

DISCOVER, EXPLORE AND MORE

August 2023

Sign up in the Event and Bus Book at the front desk.

BUS- CINEMARK MOVIE THEATER- OPPENHEIMER **Wednesday, August 2nd**

Apartments: 2:40 PM / Townhomes: 2:45 PM

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. The bus will drop you off and pick you up after. Tickets will be purchased in advance. **Please sign up by noon on Tuesday, August 1st.** Cost of \$7.09 will be billed to your account. (Biography / Drama / History) 3 hours long, Rated: R)

BUS- HEARTS AND HOMES DAY TRIP **Friday, August 4th**

Apartments: 10:30 AM / Townhomes: 10:35 AM

Hearts & Homes Historic Teas combine a delicious 3-course lunch with a program of readings from the historic pages of the women's section of Wallaces' Farmer magazine. Some of the recipes on their menus are from the pages of the Hearts & Homes column and nearly all the fruits and vegetables are grown at the Wallace Farm.

After the lunch, we will stop at the Better Homes and Gardens Test Gardens to walk through the garden, if time allows and weather permitting.

Cost of \$30.00 per person for lunch will be billed to your account. Reservations have been made for those signed up already. If you are unable to attend, please find someone to go in your place. There are a couple openings on the bus, so there is still time to sign up.

Approximate return time will be 2:45 pm.

BUS- PARK WALK **TED TEDESCO ENVIRONMENTAL** **LEARNING CENTER** **Tuesday, August 15th**

Apartments: 1:30 PM / Townhomes: 1:35 PM

Get outside, get some exercise and enjoy a walk through this beautiful park that showcases conservation techniques, sustainable technologies and environmental education.

BUS- BIG AL'S BBQ- ANKENY **Friday, August 18th** **Apartments: 10:20 AM** **Townhomes: 10:25 AM**

Starting from the back of a tiny garage in Adel, Al and his father-in-law had a dream of smoking the best beef, pork and chicken in Iowa and delivering the best catering experience imaginable. A few years, a few more meat smokers, several stacks of hickory and a food trailer later, they had conquered that goal with restaurants in Adel, Des Moines and Ankeny. Order from the menu and pay individually.

BUS- ISU CREAMERY **Tuesday, August 22nd** **Apartments: 2:30 PM** **Townhomes: 2:35 PM**

The Iowa State University Creamery is among the few university food science programs in the country that produces and sells dairy food products. The Creamery is staffed by Iowa State University students who get an opportunity to learn the entire ice cream production process. ISU Creamery's flavors are unique and rotate daily. Order and pay individually.

TABLE OF CONTENTS

Off-Site Trips / Events.....	pages 1 - 2
On-Site Events.....	page 3
Green Hills Chimes.....	pages 6 - 9
What's New in the Lindens.....	page 11
HCC Happenings.....	page 12

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.

Saturday, August 12 12:15 PM	ISU Volleyball: Cardinal & Gold Scrimmage- <i>Hilton Coliseum</i>
Saturday, August 12 6:15 PM	The Satin Dollz <i>Ames City Auditorium</i>
Saturday, August 19 1:15 PM	Senior Variety Show “Decades Deli—Serving Up Your Favorites,” The Green Birds are performing in this annual show! <i>Ames City Auditorium</i>
Friday, August 25 5:45 PM	ISU Volleyball vs South Dakota <i>Hilton Coliseum</i>
Sunday, August 27 12:15 PM	ISU Volleyball vs DePaul <i>Hilton Coliseum</i>

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.

GROCERY SHOPPING TRIPS

1:30 PM

HyVee: Mondays, August 7, 14, 21, 28

Fareway: Thursdays, August 3, 10, 17, 24, 31

NAMETAG REMINDER

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



Donna Bond—8/6
 Chuck Oulman—8/6
 Bob Deppe—8/8
 Arlene Boyington—8/9
 Clarence Cory—8/10
 Judy Smith— 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
 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

Health Care Center

John Sanden— 8/8

Cedar Court

Vernice Giese— 8/10



IN MEMORY

Our heartfelt sympathy goes out to the family and friends of
 John Tait

GREEN HILLS ON-SITE SPECIAL EVENTS

RIGHT DOSE PHARMACY PRESENTATION **Wednesday, August 2nd at 10:00 AM** **Community Room**

Managing medication with an automatic pill dispenser can help you live independently and maintain wellness. Right Dose Pharmacy will present this program outlining the health benefits of using an automatic pill dispenser.

