

# DISCOVER, EXPLORE AND MORE

July 2023

**BUS- LUNCH BUNCH  
PASTA AL FORNO ITALIAN RESTAURANT  
Friday, July 7th**

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

This new restaurant in Ames is getting great reviews! Pasta Al Forno's authentic, made-from-scratch Italian dishes are an ode to family recipes developed over 75 years in the restaurant business. Order from the menu and pay individually.

**BUS- DOUBLE DIPPED ICE CREAM  
Friday, July 14th**

**Apartments: 1:30 PM Townhomes: 1:35 PM**

“Every day should start with coffee and end with ice cream” is the motto of this ice cream shop located in Huxley. Double Dipped is locally owned and operated serving hand dipped ice cream classics and freshly roasted coffee from The Iowa Coffee Company. Order from the menu and and pay individually.

**BUS- LEDGES STATE PARK PICNIC  
Wednesday, July 19th**

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

Enjoy a picnic lunch in the Carl Fritz Henning Shelter. Ledges State Park is one of Iowa’s most historic and unique nature destinations. Picnic lunch will include a selection of cold meat sandwiches, chips, watermelon and assorted brownies. Refreshments will also be provided. Price per person of \$12.50 will be billed to your account.

**Please sign up by Wednesday, July 12th.**

**BILLIARDS & BOWLING- MEMORIAL UNION  
Wednesday, July 26th**

**Apartments: 2:30 PM / Townhomes: 2:35 PM**

Want to learn how to play pool or sharpen your skills. Come with us for free lessons on playing pool by Memorial Union staff. Bowling alleys are available for anyone who would like to bowl for \$5.00 per game. Pay individually for your bowling games. Refreshments are also available to purchase on your own. Sign up in the bus book.

**OMAHA ADVENTURE**

**Tuesday, August 29th–  
Thursday, August 31st**

**Enjoy a taste of 7 countries:  
no passport required!**

We currently have 21 going on the trip! We need a minimum of 25 for this trip to go. Please sign up early as we will be inviting Northcrest Community residents to sign up.

**Tour includes:**

- Tour of the expansive campus of Boys Town
- An evening of German dancing, singing and ethnic food.
- Lauritzen Gardens
- Lunch at the Brazen Head Irish Restaurant
- Historic Joslyn Castle
- Presentation about the linens connection to Ukrainian history, customs and traditions
- Dinner and presentation on French wine, cuisines and traditions by the chef at Le Voltaire restaurant.
- Omaha’s Lithuanian Bakery
- The Durham Museum
- Authentic Polish lunch and special dance

For more information, about this trip, please contact Cheryl at 515-357-5006 or email:

cherylg@greenhillsrc.com

**Deadline to sign up is Tuesday, July 18th.**

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# 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.

**BANDSHELL CONCERT**  
Thursdays, July 6, 13, 20, 27  
Apartments: 7:15 pm  
Townhomes: 7:20 pm

Bring your own chair and enjoy these outdoor concerts. The bus will be limited to 20 riders to reserve space for lawn chairs. Sign up in the bus book.

**TUNES IN THE TREES:  
NOLA JAZZ BAND**  
**IOWA ARBORETUM, MADRID**  
Tuesday, July 11th  
Apartments: 4:30 pm  
Townhomes: 4:35 pm

The band members have a common love for the “feel” of both traditional and current New Orleans based music – real, gutsy, raw, heartfelt, and entertaining. They have also played numerous festivals and are highly sought after for larger private events in the Des Moines area.

Tickets are free for members and \$7 for non-members (can be purchased the day of the event).

Bring your lawn chair. There will be a food truck if you are interested in purchasing food. Order and pay individually.

Due to the lawn chairs, bus will be limited to 20 signups.

**REIMAN GARDENS– ART FAIR**  
Sunday, July 9th  
Apartments: 9:30 AM  
Townhomes: 9:35 AM

Stroll the Gardens to view and shop from over 60 artist vendors at Reiman Gardens’ Annual Garden Art Fair!

Enjoy the work of new and returning



artists who will be displaying and selling their garden and nature inspired art featuring jewelry, painting, pottery, woodwork, glass, home décor, photography, sculpture, fabric arts, and more.

Sandwich Studio and Sweet Swirls food trucks will be available for lunch and snacks.

Admission is free for members. Senior price of \$7.00 can be paid at the door. Sign up in the bus book.

