

DISCOVER, EXPLORE AND

June 2022

LADY BIRDS

**Saturday, June 4 at 4:00 PM
Community Room**

This trio is from central Iowa who performs choreographed songs in three-part harmony. Most of their repertoire is composed of songs made famous by the legendary Andrews Sisters. Their harmonies and some of their choreography are inspired by the famous war-time group.



ANNUAL FISH FRY

**Tuesday, June 14 at 5:00 PM
Linden Patio Area**

Sign up by Friday, June 10th to attend our annual fish fry. Two kinds of fresh fish will be served hot, right from the fryer. There will be the typical sides served with the fresh fish. Enjoy music by Vintage Café with special guest Dave Kobberdah. Vintage Café specializes in “vintage” musical styles from the roaring 20’s through the 80’s. Ed Kelly (bass/vocals) will perform a mix of familiar favorites with a few “tropical” tunes thrown in courtesy of Dave “Kobb” Kobberdahl on his electric horn. Dave can make his horn sound like everything from an organ to harmonica to steel drums. You won’t want to miss it!

PARK TOUR & WALK WITH KEITH ABRAHAM

Friday, June 17

Bus Departs at 10:00 AM

Keith Abraham, Parks & Recreation Director, will step on our bus and give an educational tour of **Ames Miracle Park at Inis Grove** and **North River Valley Park—Low Head Dam (NRV LHD)**.

The Ames Miracle Playground is 100% accessible with a rubberized surface, catering to children with physical, cognitive, and sensory disabilities. It also features a custom field made of cushion, rubberized turf, which is accessible by wheelchairs and other assistive devices.

The NRV LHD improvement project has been in the works for several years. The goals are to improve safety, fish passage, and water recreation. Don’t miss this wonderful opportunity to learn more about Ames parks.

HAPPY BIRTHDAY!

- Beverly Madden—6/2
- Arthur Klein—6/4
- Donald Schmelzer—6/4
- Paula Toms—6/4
- Thomas Buchholtz—6/6
- Wayne Fuller—6/15
- Margaret Goltermann—6/16
- Joyce Nichol—6/16
- Linda Peters—6/19
- Rollie Jenison—6/20
- Don Eggerling—6/21
- Barbara Bruene—6/22
- Mark Gilloon—6/22
- Katie Pattee—6/24
- Alycia Carlsborg—6/25
- Jan Payer—6/26
- Warren Madden—6/27
- Ed Ethridge—6/30

The Lindens

- Pat Seaman—6/8
- Bob Underhill—6/10
- Doris Brown—6/16

Health Care Center

- John Rademacher—6/1
- Jeannine Moore—6/14
- Esther Frandsen—6/19
- Donna Henry—6/22

Cedar Court

- Gretchen Woodin—6/29

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DINING SERVICES

GH GRILL

Mondays, Wednesdays, & Fridays

11:30 AM — 6:30 PM

Sunday

11:30 AM — 1:30 PM

SIGNATURE BRUNCH

Tuesdays & Thursdays

8:00 AM — 2:00 PM

ANNUAL FISH FRY

Tuesday, June 14

5:00 PM

ITALIAN BUFFET NIGHT

Wednesday, June 29

5:00 PM

LE BISTRO & LOUNGE HOURS

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

Saturday 10:00 AM — 2:00 PM

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

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

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, June 2, 9, 16, 23

9:30 AM

Wellness Clinic

Ames Hearing Aid Clinic

Tuesday, June 14

9:30 AM

Wellness Clinic: Call Kaylee for an appointment.

Independent Living Podiatrist Clinic

Wednesday, June 15

9:00 AM — 5:00 PM and by appointment

Call Kaylee for an appointment.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Dale Shenefelt.



Good friends make great neighbors!

June Open Houses:
6/9 - 2219 Hamilton Drive
6/22 - 604 The Oaks

You are our number one referral source!

Green Hills Composting

Each year people will throw away roughly 330 lbs. of food waste to a landfill where it will not be allowed to break down properly and won't improve the soil or the planet. Green Hills has installed three composting bins on campus called Subpods to try to help fight this issue. These Subpods contain about 2,000 worms which can compost nearly 44 lbs. of food waste each week; plus, they are very easy to maintain. After the food waste is broken down, the compost it creates can then be used in the garden beds around our campus.