RURAL REFLECTIONS III **IOWA STATE FAIR SOCIAL** **Wednesday, August 16th at 3:00 PM** **Community Room**

Nothing compares to our Iowa State Fair, but we'll bring a little of that annual celebration to Green Hills. Come for the artwork, the music, assorted soda floats and a variety of things on a stick! Vintage country, pop and jazz tunes guitarist Rob Lumbard will be providing music. He loves to get you to sing along, dance and have a good time! The music performance is sponsored by Right Dose Pharmacy. Don't miss the fun! Please sign up in the Event & Bus Sign up Book.



COFFEE AND CONVERSATION **CONSERVATION LEARNING GROUP** **Monday, August 21st at 3:00 PM** **Community Room**

This casual gathering will provide participants with an opportunity to listen, share and learn about conservation topics. Liz Ripley, Iowa Learning Farms and Kelly Tobin, Taylor County Landowner will be featured speakers.

Farmers, researchers and Iowa Learning Farm team members are working together to identify and implement the best management practices that improve water quality and soil health while remaining profitable.

Please sign up in the Event & Bus Sign up Book.

AMES PUBLIC LIBRARY **DISCUSSION**

Wednesday, August 16TH at 10:00 AM
Community Room

Members of the Adult Services staff would like to talk about library resources and programs, and hopefully begin to get a feel for what kind of outreach services might be most desired and successful among the residents of Green Hills.

Join this informal group discussion about services from your Ames Public Library and the Bookmobile.

15TH ANNUAL FISH FRY



Wednesday, August 23rd
5:00 PM

Outdoor Courtyard

Two kinds of fresh fish will be served hot and delicious, right from the fryer along with the typical sides served with the fresh fish.

Special music will be provided The Drama Kings! Watch for more details to be sent out later.

DINING SERVICES

GH GRILL

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

GREEN HILLS CAFÉ

Wednesday, August 9
5:00– 7:00 PM

ANNUAL FISH FRY

Wednesday, August 23
5:00– 7:00 PM

CLUB 2200 MEAL BASKET

Friday, August 25
5:30 PM

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

AUGUST DEVOTION SERVICES

Wednesdays at 10:30 AM
HCC Activity Room

2nd—Hymn Sing

Peggy and Hannah

9th—Northminster Presbyterian

Pastor Jim Dubois

16th—Cornerstone

Pastor Kip Hamby

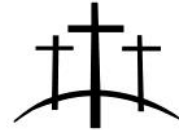
23rd— Communion: Palestine Lutheran

Pastor Eric Klimpel

30th— Saint John's by the Campus

Reverend Mary Jane Oakland

*Thank you to our pastors and pianists
who volunteer weekly to provide
this special service!*



RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, August 3, 10, 17, 24, 31
9:30 AM
Wellness Clinic

Ames Hearing Aid Clinic

Tuesday, August 8
9:30 AM
Wellness Clinic: Call Kaylee for an appointment.

Independent Living Emergency Situation

Steps for help during after office hours/weekends:

- Call 911 if need immediate action
- Activate pullcord/pendant
- Call #5100 for Charge Nurse Desk

GREEN HILLS™
Marketing Minute

WHAT'S OPEN WEDNESDAY

schedule

August 9: The Oaks 409
August 23: The Oaks 306
1-2PM

Good friends make great neighbors!

