

# DISCOVER, EXPLORE AND MORE

May 2023

## BLANK PARK ZOO LIGHTS

Thursday, May 18th

**Apartments: 5:15 PM Townhomes: 5:20 PM**

Eat at Waterfront Seafood Restaurant on our way. Order and pay individually.

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature 50 handcrafted, larger-than-life, illuminated Asian lanterns. This year's festival features underwater wildlife, giant insects, mythical creatures and endangered animals. Immerse yourself in a magical night of light and culture in this visually stunning festival.

This tour will require a minimum of 60 minutes walking through the Zoo to see the lights.

**The event is held rain or shine. We have ordered 22 tickets for the first group that has already signed up. Tickets are non-refundable. Ticket price of \$25.00 will be billed to your account. If there is still room on the bus and tickets are available, we will order again at a later date.**

## HAPPY BIRTHDAY!

- Ron Secrist—5/4
- Anne Almquist—5/6
- Paul Rietz—5/6
- Janet Hurlbert—5/13
- Roger Bruene—5/18
- Dick McCoy—5/21
- Phyllis Seim—5/21
- Jean Lory—5/22
- David Michael—5/22
- Peggy Cutlip—5/23
- Ardeth Rietz—5/24
- Wayne Gregoire—5/29

### The Lindens

Jo Burgason—5/15

### Health Care Center

Jan Jaqua— 5/10  
MJ Weltha—5/22



Wednesday, May 31st

**Apartments: 8:15 AM Townhomes: 8:20 AM**

Traveling west, see what has been but no longer is, the spirits will guide us on this mystery tour.

Let's explore... spirits, history and lore along with beautiful views, good food and artistic endeavors.

Watch for picture clues on the Green Hills TV!

Estimated cost per person is \$25.00, but does not include lunch. Order and pay individually for lunch.

Departure 8:15 am and return time to Green Hills will be approximately 5:30 pm.

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## DINING SERVICES

### GH GRILL

Mondays, Wednesdays &  
Fridays  
11:30 AM — 6:30 PM  
Sunday  
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, May 10 and 24  
5:00 — 7:00 PM

### CLUB 2200 MEAL BASKET

Friday, May 26  
5:30 PM

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

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## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinics

Thursdays, May 4, 11, 25  
9:30 AM  
Wellness Clinic

### Ames Hearing Aid Clinic

Tuesday, May 9  
9:30 AM

### Wellness Clinic:

Call Kaylee for an appointment.

## NAMETAG REMINDER

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

## 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.

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

**3rd—First United Methodist**  
*Pastor Amanda Gordon*

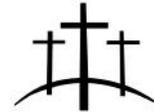
**10th—Northminster Presbyterian**  
*Pastor Jim DuBois*

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

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

**31st— Hymn Sing**  
*Peggy and Hannah*

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



# SPRING PARADE OF HOMES

*schedule*

**May 23: Apartments**

**May 24: Townhomes**

**2-4PM**

*Good friends make great neighbors!*

# GREEN HILLS ON-SITE SPECIAL EVENTS

## **MAY DAY NATURE WALK**

**Monday, May 1st at 1:00 PM**

Meet in the Commons Lobby Area to walk around the Green Hills campus. Selena, Landscape and Lawncare Supervisor, will be joining us. We'll take a look at how our grounds have woken up from their winter slumber as we get exercise and fresh air. At 1:30 pm, there will be hot chocolate and water in the Sensory Garden for you to enjoy after your walk. If you haven't seen the new sculpture, it is a perfect time to see it with your friends.

## **BREAD MAKING DEMO**

**Tuesday, May 2nd at 2:00 PM**

**Main Dining Room**

Come to this bread demo to find out how Chef Andrew makes our very own GH Tuscan Loaf.

We'll have samples! This demo already has 20 signed up, but you can sign up on a waiting list for a 2nd demo to be scheduled. Sign up in the Event and Bus Sign-up Book at the reception desk.

## **MUSIC- JAMES KELLERMAN**

**Tuesday, May 16th at 3:30 PM**

**Community Room**

As a one-man band, James will perform on saxophone, clarinet and flute with some vocals. He creates his background recordings himself, collaborating with the Twin Cities top classical and jazz players. With over 35 years of performing experience, he plays a variety of music including big band era selections, original compositions and beautiful classical melodies.