On the inside of each Subpod lid, there is a list of food that can be composted, as well as the food that **should not be**. Food that the worms can eat include vegetables, fruits, coffee grounds, and tea bags. Food waste is not the only thing that the Subpods like, they also love paper. Paper is a source of energy for the worms to consume and fuels the break down of food waste even faster.

Each Subpod is designated for a certain area of campus to make sure the worms in each bin get fed. Subpod A is designated for residents in Woodview. Subpod B is designated for Timberland to use. Subpod C is for residents in the Maples and Oaks apartments and the Green Hills Dietary Department.

Selena, the Landscape and Lawn Care Supervisor, has sent out a video in her Grounds Weekly Email Update to all residents showing how to use the composting bins. **If you would like to be sent the video again, please contact Selena at Selenaj@greenhillsrc.com or give her a call at 515-357-5047 and she would be happy to do so!**

GREEN HILLS ON-SITE SPECIAL EVENTS

MUSIC BY JIM KELLERMAN Friday, June 3 at 3:00 PM Community Room

Multi instrumentalist Jim Kellerman (saxophone, clarinet, flute and vocals) will be returning to Green Hills for his fourth performance. Expect to hear a variety of music including big band era selections, original compositions and beautiful classical melodies. A traveling one-man band, Jim creates the background recordings himself collaborating with the Twin cities top classical and jazz players.



LET'S CELEBRATE—A BOOK IS PUBLISHED! Thursday, June 9 from 3:00—5:00 PM Community Room



This open house social is to thank the Green Hills Community for their years of friendship, support, advice and encouragement Charles Kniker received while writing his book. Books will be available for purchase. Please see the flyer for additional information.

CLOSING RECEPTION FOR ARTIST NAOMI FRIEND Wednesday, June 15 at 3:00 PM Lobby near the Artwork

Naomi creates artwork about land and its people, "Agrarian" art. She is currently working on a series documenting heritage breed farm animals using the antique photographic process cyanotype, combined with acrylic illustration techniques. She is the Exhibits Director for the Octagon Center for the Arts in Ames. Attend this reception in the GH Lobby area to learn more about her works. Refreshments will be provided.

JUNE DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

1st—Collegiate Presbyterian
Pastor Brett Becker

8th—Northminster Presbyterian
Pastor Jim DuBois

15th—Christ Community
Pastor Kip Hamby

22nd— Communion:
First United Methodist
Jonathan Cooney

29th— Palestine Lutheran Church
Pastor Eric Klimpel

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



SENSORY GARDEN SOCIAL Thursday, June 16 at 3:00 PM Sensory Garden

Enjoy the ambiance in the garden. Refreshments will be provided by the Life Enrichment Team. Enter by using the outside gate across from Parking Lot B or through the Health Care Activity Room. (Please wear a mask if you are entering through the Health Care Center.)

CAMP COURAGEOUS PRESENTATION Wednesday, June 22 at 10:00 AM Community Room

Charlie Becker will be here to give a program on Camp Courageous, a year-round recreational and respite care facility for individuals with special needs. Annually the camp serves nearly 10,000 campers of all ages. It is run on donations, with its largest fundraiser being a year-round garage sale.

Charlie will share the latest and greatest that is going on at Camp Courageous, from a travel program that takes campers to events and venues like Iowa State games, to a new one-of-a kind in Iowa zipline, to a large solar program that covers 90% of the camp's electrical needs.

Charlie was a teacher by profession and made a 2 year commitment to the camp. Now, 42 years later, he is still there and can't wait to get into the office at 4:45 AM to start each day. Bob and Carol Deppe have a long history with Monticello, Camp Courageous and Charlie Becker.