REGULARLY SCHEDULED EVENTS AT GREEN HILLS

<p>AUG 2, 9, 16, 23, 30 (WED) 1:00 PM</p>	<p>BISTRO STITCHERS & BED MAT MAKERS 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 Prairie Rose Dining 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.</p>
<p>AUG 2, 9, 16, 23, 30 (WED) 3:00 PM</p>	<p>MEDITATION EXPLORATION All are welcome to attend sessions held on Wednesdays in the Meditation Room on the second floor of the Lindens. These sessions are led by Green Hills resident, Elizabeth Angelici.</p>
<p>AUG 3, 10, 24, 31 (THURS) 10:00 AM</p>	<p>MEN'S COFFEE 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>AUG 5, 12, 19, 26 (SAT) 4:00 PM</p>	<p>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.</p>
<p>AUG 7 (MON) 9:30 AM</p>	<p>WOMEN'S COFFEE 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>AUG 9 (WED) 10:00 AM</p>	<p>CONTINUING EDUCATION: MY FATHER'S ROSES Mary Buck, daughter of the late Griffith Buck, Iowa State Professor of Horticulture will be our speaker. Griffith Buck created 80 named cultures of the rose which are capable of withstanding temperatures up to -20 degrees and need no pesticides.</p>
<p>AUG 17 (THURS) 10:00 AM</p>	<p>KAFFEE KLATSCH 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>AUG 25 (FRI) 4:30 PM</p>	<p>CLUB 2200 Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Payable at Club 2200 is \$2.00 for a soft drink and \$5.00 for beer, wine or mixed drinks. One refill is available at no additional cost. Meal basket served at 5:30 PM; sign up with the Kitchen at x5040. (Community Room)</p>



The Green Hills Chimes

PRESIDENT'S MESSAGE

Have you been to the Sensory Garden recently? The Sensory Garden is a small part of our campus but certainly a valued and beautiful space. Please find time in your schedule to visit this wonderful space and enjoy the ambiance of its features. It is a quiet and safe place to relax and enjoy some parts of nature, or to just sit and contemplate.

Hopefully, many of you were able to attend the ice cream social recently held in the Sensory Garden. If so, you experienced its beautiful flowers and plants. You may have also enjoyed your ice cream (with toppings) conversing with a neighbor in the shade of the Gazebo while experiencing the gentle cooling breeze through the garden. If not, please take some time to check out the Sensory Garden while sharing a cup of coffee or other beverage with a friend or neighbor. Also, while there, please note the inspiring sculpture entitled "Prairie Flame" by Tim Adams. This sculpture was donated by Eleanor and Jerold Mathews with additional funds for installation from the Memorial Committee thanks to Peggy Cutlip's efforts. This project was accomplished through the Sensory Garden Committee leadership of LoAnne Worth and in conjunction with the Arts Committee chaired by Rae Reilly. Please express thanks to those responsible for this excellent addition to the Sensory Garden. The members of these above-mentioned committees are contained in the Green Hills Directory.

The Sensory Garden is maintained by resident volunteers of Green Hills. Please express thanks to the current leadership of Maureen Wilt, past leadership of LoAnne Worth and volunteers for their important efforts in keeping the Sensory Garden viable (see Green Hills Directory for committee member's names). Thanks to Selena, Matthew and AJ from our Grounds department for working with the volunteers to supply plants and the resources to maintain the garden. Also, thanks to Life Enrichment staff, Kathryn, Nan, Hannah, Nathan and Cheryl for keeping viable the Memory Care portion of the Sensory Garden so those residents can enjoy the ambiance of the garden.

On another subject, there has been some community discussion about our 5-star rating in Health Care. The quest for quality healthcare has been a long journey with its ups-and-downs over the years. During the last few years, it has improved to a 5-star rating based on recorded data and inspections by State of Iowa authorities. The data recorded is reviewed by our Continuous Quality Improvement (CQI) Committee recently chaired by Ellie Mathews with committee members listed in your Green Hills Directory. We have been able to maintain our 5-star rating in Health Care, thanks to the efforts of Jessica Walker, our HCC Administrator, our Director of Clerical Services, Katie Seydel, and our HCC staff. We have, in fact, maintained a 5-star rating for at least the last six years (from July 2017) starting with Kat Kilbane prior to before she became our past Executive Director.

