

DISCOVER, EXPLORE AND MORE

December 2022

EMPLOYEE APPRECIATION PARTY

**Wednesday, December 7th
Community Room**

This annual social hosted by Green Hills residents shows appreciation for the staff and their efforts to make things run smoothly all year. This year there will be 2 parties again. Residents are welcome to attend both parties or just one.

10:00 AM: Food & Nutrition Services, Environmental Services, Maintenance and Grounds employees will be recognized.

1:30 PM: Health Care, Assisted Living, Residential Health Services, Administrative and Life Enrichment employees will be recognized.



- Carol Zingg—12/1
- Myrna Whigham—12/6
- Jean Peterson—12/9
- Mary Gregoire—12/12
- LoAnne Worth—12/18
- Vikki Morain— 12/19
- Richard Smith—12/22
- Hanna Gradwohl—12/23
- Donita McCoy—12/24
- Marlene Feilmeyer— 12/27
- Anita Bane— 12/29
- Bill Fales—12/29
- John Shierholz— 12/29
- Rex Crockett—12/31

The Lindens

Luci Hamilton—12/9

Health Care Center

- Alice Thompson—12/12
- John Fawcett—12/16
- Susan Teas— 12/20
- John Clark—12/23

HOLIDAY GIVING TREE FOR YOUTH AND SHELTER SERVICES

Please return gift by Sunday, January 1st

Help provide hope and opportunity to youth this holiday season. Take a tag from the tree in the front Lobby Commons Area, purchase much needed supplies and return your gift of supplies to the tree by January 1st.

IN MEMORY



Our heartfelt sympathy goes out to the family and friends of

Paul Jensen, Ted Hutchcroft,
Sandy Horton, Ron Feilmeyer and Lorraine Safely.

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NAMETAG REMINDER

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

Follow us:



DINING SERVICES

SIGNATURE BRUNCH-

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

GH GRILL

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

CLUB 2200 MEAL BASKET

Friday, December 2
5:30 PM

GREEN HILLS CAFÉ

Wednesday, December 7
5:00—7:00 PM

HOLIDAY MARKET

**Enjoy an expanded Baker's Day this year
with lot's of surprises!**

Wednesday, December 21
3:00 PM

LE BISTRO & LOUNGE HOURS

Monday through Friday 8:30 AM — 2:00 PM
Saturday 10:00 AM — 2:00 PM
Le Bistro will be closed on December 24,
26 and 31

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, December 1, 8, 15, 22
9:30 AM
Wellness Clinic

**Call Kaylee for an appointment for the
following:**

Ames Hearing Aid Clinic

Tuesday, December 13
9:30 AM
Wellness Clinic:

Podiatry Clinic

Wednesday, December 14
Arts & Crafts Room

DECEMBER DEVOTION SERVICES

Wednesdays at 10:30 AM
HCC Activity Room

7th—Collegiate Presbyterian
Pastor Brett Becker

14th—Northminster Presbyterian
Pastor Jim DuBois

21st—Cornerstone Church
Pastor Kip Hamby

28th— Communion:
Palestine Luthern Church
Pastor Eric Klimpel

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



HOLIDAY GREETING CARDS

Friday, December 16, 3-5:00 pm
Sunday, December 18, 2-4 pm

Please join me in Le Bistro for the annual signing of Holiday Greetings for our neighbors in Assisted living, Health Care, and Memory care. I will be in Le Bistro with cards to sign for our neighbors. If these times are not convenient for you, let me know and I will make additional arrangements. If you have cards you would like to donate, you can leave them with me, my in-house mailbox—#1103, or the front desk.

Thanks for your support in this project.
Sonya Colvin

ART GALLERY NEWS

Check out the Art Gallery to see this year's display of artwork created by children and grandchildren of our employees. The winning design will become Green Hills' digital Seasonal Greeting card.

GREEN HILLS ON-SITE SPECIAL EVENTS

ART OPEN HOUSE

Thursday, December 8th at 2:00 PM
Lobby Commons Area

Art glass, created by resident **John Rundle**, will be featured in our vitrines during December. He and his wife Marguerite Sibley moved to Green Hills last spring. John worked in Material Science Engineering at ISU making laboratory glass for researchers. In his other life he blew beautiful glass vessels. He was very active in the ISU Gaffers' Guild and teaching the art of glass blowing. This display will be a visual treat.