**Volunteers are needed to help bring Health Care residents down to the Community Room.**

Contact Kathryn, x5022, if you would like to help.

## **ART GALLERY RECEPTION**

**Tuesday, May 17th at 3:30 PM**

**Main Dining Room**

This month's featured artists will be Brenda Jones and Ingrid Lilligren.

They will talk about their art and answer questions. Join us to hear all about their art. Refreshments will be served. This exhibition will be on display until Tuesday, June 14th.

## **FALL PREVENTION**

**Wednesday, May 24th at 10:00 AM**

**Community Room**

Stacy Weaver, DPT, Therapy Program Manager with Encore Rehabilitation, will review main causes of falls and what you can do to prevent them.

## **RECITALS AT GREEN HILLS**

Green Hills will be hosting several piano recitals in May in the Community Room. You are welcome to come listen to these young musicians! Some times are not set yet, but watch your weekly email for details.

**Piano Students of Cheryl Todey**

**Tuesday, May 2nd —TBD**

**Piano Students of Ann Wong**

**Thursday, May 11th —TBD**

**Piano Students of Pam Sibbel**

**Saturday, May 13th —TBD**

**Piano Students of Paula Forrest**

**Sunday, May 13th at 6:30 PM**

**Piano Students of Cindy Lin**

**Saturday, May 20th —2:30 PM**

**Piano Students of Nai-Ying**

**Saturday, May 27th —TBD**

## **FRIENDSHIP COMMITTEE REQUEST**

Do you know someone at Green Hills who is ill, in the hospital or has lost a loved one or immediate family? Please let the friendship committee know by contacting:

Jan Essig for Apartments— x5212

Hanna Gradwohl for Townhomes— x5060

# REGULARLY SCHEDULED EVENTS AT GREEN HILLS

<p><b>MAY 1 (MON)</b> <b>9:30 AM</b></p>	<p><b>WOMEN'S COFFEE</b> We will meet in the Main Dining Room. Everyone is welcome to join.</p>
<p><b>MAY 3, 10, 17, 24, 31 (WED) 1:00 PM</b></p>	<p><b>BISTRO STITCHERS &amp; BED MAT MAKERS</b> This gathering is for those who do any type of hand craft. (Prairie Rose Dining Room)</p>
<p><b>MAY 3, 10, 17, 24, 31 (WED) 3:00 PM</b></p>	<p><b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.</p>
<p><b>MAY 4, 11, 25 (THURS) 10:00 AM</b></p>	<p><b>MEN'S COFFEE</b> All men are invited to this informal coffee group, held every Thursday except the third, in the Main Dining Room.</p>
<p><b>MAY 6 (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 April and May birthdays this month! (Community Room)</p>
<p><b>MAY 6, 13, 20, 27 (SAT) 4:00 PM</b></p>	<p><b>HAPPY HOUR SOCIALS IN LE BISTRO</b> Meet your friends and neighbors in the Le Bistro for an informal gathering. Bring your own drinks and snacks.</p>
<p><b>MAY 10 (WED) 10:00 AM</b></p>	<p><b>CONTINUING EDUCATION: BOYS AND GIRLS CLUB EXPANSION</b> The Boys &amp; Girls Club has been serving youth in the Ames community for 60 years. Their current facility is 25 years old and in need of updating. With that, the need in our community exceeds their capacity with over 50 families on the waiting list. They intend to discuss who and how the Club serves the community and outline their project to do an update/remodel and addition at their site. (Community Room)</p>
<p><b>MAY 18 (THURS) 10:00 AM</b></p>	<p><b>KAFFEE KLATSCH</b> All residents are invited to this social event. Refreshments will be provided. (Main Dining Room)</p>
<p><b>MAY 21 (SUN) 2:00 PM</b></p>	<p><b>SUNDAY PIANO BAR</b> Motoko and Chuck Oulman are excited to welcome their friends and neighbors to gather in the Commons Area Lobby to socialize with Motoko playing background music. Dancing is always welcome!</p>
<p><b>MAY 26 (FRI) 4:30 PM</b></p>	<p><b>CLUB 2200</b> Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be served. Soft drinks, beer, wine or mixed drinks are available for purchase ( payable at Club 2200). The Green Hills Kitchen offers a "Meal Option" at 5:30 PM (which is an offering of food that varies each month). Sign up for the meal through the kitchen (x5040) and the fee will be billed to your account. This event is held in the Community Room. Please wear you name tag.</p>

