Fame. After ten years in The Wapsi River Band, Rob has concentrated mostly on being a solo performer.

Playing fingerstyle guitar in the manner of Chet Atkins, slide guitar, and singing, 2022 will find Rob playing at a bluegrass and blues festivals, churches, bars, and private parties from Kentucky to Arizona. He loves to get you to sing along, dance and have a good time!

This music performance is sponsored by Right Dose Pharmacy.

**AUGUST**  
**DEVOTION SERVICES**  
Wednesdays at 10:30 AM  
HCC Activity Room

**3rd—Collegiate Presbyterian**  
*Pastor Brett Becker*

**10th—Northminster Presbyterian**  
*Pastor Jim DuBois*

**17th—Cornerstone Church**  
*Pastor Kip Hamby*

**24th— Communion:**  
**Palestine Lutheran**  
*Pastor Eric Klimpel*

**31st— Hymn Sing**

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



**JAVA JEWS**  
**Tuesday, August 23**  
**6:00—7:00 PM**  
**Community Room**

The band plays a mix of Yiddish and Hebrew melodies, including Yiddish parodies of classic American tunes, all combined with Dixieland, avant-garde jazz and a touch of Spike Jones.

**You will need to RSVP to this music event so we know how much food to prepare. Please sign up in the front of the bus book.** This music event is sponsored by the Marketing Department.





# COMMUNITY WIDE EVENTS AT GREEN HILLS

<p><b>AUG 1 (MON)</b> 9:30 AM</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 3, 10, 17, 24, 31 (WED)</b> 1:00 PM</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. <b><u>On August 10th the group will gather in Le Bistro.</u></b></p>
<p><b>AUG 3, 10, 17, 24, 31 (WED)</b> 3:00 PM</p>	<p><b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held on Wednesdays <b><u>in the Meditation Room</u></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 4, 11, 25 (THURS)</b> 10:00 AM</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 6, 13, 20, 27 (SAT)</b> 4:00 PM</p>	<p><b>HAPPY HOUR SOCIALS IN LE BISTRO</b> Meet your friends and neighbors in the Le Bistro for an informal gathering. Bring your own drinks and snacks.</p>
<p><b>AUG 10 (WED)</b> 10:00 AM</p>	<p><b>CONTINUING EDUCATION: VENUE WORKS</b> Steve Peters, the co-owner of Venue Works will talk about his job of scheduling programs for CY Stephens and venues in other cities for this month's continuing education program. He will also talk about this year's programming in particular.</p>
<p><b>AUG 11 (THURS)</b> 3:00 PM</p>	<p><b>SING-ALONG WITH US</b> Come to the Community Room for this sing-along with your friends and neighbors.</p>
<p><b>AUG 18 (THURS)</b> 10:00 AM</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 24 (WED)</b> 2:00 PM</p>	<p><b>BOCCE</b> Meet in the Lindens grassy area to play some friendly games of bocce ball. If you have never played before now is your chance to learn. If you can toss a ball, you can play!</p>
<p><b>AUG 26 (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. 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 "Meal Basket" at 5:30 PM (which is an offering of food that varies each month). Residents need to sign up for the Meal Basket 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 SUPPORT GROUPS

## CLUB MEETINGS:

<b>AUG 2 (TUES) &amp; AUG 16 (TUES) 9:30 AM</b>	<b>SENSORY GARDEN CLUB</b> Sensory Garden Club meetings are now about maintaining the plants and pulling weeds. Anyone is welcome to meet in the garden or just come enjoy the ambiance.
<b>AUG 10 (WED) &amp; AUG 24 (WED) 1:00 PM</b>	<b>BRIDGE CLUB</b> Come play bridge with us the second and fourth Wednesday of each month in the <b>Main Dining Room</b> . Open to any resident. If you have questions please contact Jan Clark (x5217), Shala Ludley (x5250) or Paula Toms (x5141).
<b>AUG 10 (WED) 2:00 PM</b>	<b>BOOK CLUB</b> This month we will discuss the book <i>The Joy of Luck Club: A Novel</i> authored by Amy Tan. Nancy Martin will be the discussion leader. <b>(Pine Meeting Room)</b>
<b>AUG 31 (WED) 3:00 PM</b>	<b>TECHNOLOGY CLUB</b> Share your knowledge or get answers to your questions. All residents are encouraged to come. <b>(Pine Meeting Room)</b>

### **CRIBBAGE CLUB** Tuesdays at 10:00 AM Prairie Rose Dining Room

If you are interested in playing cribbage, the Green Hills Cribbage "Club" meets every Tuesday from 10:00 AM to noon in the **Prairie Rose Dining Room**. Everyone is welcome to play when they are available. If you win, you take the "traveling trophy" until the next winner is determined. If you want more details, contact Roger Beckett at x5218.