This last year our HCC has received three awards for its quality care achievement. They were the Governor's Quality Care Award, the Eli Pick Facility Leadership Award and the LCS Heartfelt Connections Award. The Governor's Award for quality care was given to only three entities in the State of Iowa. Families and residents nominated the GHHCC because of the quality that was and is provided. The Bureau chiefs of the Department of Inspection and Appeals (DIA) also came to inspect the premises and interview staff along with residents about their experience and care.

The Eli-Pick award was awarded to Jessica of the GHHCC for her leadership in providing quality care and successful outcomes achieved. Jessica also received this award in 2022 as well as 2023! It was awarded by the American College of Health Care Administrators. We were the only HCC entity in Iowa to qualify for this award. Only 2% of the health care communities nationwide qualified for this recognition. The LCS Heartfelt Connections Award was recognition for our excellence in health care within the LCS Communities. Please thank Jessica and her staff for their efforts and accomplishments!

By the time you read this you know that we exceeded the 80% vote necessary to proceed with the Maples Addition. With this vote we will proceed to get construction drawings and bid documents from our architect followed by bids from reputable contractors. After selection of a contractor, we will proceed to build in the spring of 2024 with a goal for full occupancy in the mid-to-late part of 2025. It is planned that we will have about 26 new residents in the 20 new apartments. Let us continue to be “The Best We Can be.”

Jerry Lee Hall, July21, 2023

ED'S CARTOON CORNER



Prospective residents
make an interviewing mistake....

MONTHLY AFTERNOON TEA

A selected group of townhomes and apartments will be invited each month to a tea party. The hope is to create a connection among residents living in different levels of care through conversation and refreshments. So far residents have LOVED this activity and want to meet more independent living residents.

If you receive an invitation in your mail box , please let us know if you plan to attend. If you are not able to come to the tea, Life Enrichment can invite you another month.

THE FRIENDSHIP COMMITTEE

Please call the following committee members if there are occasions when a contact should be made to recognize illnesses and deaths:

Paula Toms (x5141)
LoAnne Worth (x5177)

EVENT & BUS SIGN UP BOOK

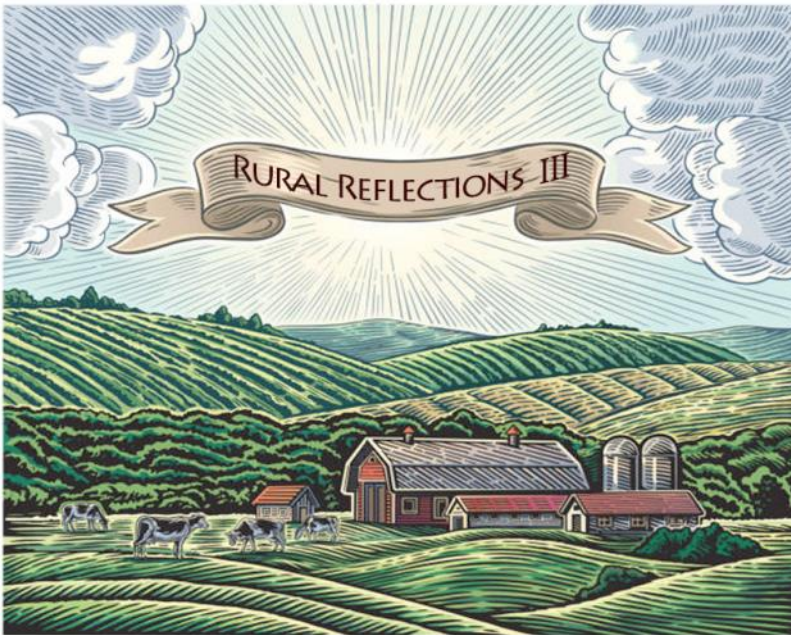
The Event & Bus Sign Up Book is located at the front reception desk. This book is now divided into 3 sections:

- Special Events & Classes at Green Hills
- Men's Coffee Sign up for refreshments
- Bus Sign up sheets

Occasionally a special event by Life Enrichment will have a sign up sheet to help determine how many to prepare for. This has been implemented to reduce waste at these events. Sign up for these events in this book.

For bus events, please remember to sign your name in order and not on a crossed out line.