# CLUBS AND SUPPORT GROUPS

<b>MAY 3 (WED) 2:00 PM</b>	<b>CAREGIVERS SUPPORT GROUP</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>MAY 9 (TUES) 9:30 AM</b>	<b>SENSORY GARDEN CLUB</b> The warmer weather is here! Let's meet in the Sensory Garden to enjoy the ambiance and work on spring projects.
<b>MAY 10 (WED) 2:00 PM</b>	<b>BOOK CLUB</b> The book for May is <i>The Pioneers: The Heroic Story of the Settlers Who Brought the American Ideal West</i> authored by David McCullough. Joyce Mercier will be the discussion leader. The book tells the history of the settling of the land ceded to the newly recognized United States of America in the Treaty of Paris that ended the American Revolution and brought settlers west. The story revolves around several families efforts to settle the land knowing that freedom of religion, free universal education and the prohibition of slavery was to be part of the territory. It is a very readable and fascinating story of part of our American history. (Pine Meeting Room)
<b>May 11 (THURS) 11:00 AM</b>	<b>TECHNOLOGY ASSISTANCE</b> Residents can receive technology assistance with Ryan H., IT Tech (Note: this is usually on the first Thursday of each month. (Pine Meeting Room)

## THE GREEN TEAM CHALLENGE:

### Consider composting!

Green Hills Subpods contain about 2,000 worms which can compost nearly 44 lbs. of food waste each week.

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 includes vegetables, fruits, coffee grounds, and tea bags. Shredded paper is also a good source of energy for the worms to consume and fuels the breakdown of food waste even faster. Pull back the worm blanket, then spread out your food waste which is cut into small pieces; avoid adding large pieces, like pineapple tops. Biodegradable bags are not recommended because they make it hard to stir the compost.

Subpod bins A-C are located on the east side of Raised Garden Beds.

Subpod A—designated for residents in Woodview.

Subpod B—designated for residents in Timberland.

Subpod C—designated for Green Hills Dining Services.

There has been one more new Subpod built— D. It is located outside the library in the courtyard area of the Lindens.

Subpod D —designated for residents in the Maples and Oaks apartments.

## HAIKU POETRY GROUP

**Wednesday, May 17th at 10:00 AM  
Prairie Rose Dining Room**

Motoko would like to initiate forming a haiku poetry group if anyone would be interested in participating in it. She has no experience in writing haiku but thinks it might be fun to share thoughts and feelings with haiku poems among us.

Traditional, structured, and usually unrhyming, this short form of Japanese poetry is well known for its rule of 5/7/5: five syllables in the first line, seven in the second, and five again in the third.

Haikus can be written for just about anything. There are haikus for nature, humor, to raise social awareness, to evoke emotions, or to reminisce on the past. Haikus are a microcosm of a larger idea or feeling. They are brief, poignant, and powerful.



# The Green Hills Chimes

## PRESIDENT'S MESSAGE

Finally, SPRING IS HERE. The grass is greening, the trees are leafing and flowers blooming. The new season is bound to improve our dispositions and attitudes, especially now we can get outside to perform desired tasks. Spring also brings the time when significant maintenance, repair and improvement can be accomplished in our Green Hills community.

Kat's recent neighborhood meetings reviewed the upcoming issues and activities for Green Hills. Her meetings were packed with relevant information for apartment and townhome owners. Hope you were able to attend at least one of these meetings so-as-to be up-to-date on what is happening at Green Hills.

The various projects for maintenance and grounds were addressed by Josh and Selena in their excellent presentations on April 7<sup>th</sup>. A copy of their slide presentation was recently emailed to the residents. Please examine these slides so you'll be prepared for the upcoming maintenance and grounds activities this spring and summer.

Kat is working on the budget for next fiscal year. The Compensation Committee has recommended base pay (starting pay) increases as well as merit increases to keep us competitive in the market place. Adjustments were made to help prevent compression of salaries for those employees who have been with us for a time span. The Capital Planning Committee has made their recommendations and set priorities for maintenance and repairs. These items are all subject to Finance Committee approval and then Board approval.