### **THE GREEN BIRDS CHORUS PRACTICE** Tuesdays in August at 9:30 AM Community Room

"The Green Birds," formerly known as the Songbirds & Green Hills Chorus meets weekly; typically on Tuesdays at 9:30 AM. They are practicing for the Senior Variety Show, which is on Friday, August 19 and Saturday, August 20. All residents are welcome to sing with this group!

### **CAREGIVERS SUPPORT GROUP** Wednesday, August 3 at 2:00 PM Pine Meeting Room

Are you a caregiver or do you help someone with everyday tasks? Does someone you love suffer from dementia? This support group is here to help you deal with caregiver stress. Everyone is welcome.

### **MEXICAN TRAIN** Thursday, August 25 at 3:00 PM

Come to the Main Dining Room to play this fun and easy domino game. No experience necessary; we will go over the rules of the game for newcomers.

### **GROCERY SHOPPING TRIPS** 1:30 PM

**HyVee:** Mondays, August 1, 8, 15, 22, 29

**Fareway:** Thursdays, August 4, 11, 18, 25

### **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.

# THE LINDEN LETTER

## WELCOME TO THE LINDENS!

We extend our warmest welcome to Jeannine Moore.



## BIRTHDAY PARTY

**Monday, August 1st at 3:00 PM**

Our friend and neighbor, Gwen, is celebrating her birthday this month! Come to her birthday party to take part in eating delicious cake and ice cream.



## PODIATRIST CLINIC

The podiatrist will be at Green Hills on Wednesday, August 10th in the Elm Room of the Health Care Center.



## TASTE OF THE IOWA STATE FAIR Wednesday, August 10 at 3:00 PM

This annual fair attracts more than a million people from all over the world each year. It's a salute to the state's best in agriculture, industry, entertainment, and achievement. Most importantly, there is always interesting and tasty food served! At this social we will be tasting different fair foods.

## MOVIE MATINEES

First Floor Living Room at 3:00 PM

### August 2— "42"

In 1946, Branch Rickey (Harrison Ford), legendary manager of the Brooklyn Dodgers, defies major league baseball's notorious color barrier by signing Jackie Robinson to the team. The Heroic act puts both Rickey and Robinson in the firing line of the public, the press, and other players. Facing open racism from all sides, Robinson demonstrates true courage and admirable restraint by not reacting in kind and lets his undeniable talent silence the critics for him. (2013, Sport/Drama, 2 hours 8 minutes, PG-13)

### August 8 — D.B. Cooper Series—Episode 1 "Take The Money and Jump"

A criminal known only by the alias D.B. Cooper becomes a modern-day folk legend. Countless suspects emerge, but some stand out more than others. (2022, Docuseries, 43 minutes, TV-14)

### August 15— D.B. Cooper Series—Episode 2 "Innocent Men Don't Hide in Storage Bins"

Robert Rackstraw's colorful history of run-ins with the law draws Tom Colbert and his team of sleuths toward a theory teeming with intrigue. (2022, Docuseries, 44 minutes, TV-14)

### August 29 — "The Guernsey"

A London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation. (2018, Romantic Drama, 2 hours, PG)

# 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  
Luann Adams, Cliff Smith,  
Ed Augustine, Art and Maryan Tebbutt,  
Max Raines, Lynda Forre,  
and Joan Loney,

## THE RAILROADS OF STORY COUNTY Tuesday, August 2 at 3:00 pm Activity Room

This lecture, presented by the Ames History Museum, is a brief history of the railroads that served Story County from 1864 to 1995. It shows where the railroads operated in the county and where you could travel by train from many cities in Story County. Emphasis is on the routes and passenger trains, but also some information on the freight that was carried by these railroads.



## COOL DOWN WITH A FROZEN TREAT!

**Monday, August 1**  
**Activity Room– 2:30 PM**  
**Cedar Court– 3:45 PM**

Create your own Ice Cream Sandwich. We'll have a variety of cookies and ice cream flavors so you can get creative.

**Monday, August 29**  
Reminiscent of the old ice cream trucks, listen for Cheryl to come down the hall with homemade ice cream delivered right to your room.