**AMES FARMER’S MARKET**  
Saturdays, July 15th and 29th  
Apartments: 9:30 AM  
Townhomes: 9:35 AM

The Ames Main Street Farmers Market is truly a community event, that is excited to bring people together from the surrounding area to enjoy the bounty of locally grown produce, delicious baked goods and beautifully hand crafted items. Load the bus to return at 11:00 am.

**RAGBRAI Overnight Stop in Ames**  
Tuesday, July 25th

**Heads up!** Bicyclists from RAGBRAI, the Register’s Annual Great Bicycle Ride Across Iowa, will be arriving in Ames on Tuesday, July 25, and spending the night before continuing their eastward ride across the state.

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

**HyVee:** Mondays, July 3, 10, 17, 24, 31

**Fareway:** Thursdays, July 6, 13, 20, 27

**SOUTH AMES WALMART– 9:30 AM**

Wednesday, July 5th

Meet back on the bus at 11:15AM to return to Green Hills.

# GREEN HILLS ON-SITE SPECIAL EVENTS

## **SENSORY GARDEN ICE CREAM SOCIAL** **Monday, July 10th at 3:30 PM**

Enjoy the warm weather and ambiance out in the garden this afternoon with your friends and neighbors. Due to roof construction, please enter through the Health Care Activity Room. Please sign up in the Event & Bus Sign Up Book at the Reception Desk by Thursday, July 6th so that we know how many to plan for.

## **FLYING PIG FIDDLE & BANJO** **Monday, July 17th at 3:00 PM**

This band plays old-time southern Appalachian string music on fiddles, banjo, washtub, washboard, pitchfork, fiddlesticks, feet, and more! It will be interesting to see what they bring. Don't miss this fun afternoon! Your toes will be tapping! (Community Room)

## **TODD & FRIENDS** **Thursday, July 20th at 6:30 PM**

Let's welcome back this band composed of local musicians. Todd C., from Dining Services and his friends will be here to play music for us in the Community Room.

## **SPEAKER: DEAN DANIEL J. ROBISON** **ISU College of Agriculture and Life Sciences** **Monday, July 24th at 3:00 PM**

Please welcome Dean Robison, Endowed Dean's Chair, as he updates us on what is going on in the department. The College has a network of farm and field stations around the state - including new capacities in livestock, grain processing and biorenewables; extensive laboratory and greenhouse facilities; collaborative federal laboratories; ISU Extension and outreach activities in all 99 Iowa counties; and about \$60 million in annual research activity. (Community Room)

## **MONTHLY AFTERNOON TEA**

Residents in health care and assisted living are inviting a few selected townhomes and apartments each month to a tea. The hope with this tea is to create a connection among residents living in different levels of care through conversation and treats. So far residents have LOVED this activity and want to meet more independent living residents.

A specific number of townhomes and apartments each month will be invited to come to the tea. Those residents will receive an invitation in their mail box with the date, time, location, and when to RSVP. Please let Life Enrichment know if you are or are not able to come. If you are not able to come to the tea, Life Enrichment can invite you another month.

## **HAPPY BIRTHDAY!!!**

Toni Whitman—7/2  
Jim Oleson—7/3  
Burt Benna—7/4  
Kathryn Handy—7/4  
Nancy Hall— 7/5  
Joan Mathews—7/5  
Roger Beckett—7/7  
Gene Johnson—7/7  
Don Dyer—7/8  
Ken Kruempel—7/11  
Venna Glenn—7/12  
Jeanne Grace—7/20  
John Dobson—7/20  
Elaine Johnson—7/20  
Allen Trenkle—7/23  
Diane Gilloon— 7/24  
Bob Angelici—7/29  
Don Goering—7/31

## **The Lindens**

Nancy Martin—7/11  
Linda Schmidt 7/31

## **Health Care Center**

Diana Grebasch 7/3  
Marjean Fawcett—7/5  
Donna Shenefelt—7/19  
Jim Sperflage—7/22  
Meg Tait—7/24  
Elaine Meany—7/28

## **Cedar Court**

Roger Larson 7/18





### IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Edna Nenad, Vaughn Speer, and Linda Johnson

### JULY DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

**5th—Hymn Sing**

*Peggy and Hannah*

**12th—First United Methodist**

*Pastor Amanda Gordon*

**19th—Cornerstone Church**

*Pastor Kip Hamby*

**26th— Communion: Palestine**

**Lutheran Church** *Eric Klimpel*

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

## 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, July 12th

5:00– 7:00 PM

### SHRIMP BOIL

Wednesday, July 26th

5:00– 7:00 PM

### CLUB 2200 MEAL BASKET

Friday, July 28th

5:30 PM

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

Meals can be ordered anytime from the Linden’s dining room for pickup, just call x5064.