PANCAKE BREAKFAST

Friday, December 16th at 9:00 AM
Community Room

Join us for breakfast hosted and served by the Green Hills managers. It is our way of saying, "Happy Holidays" and "Thank you" for being such a great group to serve. Jane Todey will provide holiday music on the piano.

No charge.

KASI MUSIC CONCERT & SING-ALONG

Friday, December 16th at 6:30 PM
Community Room

Music students from the Korean-American Society of Iowa have prepared a special program for us here at Green Hills. Founded in 1978, Korean-American Society of Iowa (KASI) is the oldest non-profit organization of its kind in Iowa to represent Koreans, Korean-Americans and Korean adoptees. Student performers will be a wide range in ages.

HOLIDAY MARKET

(Expanded Holiday Baker's Day)
Wednesday, December 21st at 3:00 PM
Main Dining Room

Stock up on all your favorite holiday treats made by the talented Green Hills Chefs. This year, our Baker's Day takes on a new, festive look with individual booths to purchase your goodies. There will be drinks provided, seating for socializing, gingerbread house decorating, holiday music and a few surprises! Don't miss the fun!

HOLIDAY HAPPY HOUR WITH MOTOKO

Friday, December 23rd at 3:00 PM
Main Dining Room

Staff will be serving drinks of the season: hot chocolate with or without peppermint schnapps and eggnog with or without rum. Snacks will be provided. Visit your friends and neighbors at this social with special background music provided by Motoko.

BASKETBALL GAMEWATCH

The following ISU Women's and Men's Basketball games will be shown in the GH Theatre:

Women's Basketball:

Wednesday, 12/7 at 6:00 PM vs Iowa (ESPN2)
Sunday, 12/11 at 12:00 PM vs Jacksonville (ESPN+)
Sunday, 12/18 at 2:30 PM vs Villanova (ESPN2)
Thursday, 12/22 at 5:00 PM vs Drake (ESPN+)
Saturday, 12/31 at 2:00 PM vs Texas Tech (ESPN+)

Men's Basketball:

Sunday, 12/4 at 2:00 PM vs St. John's (ESPN2)
Thursday, 12/8 at 7:00 PM vs Iowa (FS1)
Sunday, 12/11 at 5:00 PM vs McNeese St. (ESPN+)
Sunday, 12/18 at 12:00 PM vs W. Michigan (ESPN+)
Wednesday, 12/21 at 6:00 PM vs Omaha (ESPN+)
Saturday, December 31 vs Baylor—TBA

ISU MEN'S BASKETBALL TEAM MEET & GREET

Wednesday, December 28th
10:00 AM

Community Room

Put on your Cyclone gear and come welcome the ISU Men's Basketball team! Players will move from table to table so that you can visit with them. There are many new faces this year so this is a chance to get to know them.

REMINDER

Continuing Education will not be held in December.



COMMUNITY WIDE EVENTS AT GREEN HILLS

DEC 1, 8, 22, 29 (THURS) 10:00 AM	MEN'S COFFEE Meet in the Main Dining Room for this men's social group.
DEC 1 (THURS) 1:00 PM	FINANCIAL REVIEW : 4th Quarter FY 2021 and 1st Quarter FY 2022. Everyone is welcome to attend in the Community Room.
DEC 2 (FRI) 4:30 PM	CLUB 2200 Alcoholic & non-alcoholic drinks and snacks will be provided. Sign up at the reception desk for meal basket. (Community Room)
DEC 3 (SAT) 12:00 PM	POTLUCK Bring a dish to share, your own table service and beverage. We will honor the December birthdays this month! (Community Room)
DEC 4 (SUN) 5:00 PM	AMES CHILDREN'S CHOIRS WINTER CONCERT The Ames Children's Choirs will be holding their community wide winter concert at Green Hills this year. There is a fee of \$10/person to go to this concert. Tickets can be purchased at the door. (Community Room)
DEC 5 (MON) 9:30 AM	WOMEN'S COFFEE Everyone is welcome to join. Meet in the Main Dining Room.
DEC 5 (MON) 3:00 PM	AMES PUBLIC LIBRARY PRESENTATION Ellen Wanamaker, APL Adult Services Department, will be the presenter. She will talk about how to access E-Books and E-Audiobooks, large print and audio books on CD, genealogy resources, digital access to magazines and newspapers and much more. (Community Room)
DEC 7, 14, 21, 28 (WED) 1:00 PM	BISTRO STITCHERS Meet in Le Bistro and bring any type of handwork you are currently working on.
DEC 7, 14, and 21 (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.
DEC 9 (FRI) 5:00– 7:30 PM	JEAN PETERSON'S 100TH BIRTHDAY CELEBRATION OPEN HOUSE The family of Jean Peterson would like to invite everyone to help celebrate her 100th birthday in the Main Dining Room.
DEC 10 and 17 (SAT) 4:00 PM	HAPPY HOUR SOCIALS Meet in Le Bistro for these fun and informal gatherings. Feel free to bring your own drink and snack, if desired.
DEC 12 (MON) 3:00 PM	GREEN HILLS CHORUS HOLIDAY CONCERT Come enjoy the music by your friends at Green Hills. They have been practicing very hard and are excited to perform for you. (Community Room)
DEC 15 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event held in the Main Dining Room. Refreshments will be provided.