Bus Guidelines are located in the back of the book if you would like to read through them.



**GREEN TEAM CHALLENGE:
Reduce the Use of Single-Use Plastics**

Put simply, single-use plastics are goods that are made primarily from fossil fuel–based chemicals (petrochemicals) and are meant to be disposed of right after use. They take years to breakdown in a landfill.

You are encouraged to make just one simple swap, like purchasing a reusable water bottle or coffee cup, instead of using single-use Styrofoam or other drink cups. Start with one change at a time to make it stick.

Here are a few more tips for ridding your life (and your community) of single-use plastics.

- Avoid plastic wrap by storing leftovers in reusable containers.
- One easy switch is to buy soda in aluminum cans instead of plastic bottles.
- Stop using single-use plastic bags. Always pack a reusable bag when shopping.
- Buy in bulk. Avoid individually packaged goods, like snack packs.
- Say goodbye to disposable chopsticks, knives, spoons, forks, or straws. (You can always ask the waiter/server to skip the straw.)

The city of Ames is burning a lot more plastics than they used to. Every step we take can make a big difference. The fact that consuming plastic products exacerbates climate change should be an important reason to take personal responsibility to reduce the use of plastics.

GREEN HILLS ART COMMITTEE

NEW ART IN GALLERY

Beginning August 2.

"Rural Reflections III" will showcase residents' rural-related artworks that have not been previously shown.

Artwork of rural landscapes, farm buildings, crops, livestock, fairs, and anything related to agriculture will be featured.

**RURAL REFLECTIONS III
IOWA STATE FAIR SOCIAL**

**Wednesday, August 16th
3:00 PM**

A State Fair themed social in the Community Room will include a celebration of the third year of artworks that have not previously been shown.

**POSSIBLE QUILT SHOW
AT GREEN HILLS**

The Art Committee is exploring the idea of having a quilt show of quilts made by residents or resident owned that could be hung in the Gallery. Larger quilts might be shown a afternoon in the Community Room.

If you have a quilt you would be willing to have shown please contact:
Shala Ludley (x5250) or Ann Durland (x5398)



**IHCA Scholarship
Winners Announced:**

We are excited to announce that two Green Hills employees received scholarships from the Iowa Health Care Association Foundation for their continued pursuit of an education in the healthcare field.

Katie G. (CNA – Healthcare Center) received the John W. & Kimberly D. Grubb Registered Nurse (RN) Scholarship and **Phelan B.** (RA – Assisted Living) received the IHCA Member Employee Scholarship. Congratulations!!!

GH LIBRARY- NEW BOOK LIST

AUTHOR	TITLE	CATEGORY
Ackerson, Pamela	<i>"I Was Just a Radioman": ARM H.P. Lawrence</i>	Biography—large print
Challinor, C.S.	<i>Murder Comes Calling: A Rex Graves Mystery</i>	Fiction—large print
Chernow, Ron	<i>Titan: The Life of John D. Rockefeller, Sr.</i>	Biography
Chernow, Ron	<i>Washington: A Life</i>	Biography
Clark, Julie	<i>The Last Flight</i>	Fiction—large print
Clover, Leena	<i>Blueberry Chai Frenzy: Dolphin Bay Cozy Mystery 5</i>	Fiction—large print
Clover, Leena	<i>Cranberry Sage Miracle: Dolphin Bay Cozy Mystery 4</i>	Fiction—large print
Clover, Leena	<i>Mango Chili Cruiser: Dolphin Bay Cozy Mystery 6</i>	Fiction—large print
Clover, Leena	<i>Sprinkles and Skeletons: Pelican Cove Cozy Mystery 4</i>	Fiction—large print
Dave, Laura	<i>The Last Thing He Told Me: A Novel</i>	Fiction
Grisham, John	<i>The Boys from Biloxi: A Novel</i>	Fiction—large print
Grisham, John	<i>The Judge's List: A Novel</i>	Fiction—large print
Grisham, John	<i>The Whistler: A Novel</i>	Fiction—large print
Hargrave, Kiran Millwood	<i>The Mercies</i>	Fiction
Jacobson, Ellen	<i>Planning for Murder: North Dakota Library Mysteries</i>	Fiction—large print
Kelley, Pamela	<i>The Nantucket Inn: A Beach Plum Cove Novel</i>	Fiction—large print
Napolitano, Ann	<i>Hello Beautiful: A Novel</i>	Fiction—large print
Patterson, James & Andrew Cross	<i>The Jester</i>	Fiction
Roberts, Nora	<i>Identity</i>	Fiction
Schwieder, Elmer & Dorothy	<i>A Peculiar People: Iowa's Old Order Amish</i>	Iowa
Verghese, Abraham	<i>The Covenant of Water: A Novel</i>	Fiction