**GREEN HILLS™ Marketing Minute**

**WHAT'S OPEN WEDNESDAY**  
*schedule*

July 12: The Oaks 304  
July 26: The Oaks 410  
1-2PM

*Good friends make great neighbors!*

### FIRST NATIONAL BANK

**Tuesdays & Thursdays  
9:00 AM — 11:00 AM**

The First National Bank office is located in the Arts and Crafts Room in the basement of the Oaks.

## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinics

Thursdays, July 6, 13, 20 and 27

9:30 AM

Wellness Clinic

### Ames Hearing Aid Clinic

July 11

9:30 AM

Wellness Clinic: Call Kaylee for an appointment.

# REGULARLY SCHEDULED EVENTS AT GREEN HILLS

|   |   |
|---|---|
| <p><b>JULY 1, 8, 15, 22, 29<br/>(SAT)<br/>4:00 PM—5:00 PM</b></p> | <p><b>HAPPY HOUR SOCIALS AT LE BISTRO</b><br/>Meet your friends and neighbors in <u>Le Bistro</u> for an informal gathering. Bring your own drinks or snacks, as Le Bistro is not open during this time period.</p>   |
| <p><b>JULY 3<br/>(MON) 9:30 AM</b></p>                            | <p><b>WOMEN'S COFFEE</b><br/>We will meet in the Main Dining Room. Everyone is welcome to join. Coffee will be provided.</p>  |
| <p><b>JULY 5, 12, 19, 26<br/>(WED) 1:00 PM</b></p>                | <p><b>BISTRO STITCHERS &amp; BED MAT MAKERS</b><br/>This group includes anyone that does hand crafts, even 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 held in the <u>Prairie Rose Room</u>. Bring your project to work on while you visit with other residents.</p>  |
| <p><b>JULY 6, 13, 27<br/>(THURS) 10:00 AM</b></p>                 | <p><b>MEN'S COFFEE</b><br/>All men are invited to this informal coffee group, held every Thursday except the third, in the Main Dining Room.</p>  |
| <p><b>JULY 12<br/>(WED) 10:00 AM</b></p>                          | <p><b>CONTINUING EDUCATION</b><br/>This month's program will be presented by John Pleasants, adjunct associate professor of biology at Iowa State for over 40 years. He will discuss the monarch butterfly, the causes of the rapid decline of it's population in the U.S. as well as possible solutions. In addition, a member of the Green Hills Butterfly Club will report on their process of counting butterflies.</p> |
| <p><b>JULY 15<br/>(SAT) 12:00 PM</b></p>                          | <p><b>POTLUCK</b> Bring a dish to share, your own table service and beverage container. We will honor the July birthdays this month! (Community Room)</p>   |
| <p><b>JULY 16<br/>(SUN) 2:00 PM</b></p>                           | <p><b>SUNDAY PIANO BAR</b><br/>Motoko is providing music and everyone is welcome to request songs to listen to, sing along or even dance. Bring your own food or drink to this informal gathering. (Common Area Lobby)</p>  |
| <p><b>JULY 20<br/>(THURS) 10:00 AM</b></p>                        | <p><b>KAFFEE KLATSCH</b><br/>All residents are invited to this social event. This event is held in the <u>Main Dining Room</u> on the third Thursday of each month. New residents are welcomed and upcoming activities are discussed. Refreshments will be provided.</p>  |
| <p><b>JULY 28<br/>(FRI) 4:30 PM</b></p>                           | <p><b>CLUB 2200</b><br/>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>   |

# CLUBS AND GROUPS

|  |   |
|--|---|
| <b>JULY 3 (MON) &amp;<br/>JULY 19 (TUES)<br/>9:30 AM</b> | <b><u>SENSORY GARDEN CLUB</u></b> Meet in the Sensory Garden to deadhead and provide upkeep to the garden. Enjoy the beauty with the other helpers once the work is done. <b>(Sensory Garden)</b>   |
| <b>JULY 5 (WED)<br/>10:00 AM</b>                         | <b><u>HAIKU POETRY GROUP</u></b> Come to write poetry, be creative or just to be social and listen to some poetry. (Prairie Rose Dining Room)   |
| <b>JULY 5 (WED)<br/>2:00 PM</b>                          | <b><u>CAREGIVERS SUPPORT GROUP</u></b> Are you a caregiver or do you help someone with everyday tasks? This support group is here to help you deal with caregiver stress. (Pine Meeting Room)   |
| <b>JULY 12 (WED) &amp;<br/>JULY 26 (WED)<br/>1:00 PM</b> | <b><u>BRIDGE CLUB</u></b> 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). <b>(Main Dining Room)</b>   |
| <b>JULY 12 (WED)<br/>2:00 PM</b>                         | <b><u>BOOK CLUB</u></b> This month we will discuss the book <i>A Spool of Blue Thread: A Novel</i> by Anne Tyler, 2015. Brimming with all the insight, humor, and generosity of spirit that are the hallmarks of Anne Tyler's work, <i>A Spool of Blue Thread</i> tells a poignant yet unsentimental story in praise of family in all its emotional complexity. Jean Lory will be the discussion leader. <b>(Pine Meeting Room)</b> |