Because of inflation and competition for competent employees. The increases in monthly fees will be significant (possibly 10% or more) again this year. The major forces driving the budget are employee compensation and maintenance/repair. There will be little relief in sight until the Maples addition is approved, constructed and occupied. Currently, Kat has 15 deposits for the 20 apartments anticipated in the Maples addition.

As you know Kat has taken another position at LCS and we are searching for a new Executive Director. Kat will be leaving us by June 1, 2023. We are looking for candidates with appropriate experience to suggest to John Klein at LCS for evaluation. If you know of someone with appropriate experience and capability, please advise us as soon as possible. We must have the right person for this position if we are going to be the "Best We Can Be". It is possible that we may have an interim Executive Director until we find the appropriate person to fill Kat's shoes. Stay tuned!

Jerry Lee Hall 4/14/2023

## IMPORTANT DATES TO REMEMBER

### Monday, May 8th at 10:00 AM Board of Candidates Meet n Greet:

Each candidate will have 5 minutes to speak and answer three questions sent to them in advance. After everyone has spoken, there will be time for residents to ask questions. This event will be live on the Green Hills TV Channel.  
(Community Room)

### Monday, May 8th at 2:30 PM 3rd Quarter Financial Review (Community Room)

### Wednesday, May 17th Board of Candidates ballots due

### Friday, May 19th at 10:00 AM Annual GHRA Shareholders Meeting

Each year, an Annual Shareholder Meeting is held to discuss the next fiscal year's budget, receive updates from the Board Standing Committees, and to announce results of the Board of Directors and Advisory Council elections. (Community Room)

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### GREEN HILLS SERVICE OF REMEMBRANCE Friday, May 19 at 2:00 PM Community Room

Please join us in remembering resident owners who have passed away from May 1, 2022 to May 1, 2023. All relatives, friends, residents, and employees are invited to attend. The service will be held in the Community Room. Refreshments will be served following the service.

## APRIL EMPLOYEE OF THE MONTH

Congratulations to Noel W, Housekeeper, for

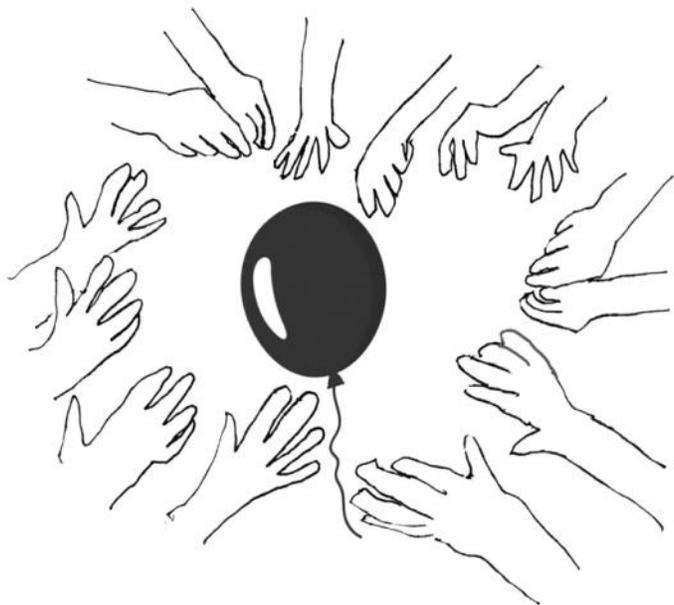


being selected as the April Employee of the Month!

Noel asks her co-workers if they need help and is always willing to come in early or stay late to help others when needed! She

goes out of her way and does extra for the residents. She often times joins residents during activities. We appreciate how Noel models the Hospitality Promises every day!

### Ed's Cartoon Corner



Healthcare residents engage in a pitched battle of "No Rules Balloon Volleyball"

# 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, May 3	3:30 PM	ISU Softball vs Drake	Cyclone Sports Complex
Thursday, May 4	9:45 AM	O.W.L.S.– Honey Bees, the Super Organism	Story County Conservation Center
Saturday, May 6	6:45 PM	Central Iowa Symphony	Ames City Auditorium
Sunday, May 7	6:15 PM	Good Company Spring Concert	St Andrews Lutheran Church
Sunday, May 14	6:15 pm	RAIN– A Tribute to the Beatles	Stephens Auditorium
Thursday, May 25	6:45 PM	Chicago	Stephens Auditorium

## SHOPPING TRIPS

**1:30 PM**

**HyVee:** Mondays, May 1, 8, 15, 22 and Tuesday, May 30

**Fareway:** Thursdays, May 4, 11, 18 and 25

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### South Ames Walmart Shopping

**Friday, May 26th at 1:30 pm**

Meet back on the bus at 3:00 PM to return to Green Hills.