CLUBS AND GROUPS

<p>AUG 1 (TUES) & AUG 15 (TUES) 9:30 AM</p>	<p>SENSORY GARDEN CLUB 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.</p>
<p>AUG 2 (WED) 10:00 AM</p>	<p>HAIKU POETRY GROUP Come to write poetry, be creative or just to be social and listen to some poetry. (Prairie Rose Dining Room)</p>
<p>AUG 2 (WED) 2:00 PM</p>	<p>CAREGIVERS SUPPORT GROUP 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. (Pine Meeting Room)</p>
<p>AUG 3 (THURS) 11:00 AM</p>	<p>TECHNOLOGY ASSISTANCE Residents can receive technology assistance with Ryan H., IT Tech (Pine Meeting Room)</p>
<p>AUG 9 (WED) & AUG 23 (WED) 1:00 PM</p>	<p>BRIDGE CLUB Come play bridge with us the second and fourth 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).</p>
<p>AUG 9 (WED) 2:00 PM</p>	<p>BOOK CLUB This month we will discuss the book <i>Horse</i> authored by Geraldine Brooks. A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across American history. Based on the remarkable true story of the record-breaking thoroughbred Lexington, <i>Horse</i> is a novel of art and science, love and obsession, and our unfinished reckoning with racism. Marguerite Sibley will be the discussion leader. (Pine Meeting Room)</p>

GAMES AT GREEN HILLS

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

BILLIARDS IN THE LINDENS

Every Friday from 10:00 AM–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.

BRIDGE CLUB

Wednesdays, August 9th and 23rd
at 1:00 PM

Bridge Club is open to all residents. The Club meets the 2nd and 4th Wednesdays in the Main Dining Room.

MEXICAN TRAIN DOMINOES

Thursday, August 10th and 24th
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. By request, this group will be meeting two times per month.

WHAT'S NEW IN THE LINDENS

AUGUST MUSICAL PERFORMANCES



Several musicians will be performing in the health care center and need a good crowd!

- **2nd Chair Brass** – August 6th at 6:15 pm in the Sensory Garden
- **Dennis Perry**– August 25th at 2:30 pm in Aspen Court Living Room
- **Teller Quartet**– August 9th at 10:30 am in Aspen Court Living Room
- **Pat Lydon**– August 30th at 3 pm in Aspen Court Living Room

BIRTHDAY PARTY

Tuesday, August 1 at 3:00 PM
First Floor Lindens

Guess who's birthday it is this month.... GWEN! We will be celebrating Gwen with marble cake, vanilla ice cream, and conversations. See you there.

GARDEN PARTY: NATIONAL WATERMELON DAY

Thursday, August 3 at 3:00 PM
Sensory Garden

Did you know that watermelon is 92% water? Did you know topping the melon with salt enhances the flavor? Now you know! We will be celebrating our garden party with some refreshing watermelon drinks.

BAKING WITH KATHRYN

Tuesday, August 15 at 3:00 PM
First Floor Lindens

This months baking features something savory, maybe something sweet. It could be nutty or fruity. Come to Kathryn's baking demo to find out this months featured recipe. If you have a suggestion for future baking activities, let Kathryn know! She wants your input.

LET'S DO TIE DYE

Wednesday, August 23 at 3:00 PM
First Floor Lindens

Tie dye has been around for centuries, but was popularized in the 70's to represent peace and the hippie movement. We will be putting our individual twist on tie dye with fun colors and designs.