## 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)

## BRIDGE CLUB

Wednesdays, July 12th and 26th  
2nd & 4th Wednesdays at 1:00 PM  
Main Dining Room

Open to all residents.

## MEXICAN TRAIN GAME

Thursday, July 13th and 27th at 3:00 PM  
Main Dining Room

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.

## GAMES AT GREEN HILLS

### CRIBBAGE CLUB

Every Tuesday from 10:00– Noon  
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 want more details, contact Roger Beckett at x5218.

### BILLIARDS IN THE LINDENS

Every Friday from 10:00– Noon

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

### SCRABBLE ANYONE?

A few residents are meeting on their own for scrabble games arranged at their convenience. If you would like to be put on the call list to play Scrabble, let Cheryl know (x5006).



# The Green Hills Chimes

## PRESIDENT'S MESSAGE

Our new Executive Director, Calista Sievers, “hit the ground running” at Green Hills on June 9<sup>th</sup>. She started with LCS on June 5<sup>th</sup> and attended their employee conference in Denver, Colorado. At the conference she became re-acquainted with LCS policies, procedures, and strategic goals. She is excited and enthusiastic about being our Executive Director and describes it as her dream job. Please take the opportunity to introduce yourself to her and wear your name tag to help her learn who you are.

Progress on the Oaks renovation is going well. Boone Glass did an excellent job of replacing windows and cleaning up after installation of windows and trim. The 8<sup>th</sup> floor corridor has been finished yielding a brighter and newly carpeted hallway. If you want to see the significant corridor/hallway improvement, visually compare the 8<sup>th</sup> floor with any of the other hallways that have not been renovated in the Oaks. As the budget allows, additional hallways in the Oaks will be renovated.

Roof replacement is currently in progress for the Oaks. This project is expected to be finished near the last part of July but is dependent on the weather so it may take longer to complete.

Please refer to Josh’s email updates on other projects and their status on campus. Josh does an excellent job of keeping the community updated on these issues. Be sure to thank him and his maintenance crew for helping Green Hills stay updated and in good repair. And thank Paul Rietz and his Capital Planning committee for working closely with Josh to keep abreast of the needs and costs in keeping Green Hills a viable and up-to-date facility.

Have you noticed how beautiful our grounds are becoming? Please say thanks to Selena and her ground crew for their excellent efforts. And thank the Grounds committee under the leadership of Suzy Shierholz for their input into this effort to make our campus beautiful.

Also notice how nicely Heidi keeps the common space in the Oaks entrance area? Please say thanks to Heidi as she often comes in on her weekends (Sundays) to change the decorations (flowers, vases, etc.).

Rae Reilly and her Art committee do a fantastic job of keeping our “Hallway of Art” interesting and provocative. Please thank her and her committee for their excellent and passionate work.

Meetings concerning the proposed Maples addition will be held starting June 21<sup>st</sup>. Calista and Kat will present key details and information for you to make a considered per unit vote on the proposed project. We now have 20 deposits for the 20 apartments. The advantages far outweigh any disadvantages for the project as I indicated in last month's President’s message. I am asking, on behalf of the Board, for you to vote “YES” so we can proceed with this project. If you do not vote, it counts the same as a “NO” vote. So please, every unit owner submit your vote. An 80% approval is required to proceed with the project.

Thanks for taking the time to read my messages each month!  
Jerry Lee Hall June 20, 2023

## SCULPTURES AT GREEN HILLS

Green Hills is proud to display two sculptures by the Iowa artist, Tim Adams. The one on Green Hills Drive called Oxbow was part of the Ames Annual Outdoor Sculpture Exhibition held in the Ames Main Street District. Green Hills submitted a Neighborhood Art Application to the Ames Public Art Commission to request that the sculpture be placed on our property for the enjoyment of GH residents, our neighbors, and visitors coming to the Gateway. The city owns this piece and is responsible for it, but we get to enjoy it!