COMMUNITY WIDE EVENTS AT GREEN HILLS

<p>JUNE 1, 8, 15, 22, 29 (WED) 1:00 PM</p>	<p>BISTRO STITCHERS This gathering is for those who do any type of hand craft. Bring your own craft or recycle plastic bags into plan to make a bed mat to give to the homeless. Meet in the Pine Room.</p>
<p>JUNE 1, 15, 22, 29 (WED) 3:00 PM</p>	<p>MEDITATION EXPLORATION All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.</p>
<p>JUNE 2, 9, 23, 30 (THURS) 10:00 AM</p>	<p>MEN'S COFFEE This social group meets every Thursday except for the third Thursday (which is Kaffee Klatsch). Sign up in the bus book if you want to bring treats. (Main Dining Room)</p>
<p>JUNE 6 (MON) 9:30 AM</p>	<p>WOMEN'S COFFEE We will meet in the <u>Main Dining Room</u>. Everyone is welcome to join.</p>
<p>JUNE 8 (WED) 10:00 AM</p>	<p>IOWA STATE UNIVERSITY RESEARCH PARK is the title of this month's continuing education program, presented by Rick Sanders, President and Director of ISU Research Park. (Community Room)</p>
<p>JUNE 11, 18, 25 (SAT) 4:00 PM</p>	<p>HAPPY HOUR SOCIALS These in-person informal gatherings will happen every Saturday this month <u>except June 4</u> due to the special music. Meet in <u>Le Bistro</u> and bring your own drink and snack, if desired.</p>
<p>JUNE 12 & JUNE 26 (SUN) 3:00 PM</p>	<p>SUNDAY PIANO BAR 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. (Community Room)</p>
<p>JUNE 13 (MON) 11:00 AM</p>	<p>DISC GOLF Try your hand at this "frisbee" game outside on the Lindens grassy area. This sport involves players throwing a disc at a basket. No experience necessary! Come join in on the fun!</p>
<p>JUNE 16 (THURS) 10:00 AM</p>	<p>KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided. Held in the Main Dining Room.</p>
<p>JUNE 20 (MON) 3:00 PM NOTE DATE</p>	<p>SING-ALONG WITH US Come sing along with your friends and neighbors to well known songs. Maggie and her mom, Lori, will be leading this sing along with Carol Deppe on the piano. (Community Room)</p>
<p>JUNE 23 (THURS) 3:00 PM</p>	<p>MEXICAN TRAIN Come to the <u>Main Dining Room</u> to play this fun and easy domino game. No experience necessary; we will go over the rules of the game for newcomers.</p>
<p>JUNE 24 (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 \$1.00 for a soft drink and \$3.00 for beer, wine or mixed drinks. A refill is available at no additional cost. Meal basket served at 5:30 PM; sign up with the Kitchen at x5040. (Community Room)</p>
<p>JUNE 30 (THURS) 3:00 PM</p>	<p>TRIVIA TIME Let's test your knowledge and learn something new at this trivia event. Popcorn and soda will be provided. Join us today in the <u>Main Dining Room</u>.</p>

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

<p>JUNE 8 (WED) & JUNE 22 (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>JUNE 8 (WED) 2:00 PM</p>	<p>BOOK CLUB This month we will discuss the book <i>This Tender Land: A Novel</i> by William Kent Krueger. Cliff Smith will be the discussion leader. (Pine Meeting Room)</p>
<p>JUNE 14 (TUES) & JUNE 28 (TUES) 9:30 AM</p>	<p>SENSORY GARDEN CLUB <i>Note- This month due to activity conflicts, the club is meeting the 2nd and 4th Tuesdays.</i> Meet in the Sensory Garden to enjoy the ambiance and work on anything that needs tending to.</p>
<p>JUNE 29 (WED) 3:00 PM</p>	<p>TECHNOLOGY CLUB Share your knowledge or get answers to your questions. All residents are encouraged to come. (Pine Meeting Room)</p>

CAREGIVERS SUPPORT GROUP Wednesday, June 1 at 2:00 PM Pine Meeting Room

Are you a caregiver or do you help someone with everyday tasks? Does someone you love suffer from dementia? This support group is here to help you deal with caregiver stress. This group will be led by Laurie Yocum with Heartland Senior Services.

PRIMARY ELECTION VOTING Tuesday, June 7

The Community Room will be used as a polling place for the Primary Election.

Polls will be open from 7:00 AM—8:00 PM.



FIRST NATIONAL BANK

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

The First National Bank office is located in the hallway leading to the Community Room.



SB / GH CHORUS PRACTICES Tuesdays, June 14, 28 9:30 AM—10:30 AM Community Room

All residents who enjoy singing are encouraged to come to chorus practices on **Tuesdays in the Community Room**. No practice on Tuesday, June 7 or June 21, due to previous reservations in the Community Room. This chorus is a combination of Songbird members and Green Hills residents. All are welcome to join this chorus.