## LUNCH BUNCH TO OLIVE GARDEN

**Friday, May 12th**

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

We'll head to the Ankeny Olive Garden for Lunch Bunch this month to enjoy delicious Italian food. Olive Garden's menu features a variety of Italian favorites including classics like Fettuccine Alfredo and Lasagna Classico. Every adult entrée comes with never ending servings of their famous freshly baked breadsticks and your choice of homemade soup or garden fresh salad. Order from the menu and pay individually.

## HOLUB'S GREENHOUSE & GARDENS

**Mondays, May 15th and May 22nd**

**Apartments: 9:30 AM Townhomes: 9:35 AM**

There are two dates scheduled for a ride to Holub's Greenhouse and Gardens. Every Monday is Senior Citizen Day. All full price items are 10% off. They have a large selection of houseplants, herbs, hanging baskets, and garden décor. Come to shop or just browse through the greenhouse and look at the variety of annual and perennial plants. So that there is plenty of space for purchases, we will limit the sign up to 12 per trip. A minimum of 7 must be signed up to go.

## 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.

## SPECIAL MOTHER'S DAY LUNCH

Sunday, May 14th

3 Course Meal

Main Dining Room

11:30– 2:00 PM by reservation X5040

\$28.00 per person

**Starter:** Tomato Basil Soup or Waldorf Salad  
(apples, candied walnuts, dried cherries and  
blue cheese dressing)

**Entree:** Choice of King Salmon, Wild Rice Pilaf, Asparagus  
or Pork Tenderloin, Maple Garlic Glaze, Roasted Fingerling  
Potatoes, Asparagus.

**Dessert:** Fresh Strawberry Pie with Fresh Whipped Cream



## MAY IS MYSTERY MONTH!

Put on your detective hat and solve this riddle in honor  
of Mystery Month!



If you can solve this riddle, beginning on  
Thursday, April 27th, you can stop by Brett &  
Cheryl's office to give us your answer for a  
sweet treat.

Sherlock Holmes breaks into a crime scene. The victim is  
the owner who is slumped dead in a chair with a bullet hole  
in his head. A gun lies on the floor and a cassette recorder  
is found on the table. On pressing the play button,  
Sherlock hears the message 'I have committed sins in my  
life and now I offer my soul to the great Lord,' followed by a  
gunshot. Sherlock informed the police that it was a  
murder. How did he know?

## LOOKING AHEAD.....

We are excited about some of the things that are in the  
works for the next month! Watch for more details as they  
become available.

**Tuesday, June 13th**

**A Boat Ride Around Beautiful Lake Panorama**

We are coordinating with Paul Brackelsberg for a day  
trip and boat excursion on his pontoon boat.

**Thursday, June 15th**

**Antique Car Show with Smokin' Big Dawgs BBQ food  
truck and Vintage Café music at Green Hills**

**Wednesday, June 21st**

**Tour of the Iowa State Forest Nursery in Ames**

**Wednesday, June 28th**

**Jordan Creek & Trader Joe Shopping**

## GAMES AT GREEN HILLS

### CRIBBAGE

**Every Tuesday from 10:00– Noon  
Prairie Rose Room**

Green Hills has an active group of  
cribbage players. If you are  
interested in playing or want to learn  
how to play, just come join them!

### 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

**Friday, May 5th at 2:30 PM  
Prairie Rose Room**

*Scrabble* is a word game in which  
two to four players score points by  
placing tiles, each  
bearing a  
single letter,  
onto a game  
board. The  
game was  
invented in 1938 and has been  
popular ever since.



### BRIDGE CLUB

**Wednesdays, May 10th and 24th  
2nd & 4th Wednesdays  
at 1:00 PM**

Open to all residents.