COMMUNITY WIDE EVENTS AT GREEN HILLS– CONTINUED

<p>DEC 17 (SAT) 4:00 PM</p>	<p>NAI-YING PIANO RECITAL Students between the ages of 5 years and 13 years old will perform Christmas music and some classical pieces. Everyone is welcome to attend. (Community Room)</p>
<p>DEC 18 (SUN) 6:30 PM</p>	<p>VIOLIN STUDENTS OF JULIE FOX HENSON Students of Julie Fox Henson will come and provide us with music in the Community Room. Julie Fox Henson is the Associate Concertmaster of the Des Moines Symphony and has been involved with the symphony since 1997. She is also a violinist for the Willis Broadway Series and has a successful teaching studio in Ames and Des Moines.</p>
<p>DEC 20 (TUES) 6:45 AM</p>	<p>AMES HIGH MADRIGAL SINGERS BREAKFAST Ames Morning Rotary will be hosting the Ames High Madrigal singers in the Green Hills Community Room. The breakfast buffet will be from 6:45– 7:15 am. The program will start at 7:30 am. The charge is \$10 for breakfast which will be billed to your account. Sign up in the bus book by: Friday, December 16th</p>
<p>DEC 22 (THURS) 3:00 PM</p>	<p>MEXICAN TRAIN Come play this fun game with us! If you don't know how to play, we will teach you! (Main Dining Room)</p>
<p>DEC 30 (FRI) 1:30 PM</p>	<p>SCRABBLE Join your friends and neighbors in the Le Bistro for this popular game.</p>

CLUBS AND SUPPORT GROUPS

<p>DEC 6, 13, 20 and 27 (TUES) 10:00 AM</p>	<p>CRIBBAGE CLUB Everyone is welcome to play! If you win, you take the “traveling trophy” until the next winner is determined. If you want more details, contact Roger Beckett at x5218. (Prairie Rose Dining Room)</p>
<p>DEC 7 (WED) 2:00 PM</p>	<p>CAREGIVER SUPPORT GROUP Are you a caregiver or do you help someone with everyday tasks? This support group is here to help you deal with caregiver stress. Everyone is welcome. (Pine Meeting Room)</p>
<p>DEC 14 (WED) & DEC 28 (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. If you have questions please contact Jan Clark (x5217), Shala Ludley (x5250) or Paula Toms (x5141). Open to any resident.</p>
<p>DEC 14 (WED) 2:00 PM</p>	<p>BOOK CLUB This month, we will discuss the book <i>The House in The Cerulean Sea: A Novel by T.J. Klune</i>. Ann McMullin will be the discussion leader. There are several copies of the book in the green Ames Public Library (APL) bag on the bottom shelf of the APL bookshelf in the Green Hills Library. (Pine Meeting Room)</p>

THE LINDEN LETTER



WELCOME TO THE LINDENS!

We extend our warmest welcome to Dick Horton who recently moved into the Lindens neighborhood.

NUTCRACKER BALLET

**Saturday, December 3rd at 10:30 AM
Aspen Court**



The Nutcracker Ballet is a yearly performance during the Holidays. A young girl befriends a nutcracker who battles the evil mouse king.

Dancers from a local studio, Robert Thomas Dancenter, will be performing this ballet to help get residents in the Christmas spirit.