Tim's second piece was donated by a GH couple who knew that the Sensory Garden Club was interested in having a piece of art that would further enhance the beauty of our Garden. A small but dedicated group of Sensory Garden Club and Art Committee members and the donor met over several months to discuss dimension, placement, style, materials, and finding an Iowa artist that would use the group's vision and turn that into a piece of art. At the time, the group did not know that Oxbow would find a home in GH, but they knew from their research that Tim was the artist who would produce a piece that would bring all their planning to life. The GH Memorial Committee also contributed to this project after seeing the design and learning about the purpose of this piece of art for the enhancement of the Garden and all GH residents and their families who visit the Garden. Prairie Flames now can be found at the entrance to the Sensory Garden, and the Garden is its permanent home. Tim will be available to us should the "flames" need some extra attention.

You can easily find both pieces of art on our campus when you take your walk on one of these lovely summer days. Enjoy!!!

## JUNE EMPLOYEE OF THE MONTH

**Congratulations to Gloria C-G, Certified Medical Assistant for being selected as the June Employee of the Month!**



Gloria has a positive influence on her co-workers and when training new hires as a CNA Mentor. She goes out of her way to make residents feel important!

Thanks for all you do to support your co-workers and residents!

### Ed's Cartoon Corner



The Bistro Knitters are practicing for the rumored possibility that Sport Knitting may become an Olympic event next summer in Paris.





**WELCOME CAITYN MYLLY**  
**Administrative Intern**



**About Me:**

Hi! My name is Caitlin Mylly, and I will be working as an administrative intern for the next year. I have been working in healthcare for almost 4 years with experience in

many different settings. I go to school at the University of Wisconsin- Eau Claire, but I'm originally from Ironwood, MI (People call us Yoopers). A fun fact about me is I have been skydiving

This is my first time ever being in Iowa, so if there's any sites to see or places to eat, I'm open to suggestions! I'm looking forward to getting to meet all the staff and community members at Green Hills.

**GREEN TEAM CHALLENGE**

Conserve energy by using the microwave instead of the oven, when possible. It draws up to 80% less energy. (No preheating required and it won't heat up your kitchen on a hot day.) A toaster oven could use up to half the energy of a full-sized oven to cook the same meal..

Consumer Report May/June 2023

**RESIDENT VOTE**  
**INFORMATIONAL MEETING**

**Thursday, July 6th from 10:30– 11:30 AM**

This meeting will review the **Resident Vote of the Eleventh Amendment to Amended and Substituted Declaration of Submission to Horizontal Property Regime of the Green Hills Community.** Ballots will be distributed at the informational meetings with hopes that they will be returned at the meetings. (Community Room)

**RESIDENT VOTE SPECIAL MEETING**

**Friday, July 21st at 3:00 PM**

You can attend this special meeting or sign the proxy attached at the bottom of your ballot. If you complete the proxy please deliver it to Arissa M. or Calista Sievers, Executive Director, for presentation to the President of the association for voting at the

**GH LIBRARY- NEW BOOK LIST**

| <b>AUTHOR</b>                    | <b>TITLE</b>  | <b>CATEGORY</b>     |
|----------------------------------|---|---------------------|
| Charles, Janet Skeslien          | <i>The Paris Library: A Novel</i>   | Fiction—large print |
| Child, Lee                       | <i>No Middle Name: The Complete Collected Jack Reacher Short Stories</i>                            | Fiction             |
| Clayton, Meg Waite               | <i>The Postmistress of Paris: A Novel</i>   | Fiction—large print |
| Cornwell, Patricia               | <i>Livid: A Scarpetta Novel</i>   | Fiction             |
| El Akkad, Omar                   | <i>What Strange Paradise: A Novel</i>   | Fiction—large print |
| Farrow, Ronan                    | <i>Catch and Kill: Lies, Spies, and a Conspiracy to Protect Predators</i>                           | History             |
| Herriot, James                   | <i>All Creatures Great and Small</i>  | Biography           |
| Kingsolver, Barbara              | <i>Demon Copperhead: A Novel</i>  | Fiction             |
| O'Connor, Joseph                 | <i>My Father's House: A Novel</i>   | Fiction             |
| Quindlen, Anna                   | <i>Lots of Candles, Plenty of Cake: A Memoir of a Woman's Life</i>                                  | Biography           |
| Schneiderman, Abby & Adam Seifer | <i>In Case You Get Hit by a Bus: How to Organize Your Life Now for When You're Not Around Later</i> | Health & wellness   |