### MEXICAN TRAIN GAME

**Thursday, May 25th at 3:00 PM  
Main Dining Room**

Mexican Train is a game played  
with dominoes. The object of the  
game is for a player to play all the  
tiles from his or her hand onto one or  
more chains, or trains, emanating  
from a central hub or "station".

# NOW SHOWING AT GREEN HILLS

## FEATURED MOVIES

### OLD HENRY

**Monday, May 1st at 6:30 PM**  
**Tuesday, May 2nd at 2:00 PM**

An action western about a farmer who takes in an injured man with a satchel of cash. When a posse comes for the money, he must decide who to trust. *(2021, Action / Drama / Western, 1 hour 39 minutes, Not Rated)*

### QUEEN BEES

**Monday, May 8th at 6:30 PM**  
**Tuesday, May 9th at 2:00 PM**

After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower. *(2021, Comedy / Drama / Romance, 1 hour 40 minutes, Rated: PG-13)*

### DOWNTON ABBEY– A NEW ERA

**Monday, May 15th at 6:30 PM**  
**Tuesday, May 16th at 2:00 PM**

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa. *(2022, Drama / Romance, 2 hours 4 minutes, Rated: PG)*

### DEATH ON THE NILE

**Monday, May 22nd at 6:30 PM**  
**Tuesday, May 23rd at 2:00 PM**

Belgian sleuth Hercule Poirot's vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. *(2022, Crime / Drama / Mystery, 2 hours)*

### WHITNEY HOUSTON:

#### I WANNA DANCE WITH SOMEBODY

**Tuesday, May 30th at 2:00 & 6:30 PM**

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical super stardom. *(2022, Biography / Music / Drama, 2 hours 24minutes, Rated: PG-13)*

## MOVIE MATINEES

### WAR HORSE

**Thursday, May 4th at 2:00 PM**

Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and to the front lines as the war rages on. *(2011, Action / History / Drama, 2 hours 126minutes, Rated: PG-13)*

### WALK THE LINE

**Friday, May 5th at 2:00 PM**

We are showing this again for some who requested it since they were not able to attend last month. Chronicle of Johnny Cash's life. *(2 hours, 16 minutes, PG-13)*

### DOWNTON ABBEY

**Thursday, May 11th at 2:00 PM**

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. *(2019, Drama / Romance, 2 hour 2 minutes, Rated: PG)*

### LINCOLN

**Thursday, May 18th at 2:00 PM**

As the American Civil War continues to rage, America's president struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on the decision to emancipate the slaves. *(2012, Biography / Drama / History, 2 hours 30 minutes), PG-13)*

### THE BAND WAGON

**Thursday, May 25th at 2:00 PM**

Tony Hunter, a famous singer/dancer movie star, is feeling washed-up and old-hat (old top hat, tie, and tails to be exact). A pretentiously artistic director is hired and insists on hiring a prima ballerina, Gabrielle Gerard, to star opposite Tony, and it's hate at first sight. *(1953, Comedy / Musical / Romance, 1 hour 52 minutes, Not Rated)*

# WHAT'S NEW IN THE LINDENS

## **PATIO PARTY– ICE CREAM**

**Wednesday, May 4th at 3:00 PM**

We will be kicking off the patio season with a gathering outside to enjoy some ice cream. For the month of May, Thursdays will include patio parties in the afternoon. Everyone is looking forward to the sun and warm weather after a long winter season. Bring yourself, a hat, and some sunglasses for an afternoon of treats and sunshine.

## **OUTING TO REIMAN GARDENS**

**Friday, May 5th at 1:00 PM**

We will go to Reiman Gardens to see the butterfly room, the grounds of the garden, and the current exhibition which is titled "Glass In Flight". This exhibit is on display from April to October. Sign up outside the AL Supervisor's office on the first floor. We're excited to be going again this spring!

## **BIRTHDAY PARTY**

**Wednesday, May 11th at 3:00 PM**

Jo's birthday is on Monday, May 15th. Help her celebrate a couple of days early in the first floor common area and feel all the love! We will have the traditional marble cake with buttercream frosting and vanilla ice cream.

## **CHANGE FOR BRIDGE CLUB**

**Wednesday, May 17th at 1:00 PM**

Bridge Club that is normally held in Aspen Court will be meeting on the first floor of the Lindens. Healthcare residents are going on an outing that day and will not be joining. It will only be changing for this date, May 17th. All dates after this will be in Aspen Court. If you have questions, please ask Life Enrichment!