LOW VISION SUPPORT GROUP Wednesday, June 15 at 2:00 PM Prairie Rose Dining Room

Do you have low vision issues? Do you have trouble recognizing people, reading medicine bottles, or is your day-to-day living minimized due to trouble seeing?

Attend this group to find support, talk about issues, learn helpful hints, and to discuss products or websites that may be able to help.

TRANSPORTATION BY REQUEST

For townhome, Oaks and Maples residents, a Green Hills van is available each Monday through Friday, during non-bus events for rides to non-medical locations within the Ames city limits. Service hours will be 9:00 AM to 3:00 PM. \$6.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

THE LINDEN LETTER

HAPPY BIRTHDAY!

This month we have three birthdays to celebrate—Pat Seaman on June 8th, Bob Underhill on June 10th, and Doris Brown on June 16th. **Come to the birthday party on Wednesday, June 8th at 3:00 PM!**

LINDEN LAPS

Tuesdays at 3:00 PM

We will walk as a group around the building. Walking is good for your heart, can boost memory, and increases your lung capacity.



WORDLE WITH STEPH

Tuesdays at 11:00 AM

Wordle is an online word game in which the player has to guess a five-letter word in six attempts. Each time the player makes a guess, they are told which of their chosen letters are in the target word and whether they are in the correct place or not. Steph will walk us through our own game of Wordle. Come join us and test your brain!

G	R	A	I	L
T	R	A	C	K
C	R	A	M	P
C	R	A	B	S
C	R	A	Z	Y
C	R	A	Z	E

ANNUAL FISH FRY

Tuesday, June 14th at 5:00 PM

Please RSVP by calling x5040 and come enjoy an evening of music, food, and friends. See the flier for more information!

PATIO PARTIES

**Thursdays, June 2nd, 23rd, and 30th
3:00 PM on the Linden's Patio**

The weather is finally nice and it's time to get our Vitamin D through the sunshine! Join your friends and neighbors on the patio by the dining room for a cool summer drink.

MOVIES

First Floor Living Room at 3:00 PM

June 6th—WEST SIDE STORY

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks — two rival gangs vying for control of the streets. (2021, Musical/Romance, 2 hours 36 minutes, PG-13)

June 13th—BEING THE RICARDO'S

In 1952, Hollywood power couple Lucille Ball and Desi Arnaz face personal and professional obstacles that threaten their careers, their relationship, and their hit television show. (2021, Drama, 2 hours 5 minutes, Rated R for language)

June 18th—BRING YOUR OWN MOVIE!

Many of you have great movie collections of your own! Bring a movie you'd like to share and watch it in the living room on the first floor of the Lindens.

June 27th—DOG

With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness. (2022, Comedy/Road Trip, 1 hour 41 minutes, PG-13)

HEALTH CARE HAPPENINGS

Residents from Independent Living are welcome to come to these activities.
Please wear a mask while in the Health Care Center.

WELCOME

We extend our warmest welcome to Lucy Futrell.

CNA APPRECIATION: BAKE COOKIES

Monday, June 6

HCC– 2:30 PM (Activity Room)

Memory Care– 3:45 PM

It's National Certified Nursing Assistant (CNA) Appreciation Month, so let's show our appreciation to our CNA's by making thank you cookie bags for them.

CITY OF AMES PRESENTATION

Thursday, June 9 at 3:00 PM

Activity Room

Have you ever wondered who decides, plans, and leads construction projects around Ames? A staff member from the City of Ames will be talking about current construction projects and answer some questions you might have.

WISCONSIN TRAVELOGUE & CHEESE SAMPLES

Monday, June 13 at 3:00 PM

Activity Room

Prepare yourself for a "moo"-ving visit to Wisconsin where we'll explore history and travel, including the Wisconsin Dells! Of course, we can't leave out the cows in this presentation! Wisconsin is the number one cheese producing state in the U.S.! It makes over 600 varieties of cheese and we will sample a few! We will also get a glimpse into the life of a dairy farmer.

ISU MEN'S BASKETBALL PRESENTATION

Thursday, June 16 at 3:00 PM

Aspen Court



The ISU Men's Basketball Team has been a popular sport in Ames for a long time. The team has seen over the years many diverse coaches and players. Micah Byars, Director of Basketball Operations, will be giving a presentation on the program and history.