# NOW SHOWING AT GREEN HILLS

## FEATURED MOVIES

### THE PEANUT BUTTER FALCON

Monday, July 3rd at 6:30 PM

Wednesday, July 5th at 2:00 PM

Zak, a young man with Down syndrome, runs away from the nursing home where he lives to chase his dream of becoming a professional wrestler. Through circumstances beyond their control a small-time outlaw on the run, becomes Zak's unlikely coach and ally. (2019, Adventure / Comedy / Drama, 1 hour 37 minutes, PG-13)

### AIR

Monday, July 10th at 6:30 PM

Tuesday, July 11th at 2:00 PM

Follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan. (2023, Comedy / Drama / Romance, 1 hour 51 minutes, Rated: R for language throughout)

### DOG

Monday, July 17th at 6:30 PM

Tuesday, July 18th at 2:00 PM

Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs (Channing Tatum) and Lulu (a Belgian Malinois) race down the Pacific Coast to get to a fellow soldier's funeral on time. (2022, Comedy / Drama, 1 hour 41 minutes, Rated: PG-13)

### THE COURIER

Monday, July 24th at 6:30 PM

Tuesday, July 25th at 2:00 PM

Businessman Greville Wynne is asked by a Russian source to try to help put an end to the Cuban Missile Crisis. (2020 Drama / History / War / Thriller, 1 hour 52 minutes)

### 80 For Brady

Monday, July 31st at 6:30 PM

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)

## MOVIE MATINESS

### MILLION DOLLAR ARM

Thursday, July 6th at 2:00 PM

A sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball. (2014, Biography / Sport / Drama, 2 hours 4 minutes, Rated: PG)

### PAPER MOON

Friday, July 13th at 2:00 PM

During the Great Depression, a con man finds himself saddled with a young girl who may or may not be his daughter, and the two forge an unlikely partnership. (1973, Comedy / Crime / Drama, 1 hour, 42 minutes, PG)

### INDIANA JONES AND THE RAIDERS OF THE LOST ARK

Thursday, July 20th  
at 2:00 PM

In 1936, archaeologist and adventurer Indiana Jones is hired by the U.S. government to find the Ark of the Covenant before the Nazis can obtain its awesome powers. (1981, Action/Adventure, 1 hour, 55 minutes, Rated: PG)

### INDIANA JONES AND THE LAST CRUSADE

Thursday, July 27th  
at 2:00 PM

In 1938, after his father goes missing while pursuing the Holy Grail, Indiana Jones finds himself up against the Nazis again to stop them from obtaining its powers. (1989, Action/Adventure, 2 hours 7 minutes), PG-13)

# WHAT'S NEW IN THE LINDENS

## WELCOME TO THE LINDENS!

We extend our warmest welcome to Janet Beer and Linda Schmidt who recently moved into the Lindens neighborhood.

We are excited to welcome our new Assisted Living Supervisor, Amanda H.!

## FOURTH OF JULY SOCIAL Tuesday, July 4th at 3 PM First Floor Lindens

The tradition of patriotic celebration became even more widespread after the war of 1812. In 1870, the U.S congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remains an important national holiday and a symbol of patriotism. We will be enjoying refreshments and conversation.

## TENANT MEETING Wednesday, July 5th at 3:00 PM First Floor Lindens

Come to the Lindens Tenant meeting to hear updates about what is going on around your community. You will also be able to voice concerns or praises you may have. The meeting will be led by Katie, Director of Clinical Services, Jessica, Administrator, and Kathryn, Life Enrichment Coordinator.

## MUSIC WITH WE'RE NO ANGELS

Thursday, July 6th  
at 2:30 PM

### Aspen Court Living Room

Friends of Mary Grace and Green Hills... Howie Nord and his wife make a perfect duo as they play timeless songs. Come sing along to songs you know. Come join us in Aspen Court and enjoy the music!

## THURSDAY AFTERNOON GARDEN DATES Sensory Garden

Due to construction on the Oaks roof for the next 5 weeks, we will be moving our patio parties to the sensory garden! The Sensory Garden is located outside the Activity Room in the Health Care Center:



- July 13th
- July 20th
- July 27th



## BIRTHDAY PARTY Monday, July 10th at 3:00 PM

### First Floor Lindens

Help celebrate Nancy and Linda's birthday on Monday the 10th. We will be enjoying some cake, ice cream, and

# HEALTH CARE HAPPENINGS

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

## WELCOME TO HEALTH CARE

We extend our warmest welcome to Rollie Jenison, Barbara Bruene, and John Sanden!