AMES PUBLIC LIBRARY PRESENTATION

Monday, December 5th at 3:00 PM

Come to the **Community Room** and listen to Ellen Wanamaker, an adult services employee talk about the public library's book mobiles stops, volunteer opportunities, children's programming, etc.

MUSIC WITH ELIZABETH MORSE

**Friday, December 9th at 2:30PM
Aspen Court**

Assisted Living resident, Jeannie, has a musically talented daughter named Elizabeth. Elizabeth was a band teacher for many years and loves to share her love for music. She will be performing a Christmas special!

TENANT MEETING

**Wednesday, December 14th
at 2:30 PM**

This meeting will be led by Shelbey Ellsworth, the Assisted Living Supervisor. Guest speaker, Kathryn Metz, the Life Enrichment Coordinator will also be attending so bring your ideas for future activities!

PIZZA PARTY

Saturday, December 17th at 5:00 PM

Come make your own personal pizza! There will be an array of toppings to choose from!

HOLIDAY LIGHTS TOUR

**Thursday, December 22nd
at 6:00 PM**

Join us on a scenic bus ride of all the holiday lights around town.

BEER AND BOWLING

Tuesday, December 27th at 3:00 PM

Come knock down some pins and enjoy some beer. Join us on the first floor of the Lindens as we participate in a friendly game of bowling.

HEALTH CARE HAPPENINGS

Residents from Independent Living are welcome to come to these activities.
Please wear a mask.

WELCOME

We extend our warmest welcome to
Diana Grebasch, Diane Neal, Steve Adams
and Rhoda Nerem.

MAKE STRING GARLAND

Friday, December 2nd at 2:30 PM
Activity Room

Outdoor Christmas trees create a cheerful
ambiance for all, even the birds. We will be
putting together string garland with
cranberries and popcorn, for the trees for
birds to eat. The birds will love it!

NUTCRACKER BALLET

Saturday, December 3rd at 10:30 AM
Aspen Court

The Nutcracker Ballet is a yearly
performance during the
Holidays. A young girl
befriends a nutcracker who
battles the evil mouse king.
Dancers from a local
studio, Robert Thomas
Dancer, will be
performing this ballet to help get residents in
the Christmas spirit.



DECORATE COASTERS

Thursday, December 8th at 2:30 PM
Activity Room

A local business donated white
ceramic tiles for arts and crafts. We will
be creating festive holiday coasters to
decorate resident rooms.

MUSIC WITH ELIZABETH MORSE

Friday, December 9th at 2:30 PM
Aspen Court

Assisted Living resident, Jeannie, has
a musically talented daughter names
Elizabeth. Elizabeth was a band teacher
for many years and loves to share her
love for music. She will be performing a
Christmas special!

CHRISTMAS PARTY

Friday, December 16th at 3:00 PM
Activity Room

Our annual Christmas party will be full
of joy and celebration. This year's theme
will be *How the Grinch Stole Christmas*.
We will be enjoying refreshments, each
others company, and of course, some
Christmas trivia (Hannah's favorite)!



HOLIDAY LIGHTS TOURS

5:45 PM

Willow Lane – Tuesday, December 13th

Aspen Court – Wednesday, December 14th

Cedar Court – Thursday, December 15th

We love this classic holiday tradition where you jump in a car and drive through the
town to see all of the decorative light displays! We will take the Green Hills
Wheelchair Van and venture out to find the best holiday lights throughout the city of
Ames. We plan on making a visit to Iowa State's campus.



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!

Thursday, December 1	5:10 PM	Winter Wonderscapes	Reiman Gardens
Saturday December 3	2:00 PM	Tuba Christmas	Stephens Auditorium
Sunday, December 4	1:00 PM	ISU Men's BB vs St. John	Hilton Coliseum
Thursday, December 8	6:45 PM	Bells and Brass Concert	Collegiate United Methodist Church
Sunday, December 11	11:00 AM	ISU Women's BB vs Jacksonville	Hilton Coliseum
Sunday, December 11	4:00 PM	ISU Men's BB vs McNeese St	Hilton Coliseum
Tuesday, December 13	6:30 PM	Love Our Neighbor Program	Stephens Auditorium
Thursday, December 15	7:15 PM	Home Free Family Christmas	Stephens Auditorium
Sunday, December 18	11:00 AM	ISU Men's BB vs W. Michigan	Hilton Coliseum
Wednesday, December 21	5:00 PM	ISU Men's BB vs Omaha	Hilton Coliseum
Thursday, December 22	4:00 PM	ISU Women's BB vs Drake	Hilton Coliseum
Saturday, December 31	TBA	ISU Men's BB vs Baylor	Hilton Coliseum

DAY TRIP– Des Moines Capitol & Dome Tour, Lunch at The Walnut and Allspice Culinarium Friday, December 9th– 9:30 AM

Enjoy a guided tour and learn about the art, the architecture and history of our beautiful **Capitol building**.