LUNCH BUNCH HICKORY PARK

Friday, June 24 at 10:30 AM

This Ames-Favorite was established in 1970 and since its inception, has become an Ames tradition! Come enjoy their expansive menu filled with a variety of hickory smoked meat and old fashioned parlor sundaes. We are able to accommodate wheelchairs, and you will order off the menu and your meal will be billed to your resident account. Sign up with the Life Enrichment Department!

SENSORY GARDEN DAYS

Welcome Summer! Mark your calendars and head outside for some fresh air & sunshine!

- **Every Friday morning**, enjoy fresh air and fitness in the garden.
- Ice Cream Bars in the Garden– **Tuesday, June 7**
- Evening Garden Visits– **Tuesday, June 14, Wednesday, June 15, and Monday, June 20**
- Afternoon Tea in the Garden– **Thursday, June 23**
- Smoothies in the Garden– **Monday, June 27**

ISU & COMMUNITY / OFF-SITE EVENTS

The bus has been scheduled for the following events. Please sign up early to reserve your seat on the bus! Tickets should be purchased on your own.

Wednesday, June 1	5:45 PM	Hamilton at the Civic Center	Des Moines
Wednesday, June 8	6:25 PM	The 1920s Building Boom in Downtown Ames	Ames Public Library
Friday, June 10	6:45 PM	ACTORS: Legally Blonde	Actors Theatre
Friday, June 17	10:00 AM	Park Tour & Walk with Keith Abraham	Miracle Park & North River Valley Park
Saturday, June 18	9:00 AM	Ames Farmer's Market	Downtown Ames
Thursday, June 23	5:25 PM	Ecochat: Electricity	Ames Public Library
Saturday, June 25	9:00 AM	Ames Farmer's Market	Downtown Ames
Wednesday, June 29	6:25 PM	Ames Does Its Homework: Public Schools Meet the Next Century	Ames Public Library

SPECIAL BUS EVENTS

GROCERY SHOPPING TRIPS 1:30 PM

HyVee: Mondays, June 6, 13, 20, 27

Fareway: Thursdays, June 2, 9, 16, 23, 30

BANDSHELL CONCERTS

Thursdays, June 2, 9, 16, 23, 30
Bus Departs Apartments: 7:15 PM

It's time to enjoy the summer concerts at Durham Bandshell Park in Ames on Thursday nights. Bring your own chair and enjoy these wonderful concerts. The bus will be limited to 21 riders for space for lawn chairs. Sign up in the bus book.

LUNCH BUNCH TO JADE GARDEN

Tuesday, June 7 at 10:45 AM

The Jade Garden Restaurant has been serving Ankeny and its surrounding areas with authentic Hunan, Mandarin, and Szechuan cuisine. Order off the menu and pay individually.



DAYTRIP TO WEBSTER CITY

Tuesday, June 21 at 10:00 AM

Discover what Webster City has to offer on this trip up north. Highlights include the Kendall Young Library, lunch at Leon's Pizza, and a Seneca Foundry Tour. See trip flyer for additional information.

WALK WITH BRETT AT BROOKSIDE

Friday, June 10 at 1:00 PM

Brookside Park has 3 shelters, a playground, ballfields, basketball courts, restrooms plus paved and non-paved walking paths. Walk at your own pace or sit and enjoy the scenery. Sign up in the bus book.

DAIRY QUEEN

Tuesday, June 28 at 2:30 PM

We all scream for ice cream! Dairy Queen has a variety of ice cream treats from ice cream cones, peanut buster parfaits, banana splits, and the popular Blizzards. Order off the menu and pay individually.



NOW SHOWING AT GREEN HILLS

FEATURED WEEKLY MOVIES

FEATURED WEEKLY MOVIES

The Leisure Seeker

Sunday, June 5 at 2:00 PM

Monday, June 6 at 6:30 PM

The Leisure Seeker stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker. Travelling from Boston to Key West, they recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end. (2017, Drama, 1 hour 52 minutes, Rated R for sexual material and violence)

Hillbilly Elegy

Monday, June 13 at 6:30 PM

Tuesday, June 14 at 2:00 PM

Former Marine and current Yale Law student J.D. Vance has worked hard to distance himself from his Appalachian roots. But when a family crisis calls him back to his hometown, he's forced to come to terms with his complex family history (2020, Drama, 1 hour 56 minutes, Rated R for language, violence, drugs)