SUNDAY GAMES

First Floor Lindens

Sunday is game day! Come play some classic games with your neighbors. If there is a game you want to try, or learn let the Resident Aides know:

- Jeopardy– August 6
- Uno– August 13
- Pictionary– August 20
- Dominoes– August 27

HEALTH CARE HAPPENINGS

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

WELCOME

We extend our warmest welcome to John Sanden, Dick Handy, Alycia Carlsborg, Herb Best and Deborah Kuhn!

MARMALADE MOON PRESENTATION

Monday, August 7 at 3:30 PM
Activity Room

A new business to the Ames community, Marmalade Moon, serves a variety of goodies from homemade ice cream to children's books to stationery. Ann-Marie and her co-owner wanted to share their passion with the local community. We are going to be learning about this fun, local business!

NATHAN'S PERU PRESENTATION

Thursday, August 10 at 2:30 PM
Activity Room



Have you ever traveled or known someone who has traveled to Peru? Our very own Life

Enrichment staff member, Nathan, traveled to Peru in July to visit his family. He will be sharing photos and talking about his travels. Join Nathan for an interesting afternoon of travel talk.

LUNCH BUNCH RESCHEDULED: BRICK CITY GRILL

Thursday, August 17 at 11:30 AM

June's lunch bunch is rescheduled to the 17th. We are excited to be going to the best voted burger place in Ames. Residents will order off the menu and be billed to their account for lunch.

SMOOTHIES IN THE GARDEN

Tuesday, August 22 at 2:30 PM
Sensory Garden

Back by popular demand, enjoy smoothies in the garden! August tends to be a hot month and what better way to cool down than with a cold fruit smoothie!

BUS OUTING TO BRUNNIER ART MUSEUM

Thursday, August 31 at 2 PM

Founded in 1975, Brunnier Art Museum showcases decorative arts such as ceramics, glass, ivory, and enameled metals. The museum also has lectures on art, panel discussions, and receptions. We will be exploring the museum to see the exhibits *Reflections of Iowa*, *Pulped Under Pressure*, *Extravagant Dining*, *Industrial Design*, and *Future Unfolding*. We hope you will join us for this afternoon outing.

NOW SHOWING AT GREEN HILLS

FEATURED MOVIES

80 For Brady

Tuesday, August 1st at 2:00 PM

Inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI. A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. (2023 Comedy / Drama / Sport, 1 hour 38 minutes, PG-13)

THE FATHER

Monday, August 7th at 6:30 PM

No Movie on Tuesday, August 8th

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality. (2020, Drama / Mystery, 1 hour 37 minutes, PG-13)

CHAMPIONS

Monday, August 14th at 6:30 PM

Tuesday, August 15th at 2:00 PM

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined. (2023, Comedy / Drama / Sport, 2 hours 4 minutes, Rated: PG-13)

GREATER

Monday, August 21st at 6:30 PM

Tuesday, August 22nd at 2:00 PM

The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football. (2016, Biography / Family / Sport, 2 hours 10 minutes, PG)

THE TERMINAL

Monday, August 28th at 6:30 PM

Tuesday, August 29th at 2:00 PM

An Eastern European tourist unexpectedly finds himself stranded in JFK airport, and must take up temporary residence there. (2004, Comedy / Drama / Romance, 2 hours 8 minutes, PG-13)

MOVIE MATINESS

MARGIN CALL

Thursday, August 3rd at 2:00 PM

Follows the key people at an investment bank over a 24-hour period during the early stages of the 2008 financial crisis. (2011, Drama / Thriller, 1 hour 47 minutes, Rated: R for language)

CADDYSHACK

Thursday, August 10th at 2:00 PM

An exclusive golf course has to deal with a brash new member and a destructive dancing gopher. (1980, Comedy / Sport, 1 hour 38 minutes, Rated: 13+)

THE APARTMENT

Thursday, August 17th at 2:00 PM

A Manhattan insurance clerk tries to rise in his company by letting its executives use his apartment for trysts, but complications and a romance of his own ensue. (1960, Comedy / Drama / Romance, 2 hours 5 minutes)