## **DANCING WITH DALE & BARB**

**Wednesday, May 24th at 2:00 PM**

Dale and Barb have been dancing partners for a long time and have continued to love the activity throughout their life! Some of the dances they do include polka, waltz, big band, and jitter bug. Dale will talk some about each dance before they begin each set. We are in for a real treat!

## **BLANK PARK ZOO**

**Wednesday, May 31st at 2:30 PM**

Did you know the Blank Park Zoo in Des Moines has a traveling zoo? Their mission with the 'Zoo to You' program is to inspire a appreciation of the natural world and animals through conversation, education, research, and recreation. Come and learn about some of their animals. Who knows, you might get to pet one!

## **MUSIC EVENTS:**

**Wednesday, May 10th– 2:30 PM**

**Music with Neil Hewitt**

Aspen Court

**Tuesday, May 16th– 3:30 PM**

**Music with James Kellerman**

Community Room

**Wednesday, May 24th– 2 PM**

**Dancing with Dale and Barb**

First Floor Lindens

**Wednesday, May 31st– 6:15 PM**

**Music with Second Chair Brass**

# HEALTH CARE HAPPENINGS

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

## WELCOME

We extend our warmest welcome to  
Marti Rasmussen, Liz Starleaf and Herb Best!

## MAKE MAY DAY BASKETS

**Monday, May 1st at 2:30 PM**  
**Activity Room**

May Day marks the return of spring and warm weather. There are many traditions for this holiday such as dancing around the maypole and crowning of the May Queen. We will be putting together May Day baskets for the staff of Green Hills filled with popcorn, chocolate, and a special note! Baskets became a tradition in the early 19th century as a way to surprise neighbors!

## OUTING TO REIMAN GARDENS

**Wednesday, May 17th at 1:30 PM**

There has been a horticulture garden at Iowa State University since 1914, and now Reiman Gardens is one of the finest and most unique gardens in the country available to students, faculty, and staff exploration, research and learning. Through all the years, the gardens have remained an oasis of natural beauty and education for generations of students and guests.

Residents who live in Cedar Court and the Health Care Center are invited to attend this special outing. We will plan to see the butterfly room, the grounds of the garden, and the current exhibition which is titled "Glass In Flight".

We will have a handicap accessible bus available, as well as the Green Hills bus. Admission will be charged to your resident account.

## TEACHER THANK YOUS

**Wednesday, May 3rd at 3:00 PM**  
**Activity Room**

The 2022-2023 school is coming to a close this month! Students and teachers are ready for their summer break. We will be writing thank you cards to a local school along with sending them a little goodie for their hard work teaching the next generation of people! You can write a little note or simply sign your name.

## TUESDAY TASTING: SALSA

**Tuesday, May 19th at 2:30 PM**  
**Activity Room**

This month's tasting is salsa! Salsa originated from Mexico long ago as a condiment. It was made using a mortar and pestle, but now blenders are most often used to create this dish. It became a popular appetizer in the US in the 80s often served with tortilla chips. We will be trying a variety of salsas from mild to hot, fruit and tomato based. All will be served with tortilla chips!

## BIRTHDAY PARTY

**Thursday, May 25th at 3:00 PM**  
**Activity Room**

We will be celebrating a few birthdays this month: Jan J on the 10th and MJ W on the 22nd. We will have the traditional birthday goodies such as marble cake with buttercream frosting and vanilla ice cream. Let's help these residents feel celebrated this month!