## BIRTHDAY PARTY

**Friday, July 7th at 2:30 PM**  
**Activity Room**

July is full of new birthdays and people to celebrate. This month's celebrations include Diana G on 7-3, Marjean F on 7-5, Roger L on 7-18, Donna S on 7-19, Jim S on 7-22, Meg T on 7-24 and Elaine M on 7-28. We will have the classic cake, ice cream, and conversations. Come celebrate!

## OTHER ACTIVITIES GOING ON AROUND HEALTH CARE

- \* Bridge Club– Wednesday July 5th and July 19th at 1 PM in Aspen Court Nook
- \* Ice Cream Social– Monday July 10th at 2:30 in the Activity Room
- \* Communion at Devotions– Wednesday, July 26th at 10:30 AM in the Activity Room with Pastor Eric Klimpel from Huxley
- \* Rosary Prayer– Wednesday July 5th and July 19th at 4:30 PM in the Activity Room

## TUESDAY TASTING– PICKLES

**Tuesday, July 18th at 2:30 PM**  
**Activity Room**

It has been said by Cleopatra and Julius Caesar that pickles are delicious and renowned for their heartiness. We will be sampling a variety of pickles while learning about their history and sharing memories of pickles from our lives.



There might be a homemade batch of pickles you will have to identify among the storebought ones. Come for an afternoon of conversations and pickles!

## LUNCH BUNCH– FLIP'N JACKS PANCAKE HOUSE & EATERY

**Monday, July 31st at 11:00 AM**


Flip'n Jacks opened their doors for business in 2021. They are known for their homestyle breakfasts and HUGE pancakes. Reviews of this establishment say 'fabulous breakfast', 'large and very tasty pancakes', and 'can't believe I ate every bite'. Join Kathryn and Hannah as we venture out to a new restaurant in Ames. Order off the menu and it will be billed to your account.



| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |  |
|--|--|---|---|---|---|---|--|
| <p>30 </p>                        | <p>31<br/>1:30 Bus - Hy-Vee<br/>6:30 Movie - 80 For Brady</p>  | <p></p>  | <p>4<br/>- Happy Independence Day!</p>  | <p>5<br/>9:30 Bus - South Ames Walmart<br/>10:00 Haiku Poetry Group (PRDR)<br/>10:30 Devotions (HCC)<br/>1:00 Bistro Stitchers (PRDR)<br/>2:00 Caregivers Support Group (PR)<br/>2:00 Movie: The Peanut Butter Falcon</p>           | <p>6<br/>9:30 Blood Pressure Clinic<br/>10:00 Men's Coffee (MDR)<br/>10:30 Resident Vote Meeting (CR)<br/>1:30 Bus - Fareway<br/>2:00 Movie: Million Dollar Arm<br/>7:15 Bus - Ames Bandshell Concert</p> | <p>7<br/>10:00 Billiards in the Lindens<br/>10:30 Bus - Lunch Bunch</p>                                       | <p>8<br/>4:00 Happy Hour Social (LB)</p> |
| <p>9<br/>9:30 Bus - Reiman Gardens Art Fair</p>  | <p>10<br/>1:30 Bus - Hy-Vee<br/>3:30 Sensory Garden Ice Cream Social<br/>6:30 Movie: Air</p>                         | <p>11<br/>9:30 Hearing Aid Clinic by Appointment<br/>9:30 The Green Birds Chorus Practice (CR)<br/>2:00 Movie: Air<br/>4:30 Bus - Tunes in the Trees - Iowa Arboretum</p> | <p>12<br/>10:00 Continuing Education: (CR)<br/>10:30 Devotions (HCC)<br/>1:00 Bistro Stitchers (PRDR)<br/>5:00 GH Cafe (MDR)</p>          | <p>13<br/>9:30 Blood Pressure Clinic<br/>10:00 Men's Coffee (MDR)<br/>1:30 Bus - Fareway<br/>2:00 Movie: Paper Moon<br/>3:00 Mexican Train Dominos (MDR)<br/>7:15 Bus - Ames Bandshell Concert</p>                                  | <p>14<br/>10:00 Billiards in the Lindens<br/>1:30 Bus - Double Dipped Ice Cream</p>   | <p>15<br/>9:30 Bus - Ames Downtown Farmer's Market<br/>12:00 Potluck (CR)<br/>4:00 Happy Hour Social (LB)</p> |  |
| <p>16<br/>2:00 Sunday Piano Bar with Motoko</p>  | <p>17<br/>1:30 Bus - Hy-Vee<br/>3:00 Flying Pig Fiddle and Banjo (CR)<br/>6:30 Movie: Dog</p>                        | <p>18<br/>9:30 The Green Birds Chorus Practice (CR)<br/>2:00 Movie: Dog</p>   | <p>19<br/>10:30 Devotions (HCC)<br/>10:30 Picnic Lunch at Ledges State Park<br/>1:00 Bistro Stitchers (PRDR)</p>                          | <p>20<br/>9:30 Blood Pressure Clinic<br/>10:00 Kaffee Klatsch (MDR)<br/>1:30 Bus - Fareway<br/>2:00 Movie: Indiana Jones and The Raiders of the Lost Ark<br/>6:30 Todd &amp; Friends (CR)<br/>7:15 Bus - Ames Bandshell Concert</p> | <p>21<br/>10:00 Billiards in the Lindens<br/>3:00 Resident Vote Special Meeting</p>   | <p>22<br/>4:00 Happy Hour Social (LB)</p>   |  |
| <p>23<br/>9:30 Bus - Hy-Vee<br/>3:00 Speaker - Dean Robison, College of Agriculture<br/>6:30 Movie - The Courier</p> | <p>24<br/>1:30 Bus - Hy-Vee<br/>3:00 Speaker - Dean Robison, College of Agriculture<br/>6:30 Movie - The Courier</p> | <p>25<br/>9:30 The Green Birds Chorus Practice (CR)<br/>2:00 Movie: The Courier</p>   | <p>26<br/>10:30 Communion (HCC)<br/>1:00 Bistro Stitchers (PRDR)<br/>2:30 Bus - Billiards &amp; Bowling<br/>5:00 GH Shrimp Boil (MDR)</p> | <p>27<br/>9:30 Blood Pressure Clinic<br/>10:00 Men's Coffee (MDR)<br/>1:30 Bus - Fareway<br/>2:00 Movie: Indiana Jones and the Last Crusade<br/>3:00 Mexican Train (MDR)<br/>7:15 Bus - Ames Bandshell Concert</p>                  | <p>28<br/>10:00 Billiards in the Lindens<br/>4:30 Club 2200 (CR)<br/>5:30 Meal Basket (RSVP)</p>  | <p>29<br/>9:30 Bus - Ames Downtown Farmer's Market<br/>4:00 Happy Hour Social (LB)</p>                        |  |

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# July 2023 Independent Committee & Club Calendar

| Sunday | Monday                                     | Tuesday  | Wednesday  | Thursday  | Friday                               | Saturday |   |
|--------|--|--|--|---|--------------------------------------|----------|---|
| 30     | 31   |                 | <b>Meetings are held in person.</b><br>Pine Room- (PR)<br>Arts & Crafts Room - (A&C)<br>Sensory Garden - (SG)<br>Main Dining Room - (MDR)<br>Prairie Rose Dining Room - (PRDR) |   |                                      |          | 1 |
| 2      | 3<br>9:30 Sensory Garden Club (SG)         | 4<br>10:00 Cribbage Club (PRDR)  | 5<br>1:00 Bridge Club (MDR)<br>1:00 Employee Appreciation Committee (PR)<br>2:00 Book Club (PR)  | 6<br>1:00 Capital Planning (PR)                                   | 7                                    | 8        |   |
| 9      | 10<br>9:00 Advisory Council (PR)           | 11<br>10:00 Cribbage Club (PRDR)<br>10:00 Green Team Committee (PR)                                | 12<br>9:50 Art Gallery<br>11:00 Library Committee (PR)   | 13  | 14                                   | 15       |   |
| 16     | 17<br>10:00 Yes2HealthyLife Committee (PR) | 18<br>9:30 Sensory Garden Club (SG)<br>10:00 Cribbage Club (PRDR)<br>2:00 Woodshop Committee (A&C) | 19<br>9:00 Finance Committee (PR)  | 20<br>9:30 History Committee (PR)<br>3:30 GHCC Board Meeting (PR) | 21                                   | 22       |   |
| 23     | 24   | 25<br>9:30 Grounds Committee (PR)<br>10:00 Cribbage Club (PRDR)                                    | 26<br>1:00 Bridge Club (MDR)   | 27<br>8:30 Board Meeting (PR)                                     | 28<br>3:00 Investment Committee (PR) | 29       |   |

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