**YOU'RE INVITED TO A  
SUNFLOWERS SOCIAL!**  
**Tuesday, August 23**  
**Activity Room– 2:30 PM**  
**Cedar Court– 3:45 PM**

Enjoy sunflower decorated cupcakes while visiting with your friends. Learn some fun facts about sunflowers too!

*“Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do.” - Helen Keller*



**BAKING WITH HANNAH**  
**Thursday, August 25**  
**Activity Room –2:30 PM**  
**Cedar Court –3:45 PM**

This month's baking activity is sweet, savory, and a little bitter. It is a warm, gooey cookie that is everything you need in your life! Come to the activity room to watch Hannah bake a delicious cookie and figure out what the cookie is!

**DOG EARED BOOKS**  
**Friday, August 26 at 3:00 PM**  
**Activity Room**

Dog Eared Books is a newer business to the Ames Main Street shops. This business is committed to nurturing a love of reading for all Ames residents. One of the shop owners will be coming to talk about the business and books, of course!



# 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.

<b>Thursday, August 4</b>	7:15 PM	<b>Central Iowa Symphony: Pops Concert</b>	<i>Ames Bandshell</i>
<b>Saturday, August 13</b>	10:15 AM	<b>ISU Volleyball: Cardinal &amp; Gold Scrimmage</b>	<i>Hilton Coliseum</i>
<b>Tuesday, August 16</b>	10:45 AM	<b>Aqua Walking at Furman Aquatic Center:</b> Green Hills will cover the cost of walking in the lazy river at the Furman Aquatic Center. Walk for the whole time or walk for part of it and relax around the pool.	<i>Furman Aquatic Center</i>
<b>Friday, August 19</b>	5:15 PM	<b>ISU Volleyball vs Missouri</b>	<i>Hilton Coliseum</i>
<b>Saturday, August 20</b>	1:15 PM	<b>Senior Variety Show</b>	<i>Ames City Auditorium</i>
<b>Wednesday, August 31</b>	1:30 PM	<b>PARK WALK ADA HAYDEN:</b> Walk around the lake or sit on a bench and enjoy the view of the lake. We will be there for 1 hour.	<i>Ames</i>



## SPECIAL BUS EVENTS



### BUS TO ALDI AMES

**Friday, August 5 at 1:30 PM**

Are you interested in saving money on your groceries? Have you ever shopped at ALDI? If there is enough interest (7 residents signed up) we will take a shopping trip to this local store.

Visit your Ames ALDI for low prices on groceries and home goods. From

fresh produce and meats to organic foods, beverages and other award-winning items, ALDI makes the flavorful affordable. Plus, with new limited-time ALDI Finds added to shelves each week, there's always something new to discover.

Be sure to bring your own reusable or plastic bags. ALDI has bags available for purchase.



### LUNCH BUNCH TO CHICAGO SPEAKEASY

**Tuesday, August 9 at 10:30 AM**

For over 42 years this locally owned Chicago Speakeasy has been serving succulent prime rib, hand cut steaks, seafood, pasta, chicken, ribs, chops and sandwiches. Their famous salad bar features over 50 homemade items, so there is definitely something for everyone. Order off the menu and pay individually. Sign up in the bus book.

### COLD STONE CREAMERY

**Tuesday, August 30 at 2:30 PM**

For over 30 years, Cold Stone has served up the finest, freshest ice cream, cakes, smoothies, and shakes. We will go to Cold Stone in Ames, which is located on Duff Avenue. Join us to divulge yourself in this delicious summer treat! You will order off the menu and pay individually. Sign up in the bus book if you'd like to go!



### TRIP TO THE IOWA STATE FAIR

**Wednesday, August 17 at 8:30 AM**

Nothing compares to the Iowa State Fair! The bus will head to the fair on Older Iowan's Day, where fairgoers ages 60 and up get in for \$10.

The top 3 best new foods at the fair include the "OMG" chicken sandwich, the Pork Picnic in a Cup from the Iowa Pork Tent, and the Finisher from The Rib Shack.