Jungle Cruise

Sunday, June 19 at 2:00 PM

Monday, June 20 at 6:30 PM

Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element. Dr. Lily Houghton travels from London to the Amazon jungle and (2021, Action/ Comedy, 2 hours 7 minutes, PG-13)

Meet Me in St. Louis

Monday, June 27 at 6:30 PM

Tuesday, June 28 at 2:00 PM

Judy Garland stars as Esther Smith, who just can't ignore the boy next door in this masterpiece about the trials and tribulations of a tight-knit family living in St. Louis on the eve of the 1904 World's Fair. (1944, Musical Classic, 1 hour 53 minutes, Not Rated)

Volunteering Opportunities:



THEATRE TECHNOLOGY TRAINING

Friday, June 3 at 9:30 AM

Do you want to learn how to start a movie or watch TV on the big screen in the GH Theatre? Attend this training session to be in the know. We will go over playing movies from DVDs, streaming, watching sporting events and regular TV. Residents can use the Theatre to watch shows on the big screen with family.

MOVIE STARTERS

Monday or Friday Evenings

The Life Enrichment Department is looking for a team of residents willing to be trained on the Theatre technology system. It is relatively simple and easy to learn, and there is a directions binder for reference. **Stacie or Maggie will train anyone interested.** We hope that having a group of residents who know the system will offer support and more flexibility for movie showings.

MUSIC IN COMMUNITY ROOM

Friday, June 3 at 3:00 PM

Saturday, June 4 at 4:00 PM

We could use help taking residents from Health Care and Memory Care to the Community Room for these 2 music performances. Jim Kellerman will perform on Friday and the Lady Birds will be on Saturday.

SING-ALONG WITH US

Monday, June 20 at 3:00 PM

We need your help assisting residents to the Community Room from Health Care and Memory Care.

HCC LUNCH BUNCH

Friday, June 24

Bus will depart from HCC entrance at 10:30 AM if you would like to assist Cheryl and Maggie on this lunch outing with residents who live in the Health Care Center, please call x5022. We could utilize up to 3 volunteers for this outing.

June 2022

Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
	<p>Meetings are held in person. Pine Room- (PR) Arts & Crafts Room - (A&C) Sensory Garden - (SG) Main Dining Room - (MDR)</p>												
5	<p>11:00 Continuing Education Committee (PR)</p>	6	<p>1:00 Bridge Club (MDR) 2:00 Book Club (PR)</p>	7	<p>1:00 Capital Planning (PR) 3:00 Technology Committee (PR)</p>	8	<p>9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)</p>	9	<p>9:00 Finance Committee (PR)</p>	10	<p>8:30 Board Meeting (PR) 11:00 Memorial Committee (PR)</p>	11	
12	<p>9:00 Advisory Council (PR)</p>	13	<p>9:30 Sensory Garden Club (SG)</p>	14	<p>1:00 Bridge Club (MDR)</p>	15	<p>2:00 GHCC Board (PR)</p>	16	<p>8:30 Board Meeting (PR) 11:00 Memorial Committee (PR)</p>	17		18	
19	<p>10:00 Dining Services Committee (PR) 1:30 Continuous Quality Improvement (PR)</p>	20	<p>9:30 Grounds Committee (PR) 9:30 Sensory Garden Club (SG)</p>	21	<p>1:00 Bridge Club (MDR)</p>	22	<p>3:00 Technology Club (PR)</p>	23		24		25	
26	<p>10:00 Friendship Committee (PR)</p>	27	<p>9:30 Grounds Committee (PR) 9:30 Sensory Garden Club (SG)</p>	28	<p>3:00 Technology Club (PR)</p>	29		30					