Lunch will be at **The Walnut**, housed inside a 92-year old building that once housed a tire and battery company. The owner of The Walnut started with a food truck before opening this restaurant. Order & pay individually.

After lunch, we'll stop at **Allspice Culinarium** where you can load up on all your favorite oils, vinegars & spice needs for the holidays.

LUNCH BUNCH: Simply Mae's Café, Story City Tuesday, December 20th– 11:00 AM

Locally owned by a mother and daughter duo, Simply Mae's invites you to enjoy comfort food in a relaxed atmosphere. Order from the menu and pay individually. The menu is updated weekly.

HOLIDAY LIGHTS TOUR

Tuesday, December 27th–6:15 PM

We are on a quest to find the best light displays in the Ames area! Enjoy hot chocolate and cookies in Le Bistro when we return.

SHOPPING TRIPS- 1:30 PM

HyVee: Mondays, December 5, 12, 19 and 26

Fareway: Thursdays,
December 1, 8, 15, 22 and 29

North Grand Mall:
Tuesday, December 6
Bus will pick up for return at 4:00 pm.

Target: Friday, December 16
Bus will pick up for return at 3:30 pm.

NOW SHOWING AT GREEN HILLS

FEATURED MOVIES

Thirteen Lives

Thursday, December 1st at 2:00 PM

A rescue mission is assembled in Thailand to find a group of young boys and their soccer coach trapped in underground caves. **This movie is in Thai language, but narrated in English.** (2022, Biography / Drama, 2 hours, 27 minutes, PG-13)

Megan Leavey

Monday, December 5th at 6:30 PM

Thursday, December 8th at 2:00 PM

This movie is based on the true life story of a young Marine corporal whose military combat dog saved many lives during their deployment in Iraq. (2017, Action, Biography, 1 hour, 56 minutes PG-13)

I Can Only Imagine

Monday, December 12th at 6:30 PM

Thursday, December 15th at 2:00 PM

The inspiring and unknown true story behind MercyMe's beloved, chart topping song brings hope to so many, a gripping reminder of the power of forgiveness. (2018, Biography, Drama, Music, Christian) 1 hour 50 minutes, PG)

The Family Man

Monday, December 19th at 6:30 PM

Thursday, December 22nd at 2:00 PM

A fast-lane investment broker wakes up to find his sports car and girlfriend have become a mini-van and wife. (2000, Comedy/ Drama/Fantasy, 2 hours 5 minutes , PG-13)

The Man Who Invented Christmas

Monday, December 26th at 6:30 PM

Thursday, December 29th at 2:00 PM

Come along on a journey that will lead to Charles Dickens' creation of "A Christmas Carol", a timeless classic that would redefine Christmas. (2017, Drama, 1 hour 44 minutes, PG)

TUESDAY MOVIES

2:00 PM

While You Were Sleeping

Tuesday, December 6th

A hopelessly romantic Chicago Transit Authority token collector is mistaken for the fiancée of a coma patient. (1995, Comedy / Romance, 1 hours 43 minutes, PG)

Scrooged

Tuesday, December 13th

A selfish, cynical television executive is haunted by three spirits bearing lessons on Christmas Eve. (1988, Drama, 1 hour 43 minutes, PG-13)

Miracle on 34th Street

Tuesday, December 20th

Six-year-old Susan Walker discovers that dreams do come true if you really believe. Her mother, Dorey, told her the "secret" about him a long time ago, so she doesn't expect to receive the most important gifts on her Christmas list. But after meeting a special department store Santa who's convinced that he's the real thing, she is given the most precious gift of all, something to believe in. (1994, Family/ Drama/Fantasy, 1 hour 54 minutes, PG)

White Christmas

Tuesday, December 27th

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont Inn of their former commanding general. (1954, Romantic Comedy / Musical / Romance, 2 hours, Not rated)

Any Movie Requests?