**Reminder: 14 residents need to sign up in order for this trip to go. Tell your neighbors to sign up in the bus book!**

IowaStateFair



# NOW SHOWING AT GREEN HILLS

## FEATURED WEEKLY MOVIES

### West Side Story (2021 Version)

**Monday, August 1 at 6:30 PM**

In the mid-1950s, the young Maria yearns to make a life for herself amidst the hustle and bustle of New York City's Upper West Side. She quickly catches the eye of Tony, a charming young man of Irish heritage. Despite the warnings from the duo's traditionalist families, Maria and Tony fall irrevocably in love, pushing the rivalry between their respective gangs to the brink of violence. (2021, Musical, 2 hours 36 minutes, PG-13)

### Titanic

**Monday, August 8 at 6:30 PM**

This cinematic spectacle -- winner of 11 Oscars -- follows society girl Rose and penniless artist Jack as they fall in love just as tragedy strikes. Rereleased for the 100th anniversary of the Titanic disaster, the stirring romance remains timeless. (1997, Romantic Drama, 3 hours 14 minutes, PG-13)

### Downton Abbey: A New Era

**Monday, August 15 at 6:30 PM**

The Crawley's and their staff welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. (2022, Drama, 2 hours 5 minutes, PG)

### Breakfast at Tiffany's

**Monday, August 22 at 6:30 PM**

Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul Varjak, who moves into her building on a wealthy woman's dime. As romance blooms between Paul and Holly, Doc Golightly shows up on the scene, revealing Holly's past. (1961, Classic / Romance, 1 hour 54 minutes, NR)

### All the President's Men

**Monday, August 29 at 6:30 PM**

The film that launched a thousand journalism school students, All the President's Men chronicles how the work of reporters Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman) contributed to the public downfall of President Richard M. Nixon. The duo connected a Washington, D.C., hotel break-in with a Nixon "dirty tricks" team assigned to discredit Democratic rivals, launching a series of tense events that forced Nixon to resign. (1976, Political Drama, 2 hours 19 minutes, PG)

## Volunteering Opportunities:

### GREEN HILLS CARNIVAL

**Thursday, August 4th 2:00 PM—4:00 PM**

We could use help taking residents from Health Care and Memory Care to the carnival. You will get to have a meaningful time while you stroll around the carnival individually with them. Let us know if you plan to help. This is something that we will especially need help with.

### BINGO CALLERS

**Fridays 2:45—4:00 PM in The Lindens**


Our Assisted Living residents love to play bingo! You are welcome to come play along or call the bingo numbers. They would love to have you!

### SING ALONG WITH US


**Thursday, August 11th at 2:40 PM**

With the event starting in the Community Room at 3:00 PM, meet at the Life Enrichment office in the Health Care Center if you'd like to help bring HCC & MC residents to the sing along. Let us know if you plan to help.