COOL HAND LUKE

Thursday, August 24th at 2:00 PM

A laid-back Southern man is sentenced to two years in a rural prison, but refuses to conform. (1967, Crime / Drama, 2 hours 7 minutes, PG-13)

THE ARTIST

Thursday, August 31st at 2:00 PM


An egomaniacal film star develops a relationship with a young dancer against the backdrop of Hollywood's silent era. (2011 Drama / History / War / Thriller, 1 hour 40 minutes, PG-13)

August 2023



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				9:30 The Green Birds Chorus Practice (CR) 2:00 Movie: 80 For Brady	9:30 Haiku Poetry Group (PR) Right Dose Pharmacy Presentation (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 2:00 Caregivers Support Group (PR) 2:40 Bus- Movie: OPPENHEIMER 3:00 Meditation Exploration	10:00 Billiards in the Länders 10:30 Bus- Day Trip- Wallace House	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 11:00 Technology Assistance (PR) 1:30 Bus - Fareway 2:00 Movie: Margin Call	10:00 Billiards in the Länders	4.00 Happy Hour Social (LB)	5			
6	7	8	9	9:30 Hearing Aid Clinic by Appointment 9:30 The Green Birds Chorus Practice (CR) 1:00 GH Carnival	10:00 Continuing Education (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 3:00 Meditation Exploration 5:00 GH Cafe (MDR)	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: Caddyshack 3:00 Mexican Train Dominos (MDR)	10:00 Billiards in the Länders	11	12				
13	14	15	16	9:30 The Green Birds Chorus Practice (CR) 1:30 Bus- Park Walk with Brett 2:00 Movie: Champions	10:00 Ames Public Library Bookmobile & Discussions 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 3:00 Meditation Exploration 3:00 Rural Reflections III: State Fair Social with Rob Lumbard (CR)	9:30 Blood Pressure Clinic 10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway 2:00 Movie: The Apartment	10:00 Billiards in the Länders 10:20 Bus- Lunch Bunch- Big A's BBQ in Ankeny	18	19				
20	21	22	23	1:30 Bus - Hy-Vee Coffee & Conservation (RSVP) 6:30 Movie: Greater	10:30 Communion (HCC) 1:00 Bistro Stitchers (PRDR) 3:00 Meditation Exploration 5:00 15th Annual Fish Fry (RSVP)	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: Cool Hand Luke 3:00 Mexican Train (MDR)	10:00 Billiards in the Länders 4:30 Club 2200 (CR) 5:30 Meal Basket (RSVP) 5:45 Bus- ISU Volleyball vs South Dakota	25	26				
27	28	29	30	1:30 Bus - Hy-Vee 6:30 Movie: The Terminal	Omaha 3- Day Tour 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 3:00 Meditation Exploration	Omaha 3- Day Tour 9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: The Artist	10:00 Billiards in the Länders	31					

August 2023 Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:30 Sensory Garden Club (SG) 10:00 Cribbage Club (PRDR)</p>				5
6	<p>9:30 Technology Committee (PR) 11:00 Continuing Education Committee (PR)</p>	<p>10:00 Cribbage Club (PRDR)</p>	<p>1:00 Bridge Club (MDR) 1:00 Employee Appreciation Committee (AR) 1:00 Garden Committee (PR) 2:00 Book Club (PR)</p>	<p>9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)</p>	<p>1:00 Capital Planning (PR)</p>	12
13	<p>9:00 Advisory Council (PR)</p>	<p>9:30 Sensory Garden Club (SG) 10:00 Cribbage Club (PRDR)</p>	<p>9:00 Finance Committee (PR)</p>	<p>3:30 GHCC Board Meeting (PR)</p>		19
20	<p>10:00 Dining Services Committee (PR) 1:30 Continuous Quality Improvement (PR)</p>	<p>9:30 Grounds Committee (PR) 10:00 Cribbage Club (PRDR)</p>	<p>1:00 Bridge Club (MDR)</p>	<p>8:30 Board Meeting (PR)</p>		26
27		<p>10:00 Cribbage Club (PRDR)</p>				31
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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)