If you have any movie that you have been wanting to see, please let us know so we can schedule it. Cheryl x5006



Green Team Challenge- Conserve Water!

Select one or more ways to conserve water, which also saves energy. Energy is needed to filter, heat and pump water to your home, so reducing your water use also reduces your carbon footprint.

Why you should conserve water?

Water conservation is the practice of using water efficiently to reduce unnecessary water usage. We sometimes think of conserving water for outside use but the majority of household water use comes from cooking, toilets, washing machines, dishwashers, showers, baths, faucets and leaks. The less water a household uses, the less they have to pay each period.

It takes a lot of energy to deliver and treat the water you use every day. Homes with electric water heaters, for example, spend one-quarter of their electric bill just to heat water.

According to the EPA, letting your faucet run for five minutes uses about as much energy as letting a 60-watt light bulb run for 22 hours. Using less water will not only lower your energy costs and conserve water, but will keep that water in the environment for natural geological and ecological cycles.

With just a few simple changes, you can reduce your water footprint.

Run the dishwasher and washing machine with full loads only. (Running most dishwashers uses about 12 gallons of water; while washing machines can use over 40 gallons.)

Turn off the faucet while brushing teeth or shaving. Every little bit of water conservation helps.

Install a low-flow showerhead. With a low-flow showerhead, you can expect to use about two gallons of water each minute, equating to 10 gallons over a 5-minute period. If a standard showerhead is fit, the shower will likely emit around an extra half gallon of water per minute, so a 5-minute shower will use in the region of 12.5 gallons

Avoid rinsing dishes before putting them in the dishwasher.

Wash fruits and vegetables in a bowl of water, using a vegetable brush rather than rinsing them under running water. Use the water from the bowl to water your flowers and plants.

Take showers instead of baths. One of the best water conservation tips, with possibly the largest impact, is a simple one: Baths may be relaxing and enjoyable, but it takes more than 78 gallons of water to fill a tub.

There are countless ways to conserve water and many lists can also be found on Web sites. The above are ideas for you to get started. Choose one of the above or others of your choice.