Green Hills Community

June Calendar 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	MDR - Main Dining Room CR - Community Room HCC - Health Care Center MR - Meditation Room PR - Pine Room THR - Theatre						
2:00 Movie: The Leisure Seeker	5 9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 6:30 Movie - The Leisure Seeker	6 Election Day - Primary (CR) 10:45 Bus - Lunch Bunch to Jade Garden	7 10:00 Continuing Education: ISU Research Park (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 6:25 Bus - The 1920s Building Boom in Downtown Ames	8 10:00 Continuing Education: ISU Research Park (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 6:25 Bus - The 1920s Building Boom in Downtown Ames	9 9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 3:00 - 5:00 PM Let's Celebrate - A Book is Published! (CR) 7:15 Bus - Ames Bandshell Concert	10 1:00 Bus - Walk with Brett at Brookside Park 6:45 Bus - Actors: Legally Blonde	11 4:00 Happy Hour Social (Le Bistro)
3:00 Sunday Piano Bar (CR)	12 11:00 Disc Golf 1:30 Bus - Hy-Vee 6:30 Movie - Hillbilly Elegy	13 9:30 Hearing Aid Clinic (Wellness Clinic) 9:30 SB / GH Chorus Practice (CR) 2:00 Movie - Hillbilly Elegy 5:00 Annual Fish Fry	14 9:30 Hearing Aid Clinic (Wellness Clinic) 9:30 SB / GH Chorus Practice (CR) 2:00 Movie - Hillbilly Elegy 5:00 Annual Fish Fry	15 IL Podiatrist Clinic 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 2:00 Low Vision Support Group 3:00 Artist Reception with Naomi Friend (Lobby) 3:00 Meditation Exploration (MR)	16 9:30 Blood Pressure Clinic 10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway 3:00 Sensory Garden Social 7:15 Bus - Ames Bandshell Concert	17 10:00 Bus - Park Tour & Walk with Keith Abraham	18 9:00 Bus - Ames Farmer's Market 4:00 Happy Hour Social (Le Bistro)
Father's Day 2:00 Movie: Jungle Cruise	19 1:30 Bus - Hy-Vee 3:00 Sing-along with Us (CR) 6:30 Movie - Jungle Cruise	20 10:00 Bus - Day Trip to Webster City	21 10:00 Camp Courageous Presentation (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 3:00 Meditation Exploration (MR)	22 10:00 Camp Courageous Presentation (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 3:00 Meditation Exploration (MR)	23 9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 3:00 Mexican Train (MDR) 5:25 Bus - Ecochat: Electricity 7:15 Bus - Ames Bandshell Concert	24 4:30 Club 2200 (CR) 5:30 Meal Basket (RSVP)	25 9:00 Bus - Ames Farmer's Market 4:00 Happy Hour Social (Le Bistro)
3:00 Sunday Piano Bar (CR)	26 1:30 Bus - Hy-Vee 6:30 Movie - Meet Me in St. Louis	27 9:30 SB / GH Chorus Practice (CR) 2:00 Movie - Meet Me in St. Louis 2:30 Bus - Trip to Dairy Queen	28 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 3:00 Meditation Exploration (MR) 5:00 Italian Buffet Night 6:25 Bus - Ames Does its Homework: Public Schools Meet the Next Century	29 10:30 Devotions (HCC) 1:00 Bistro Stitches (Pine Meeting Room) 3:00 Meditation Exploration (MR) 5:00 Italian Buffet Night 6:25 Bus - Ames Does its Homework: Public Schools Meet the Next Century	30 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 3:00 Trivia Time (MDR) 7:15 Bus - Ames Bandshell Concert		





Kendall Young Library

Kendall Young, a Maine farm boy, soldier, sailor, fisherman, California Gold Rush '49er, Iowa merchant and banker left his estate to the city of Webster City to build a public library which opened in 1905. Our tour will include Eberle Sculpture Collection, Van Ness Native American Collection, the Foster Doll Collection and other artwork within the library.

Webster City—Opportunity Awaits Tuesday, June 21st Bus: 10:00 AM



A Webster City favorite, Leon's Pizza just celebrated their 50th year anniversary! Originally from northeast Iowa, Leon Ott said he and his wife Lynn chose Webster City for their new restaurant for the small town feel where they could raise their children. Sandwiches, fish, spaghetti and many other items grace the menu, but pizza and chicken have been two of the more popular items.

Join us as we head to Webster City to explore this family-friendly community in Hamilton County.

- Welcome greeting and short talk about Webster City prior to lunch by Chamber Director, Anna Woodward. Questions are welcome.
- Leon's Pizza (Order and Pay individually)
- After lunch— there will be some time to explore downtown shops including Osweiler's Fashions (women's clothing favorite), or try one of the many flavors of ice cream at Chicago Style (a Hispanic owned ice cream shop).
- Kendall Young Library, an elaborate Beaux-Arts style building
- Seneca Foundry presentation
- Estimated return time of 4:45 PM



Seneca Foundry is a 100+ year old family owned and operated grey and ductile iron foundry in Webster City. They provide full service to their customers, from pattern creation to machined finished casting. It is the vision of Seneca Foundry, Inc. to be the best-engineered casting manufacturer and employer in the world. Learn about what this foundry has created and how it has changed in the last 100 years.