# Green Hills Community August Calendar 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p>9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 6:30 Movie - West Side Story (2021)</p>	<p><b>2</b></p> <p>9:30 The Green Birds Chorus Practice (CR)</p>	<p><b>3</b></p> <p>10:30 Devotions (HCC) 1:00 Bistro Stitches (PR) 2:00 Caregivers Support Group (PR) 3:00 Meditation Exploration (MR)</p>	<p><b>4</b></p> <p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway <b>2:00 - 4:00 PM Carnival</b> 7:15 Bus - Central Iowa Symphony Bandshell Concert</p>	<p><b>5</b></p> <p>1:30 Bus-ALDI</p>	<p><b>6</b></p> <p>4:00 Happy Hour Social (Le Bistro)</p>
<b>7</b>	<p><b>8</b></p> <p>1:30 Bus - Hy-Vee 6:30 Movie - Titanic</p>	<p><b>9</b></p> <p>9:30 Hearing Aid Clinic (Wellness Clinic) 9:30 The Green Birds Chorus Practice (CR) <b>10:30 Bus - Lunch Bunch to Chicago Speakeasy</b></p>	<p><b>10</b></p> <p><b>10:00 Continuing Education: Venue Works (CR)</b> 10:30 Devotions (HCC) 1:00 Bistro Stitches (Le Bistro) <b>2:00 Disc Golf</b> 3:00 Meditation Exploration (MR) 5:00 GH Cafe (RSVP)</p>	<p><b>11</b></p> <p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway <b>3:00 Sing-along with Us (CR)</b></p>	<p><b>12</b></p> <p><b>3:00 Cyclone Celebration (CR)</b></p>	<p><b>13</b></p> <p>10:15 Bus - ISU Volleyball: Cardinal &amp; Gold Scrimmage 4:00 Happy Hour Social (Le Bistro)</p>
<b>14</b>	<p><b>15</b></p> <p>1:30 Bus - Hy-Vee 6:30 Movie - Downtown Abbey: A New Era</p>	<p><b>16</b></p> <p>9:30 The Green Birds Chorus Practice (CR) <b>10:45 Bus - Aqua Walking at Furman Aquatic Center</b> <b>3:00 - 4:00 PM Rural Reflections II (Art Gallery)</b></p>	<p><b>17</b></p> <p><b>8:30 Bus - Iowa State Fair</b> 10:30 Devotions (HCC) 1:00 Bistro Stitches (PR) 3:00 Meditation Exploration (MR) <b>5:00 Shrimp &amp; Corn Boil (RSVP)</b></p>	<p><b>18</b></p> <p>9:30 Blood Pressure Clinic 10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway</p>	<p><b>19</b></p> <p><b>3:00 The 4,000 Year History of Kayaking (CR)</b> 5:15 Bus - ISU Volleyball vs Missouri</p>	<p><b>20</b></p> <p>1:15 Bus - Senior Variety Show 4:00 Happy Hour Social (Le Bistro)</p>
<b>21</b>	<p><b>22</b></p> <p>1:30 Bus - Hy-Vee <b>3:00 Music with Rob Lumbard (CR)</b> 6:30 Movie - Breakfast at Tiffany's</p>	<p><b>23</b></p> <p>9:30 The Green Birds Chorus Practice (CR) <b>6:00 Music: Java Jews (RSVP)</b></p>	<p><b>24</b></p> <p>10:30 Devotions (HCC) 1:00 Bistro Stitches (PR) <b>2:00 Bocce Ball</b> 3:00 Meditation Exploration (MR) <b>5:00 GH Cafe (RSVP)</b></p>	<p><b>25</b></p> <p>9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway <b>3:00 Mexican Train (MDR)</b></p>	<p><b>26</b></p> <p><b>4:30 Club 2200 (CR)</b> 5:30 Meal Basket (RSVP)</p>	<p><b>27</b></p> <p>4:00 Happy Hour Social (Le Bistro)</p>
<b>28</b>	<p><b>29</b></p> <p>1:30 Bus - Hy-Vee 6:30 Movie - All the President's Men</p>	<p><b>30</b></p> <p>9:30 The Green Birds Chorus Practice (CR) <b>2:30 Bus - Cold Stone Creamery</b></p>	<p><b>31</b></p> <p>10:30 Devotions (HCC) 1:00 Bistro Stitches (PR) <b>1:30 Bus - Park Walk: Ada Hayden</b> 3:00 Meditation Exploration (MR)</p>	<p>MDR - Main Dining Room CR - Community Room HCC - Health Care Center MR - Meditation Room PR - Pine Room THR - Theatre</p>		

# August 2022 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) 10:00 Cribbage Club (PRDR)	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 9:00 Advisory Council (PR)	<b>9</b> 10:00 Cribbage Club (PRDR)	<b>10</b> 1:00 Bridge Club (MDR) 1:00 Garden Committee (PR) 2:00 Book Club (PR)	<b>11</b> 9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)	<b>12</b> 1:00 Capital Planning (PR) 3:00 Technology Committee (PR)	<b>13</b>
<b>14</b>	<b>15</b> 10:00 Dining Services Committee (PR) 1:30 Continuous Quality Improvement (PR)	<b>16</b> 9:30 Sensory Garden Club (SG) 10:00 Cribbage Club (PRDR) 10:00 Green Team (PR) 2:00 Woodshop Committee (PR)	<b>17</b> 9:00 Finance Committee (PR)	<b>18</b> 1:00 Employee Appreciation (PR)	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> 9:30 Grounds Committee (PR) 10:00 Cribbage Club (PRDR) 2:30 GH HCC Board (PR)	<b>24</b> 1:00 Bridge Club (MDR)	<b>25</b> 8:30 Board Meeting (PR) 11:00 Memorial Committee (PR)	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> 10:00 Cribbage Club (PRDR)	<b>31</b> 3:00 Technology Club (PR)	<b>Meetings are held in person.</b> Pine Room- (PR) Arts & Crafts Room - (A&C) Sensory Garden - (SG) Main Dining Room - (MDR) Prairie Rose Dining Room - (PRDR)		



Life Enrichment & Hope Committee  
present:

# GREEN HILLS CARNIVAL



Thursday, August 4th ★ 2:00 pm - 4:00 pm

- ★ GAMES ★ PRIZES ★ BALLOON ART ★
- ★ DUNK TANK ★ PETTING ZOO ★
- ★ TROPICAL SNO ★ FAIR FOOD ★
- ★ SOCIAL DRUMMING ★

## FREE EVENT!

**FUN FOR ALL AGES!**

Open to all Green Hills residents and employees!  
Invite your friends and family!

Located in the Linden's Parking Lot