The Green Team

Green Hills Community December Calendar 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1:00 Bus- ISU Mens BB vs St. Johns</p> <p>2:00 Gamewatch- ISU Mens BB vs St. John's Ames Childrens Choir (CR)</p> <p>4</p>	<p>9:30 Women's Coffee (MDR)</p> <p>1:30 Bus - Hy-Vee</p> <p>3:00 Ames Public Library Presentation (CR)</p> <p>6:30 Movie: Megan Leavey</p> <p>5</p>	<p>9:30 The Green Birds Chorus Practice (CR)</p> <p>1:30 Bus- North Grand Mall</p> <p>2:00 Movie: While You Were Sleeping</p> <p>6</p>	<p>10:00 Employee Appreciation (CR)</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitches (LB)</p> <p>1:30 Employee Appreciation (CR)</p> <p>2:00 Caregivers Support Group (PR)</p> <p>3:00 Meditation Exploration (MR)</p> <p>5:00 GH Cafe</p> <p>6:00 Gamewatch- ISU Women BB vs Iowa</p> <p>7</p>	<p>9:30 Blood Pressure Clinic</p> <p>10:00 Men's Coffee (MDR)</p> <p>1:00 Financial Review (CR)</p> <p>1:30 Bus - Fareway</p> <p>2:00 Movie: Thirteen Lives</p> <p>5:10 Bus- Winter Wonderscape- Rieiman Garden</p> <p>1</p>	<p>4:30 Club 2200 (CR)</p> <p>5:30 Meal Basket (RSVP)</p> <p>2</p>	<p>12:00 Potluck (CR)</p> <p>2:00 Bus- Tuba Christmas</p> <p>3</p>
<p>11:00 Bus- ISU Women's BB vs Jacksonville</p> <p>12:00 Gamewatch- ISU Women BB vs Jacksonville</p> <p>4:00 Bus- ISU Mens BB vs McNeese State</p> <p>5:00 Gamewatch- ISU Mens BB vs McNeese St</p> <p>11</p>	<p>1:30 Bus - Hy-Vee</p> <p>3:00 GH Chorus Concert (CR)</p> <p>6:30 Movie: I Can Only Imagine</p> <p>12</p>	<p>9:30 Hearing Aid Clinic (Wellness Clinic)</p> <p>2:00 Movie: Scrooged</p> <p>6:30 Bus- Love Our Neighbor</p> <p>13</p>	<p>Podiatrist - Dr. Miller</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitches (LB)</p> <p>3:00 Meditation Exploration (MR)</p> <p>14</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: I Can Only Imagine</p> <p>7:15 Bus- Home Free Family Christmas</p> <p>15</p>	<p>9:00 Pancake Breakfast (CR)</p> <p>1:30 Bus- Target</p> <p>3:00 Holiday Greeting Cards (LB)</p> <p>6:30 KASI Music Concert & Sing-along (CR)</p> <p>16</p>	<p>4:00 Happy Hour Social (LB)</p> <p>4:00 Piano Recital- Students of Nai-Ying (CR)</p> <p>17</p>
<p>Happy Hannukkah!</p> <p>11:00 Bus- ISU Mens BB vs W Michigan</p> <p>12:00 Gamewatch- ISU Mens BB vs W Michigan</p> <p>2:00 Holiday Greeting Cards (LB)</p> <p>2:30 Gamewatch- ISU Women BB vs Villanova</p> <p>6:30 Violin Students Recital (CR)</p> <p>18</p>	<p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie: The Family Man</p> <p>19</p>	<p>6:45 Madrigal Singers</p> <p>Breakfast (CR)</p> <p>11:00 Bus- Lunch Bunch- Simply Mae's Cafe</p> <p>2:00 Movie: Miracle on 34th Street</p> <p>20</p>	<p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitches (LB)</p> <p>3:00 Holiday Market (CR)</p> <p>3:00 Meditation Exploration (MR)</p> <p>5:00 Bus- ISU Mens BB vs Omaha</p> <p>6:00 Gamewatch- ISU Mens BB vs Omaha</p> <p>21</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: The Family Man</p> <p>3:00 Mexican Train (MDR)</p> <p>4:00 Bus- ISU Women's BB vs Drake</p> <p>5:00 Gamewatch- ISU Women BB vs Drake</p> <p>22</p>	<p>3:00 Holiday Happy Hour with Motoko (MDR)</p> <p>23</p>	<p>24</p>
<p>Merry Christmas!</p> <p>11:00 Bus- ISU Mens BB vs W Michigan</p> <p>12:00 Gamewatch- ISU Mens BB vs Villanova</p> <p>6:30 Violin Students Recital (CR)</p> <p>25</p>	<p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie: The Man Who Invented Christmas</p> <p>26</p>	<p>2:00 Movie: White Christmas</p> <p>6:15 Bus- Holiday Lights Tour</p> <p>27</p>	<p>10:00 ISU Men's BB Social (CR)</p> <p>10:30 Communion (HCC)</p> <p>1:00 Bistro Stitches (LB)</p> <p>28</p>	<p>10:00 Men's Coffee (MDR)</p> <p>1:30 Bus - Fareway</p> <p>2:00 Movie: The Man Who Invented Christmas</p> <p>29</p>	<p>1:30 Scrabble (LB)</p> <p>30</p>	<p>TBA Gamewatch- ISU Mens BB vs Baylor</p> <p>TBA Bus- ISU Mens BB vs Baylor</p> <p>2:00 Gamewatch- ISU Women BB vs Texas Tech</p> <p>31</p>

December 2022
Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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)					
4	10:00 Technology Committee (PR) 11:00 Continuing Education Committee (PR)	5 10:00 Cribbage Club (PRDR)	7	8 9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)	2	3
11	9:00 Advisory Council (PR) 1:00 Finance Committee (PR)	12 10:00 Cribbage Club (PRDR) 2:30 GHCC Board Meeting (PR)	14 1:00 Bridge Club (MDR) 2:00 Book Club (PR)	15 8:30 Board Meeting (PR)	16	17
18	10:00 Dining Services Committee (PR) 1:30 Continuous Quality Improvement (PR)	19 10:00 Cribbage Club (PRDR)	21	22 11:00 Memorial Committee (PR)	23	24
25		26 10:00 Cribbage Club (PRDR)	28 1:00 Bridge Club (MDR) 3:00 Technology Club (PR)	29	30	31