YOU ARE INVITED TO A PARTY!

Where: Thursday, June 9, 3 to 5 p.m. Community Room.

What's the occasion? A thank you for many years of friendship, support, advice, and encouragement. Let's have a celebration, some fun, and even raise funds for a scholarship.

Charles Knicker

What specifically are we celebrating?

A dream come true. A book I began writing 20 years ago has been published! Copies will be available for purchase and signing. It is also available from Wipf & Stock Publishers (Eugene,OR), Amazon, and Kindle. Those of you who are authors know the agony of rewriting, copy-editing, indexing, and proofing. Some of you were supporters and advice givers. Yes, Green Hills is mentioned multiple times!

What's the book about?

Having a meaning-full life! Each one of us has a worldview – Is there a God or Creative Force? What is good and what is evil? Who am I? What can I do to make this life better for others? *Spirituality That Makes a Difference* acknowledges historic religions and spiritual traditions have helped and do help some answer those questions. Increasingly (35-40% of Americans) say they are not religious or want more relevant ways to express their spirituality. Using stories, research data, and unique activities, I encourage readers to find a healthy spiritual community. Life can be transformative, truly difference-making.

What will we have to eat and drink? And will there be a program?

We'll have Green Hills punch and cookies. Yes, there will be a brief program, beginning at 3:45 p.m. There will be a special video, some words of recognition, and some special guests. But mostly time to sit and visit.

Will there be a book signing? and books for purchase?

Softcover copies will be available for \$22.00 + tax=\$23.54. A hardcover copy is available for \$35.00 + tax = \$37.45. These prices are below suggested retail prices. Checks, and credit cards accepted. Cash ok [round to next dollar; no change available]

An extra benefit to Green Hills HCC staff! For each book purchased at this event, I will contribute \$10.00 to the educational scholarship fund at DMAAC for our Health Care staff. This is a two-year R.N. program; the tuition is approximately \$1,000.00 per semester. Currently, two students per year are supported; currently negotiating to give scholarships up to four students per semester! The fund was established in memory of my wife, Eleanor, who was a nursing instructor.

Hoping you will come to the party. Questions? Check with the reception desk or call Charles (5036).

Endorsements for the book --

“Kniker has written a book that is a piece of art marked by wisdom, precision, and accessibility. His wide, deep reading—reflected in rich quotation—and his practicality as an educator blend together to offer a hands-on guide for a life of reflective depth. . . . Readers (users!) of this book will be glad to receive a rich offer of resources for a life of joyous, knowing, faithful well-being.”

—WALTER BRUEGGEMANN, Columbia Theological Seminary [biblical scholar and theologian]

“Kniker knows the power of a homeplace We start from home and we search for home—a home with space enough for dwelling within a profoundly diverse, complex, and morally challenging world of suffering and wonder. Generously offering us the gift of his companionship and wisdom, Kniker poses evocative questions and reveals compelling perspectives toward creating or finding a trustworthy spiritual home—a community of worthy belonging and ongoing becoming.”

—SHARON DALOZ PARKS, author of *Big Questions, Worthy Dreams* [Harvard professor, authority on college students’ search for meaning]

“Reading *Spirituality That Makes a Difference* is like being in a good conversation. The mind is illumined with interesting stories, references, and anecdotes in ways that instruct and entertain. The heart is stirred by opportunities for reflection and introspection. The reader comes away informed and nurtured.”

—DEBORAH KRAUSE, president, Eden Theological Seminary

“A few years ago, I had fascinating conversations with Charles Kniker as we drove around central Iowa. If you never get to have this privilege, this book is the next best thing! Charles might identify himself as a geezer, but the stories, ideas, and activities in these pages will leave you calling him a wise elder, one who wants to ensure that younger generations know the value of spirituality. So hop in, buckle up, and prepare to be enriched as you travel down some spiritual roads with Charles.” --- DAVID M. CSINOS, Atlantic School of Theology (Canada)
Atlantic School of Theology