# Green Hills Community May Calendar 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 Bus-Good Company Spring Concert	9:30 Women's Coffee (MDR) 1:00 May Day Nature Walk 1:30 Bus - Hy-Vee 6:30 Movie: Old Henry (2021)	9:30 The Green Birds Chorus Practice (CR) 2:00 Bread Making Demo (MDR) 2:00 Movie: Old Henry (2021)	10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRR) 2:00 Caregivers Support Group (PR) 3:00 Meditation Exploration (MR) 3:30 Bus- ISU Softball vs Drake	9:30 Blood Pressure Clinic 9:45 Bus-O.W.L.S.- Bee Program 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: War Horse (2011)	10:00 Billiards in the Lindens 2:00 Movie: Walk the Line 2:30 Scrabble (PRR)	12:00 Potluck (CR) 4:00 Happy Hour Social (LB) 6:45 Bus- Central Iowa Symphony
7 Bus-Good Company Spring Concert	10:00 Board of Directors Candidates Meet & Greet (CR) 1:30 Bus - Hy-Vee 2:30 3rd Quarter Financial Review (CR) 6:30 Movie: Queen Bees (2021)	9:30 Hearing Aid Clinic by Appointment 9:30 The Green Birds Chorus Practice (CR) 2:00 Movie: Queen Bees (2021)	10:00 Continuing Education: (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRR) 3:00 Meditation Exploration (MR) 5:00 GH Cafe 5-7 pm (MDR)	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 11:00 Technology Assistance (PR) 1:30 Bus - Fareway 2:00 Movie: Downton Abbey (2019)	10:00 Billiards in the Lindens 10:30 Lunch Bunch: Olive Garden	4:00 Happy Hour Social (LB)
11:30 Special Mother's Day Lunch 6:15 Bus-RAIN-A Tribute to the Beatles	9:30 Bus- Holub's Garden & Greenhouse 1:30 Bus - Hy-Vee 6:30 Movie: Downton Abbey- A New Era (2022)	9:30 The Green Birds Chorus Practice (CR) 2:00 Movie: Downton Abbey- A New Era (2022) 3:30 Music- James Kellerman (CR)	10:00 Haiku Poetry Group (PR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRR) 3:00 Meditation Exploration (MR) 3:30 Art Gallery Reception (MDR)	10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway 2:00 Movie: Lincoln (2012) 5:15 Bus-Blank Park Zoo's Wild Lights Festival	10:00 Billiards in the Lindens 10:00 GHRA Annual Shareholders Meeting (CR) 2:00 Service of Remembrance (CR)	4:00 Happy Hour Social (LB)
2:00 Sunday Piano Bar with Motoko	9:30 Bus- Holub's Garden & Greenhouse 1:30 Bus - Hy-Vee 6:30 Movie: Death on the Nile (2022)	9:30 The Green Birds Chorus Practice (CR) 2:00 Movie: Death on the Nile (2022)	10:00 Fall Prevention- Stacy Weaver (CR) 10:30 Communion (HCC) 1:00 Bistro Stitchers (PRR) 3:00 Meditation Exploration (MR) 5:00 GH Cafe 5-7 pm (MDR)	9:30 Blood Pressure Clinic 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: The Band Wagon (1953) 3:00 Mexican Train (MDR) 6:45 Bus: Chicago	10:00 Billiards in the Lindens 1:30 Bus- Walmart Shopping 4:30 Club 2200 (CR) 5:30 Meal Basket (RSVP)	4:00 Happy Hour Social (LB)
28	<b>MEMORIAL DAY</b>	9:30 The Green Birds Chorus Practice (CR) 1:30 Bus - Hy-Vee 2:00 Movie: Whitney Houston (2022) 6:30 Movie: Whitney Houston (2022)	8:15 Bus- Mystery Day Trip 10:30 Hymn Sing (HCC) 1:00 Bistro Stitchers (PRR) 3:00 Meditation Exploration (MR)	MDR - Main Dining Room CR - Community Room HCC - Health Care Center MR - Meditation Room PR - Pine Room LB - Le Bistro PRR- Prairie Rose Room		

# May 2023 Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 Technology Committee (PR)	<b>2</b> 10:00 Cribbage Club (PRDR) 2:00 Finance Committee TBD (PR)	<b>3</b>	<b>4</b> 1:00 Capital Planning (PR)	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 9:00 Advisory Council (PR)	<b>9</b> 9:30 Sensory Garden Club (SG) 10:00 Cribbage Club (PRDR) 10:00 Green Team Committee (PR)	<b>10</b> 9:00 Finance Committee (PR) 1:00 Bridge Club (MDR) 1:00 Garden Committee (PR) 2:00 Book Club (PR)	<b>11</b> 9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR) 3:30 GHCC Board Meeting (PR)	<b>12</b>	<b>13</b>
<b>14</b> 10:00 Yes2HealthyLife Committee (PR)	<b>15</b> 10:00 Yes2HealthyLife Committee (PR)	<b>16</b> 10:00 Cribbage Club (PRDR)	<b>17</b>	<b>18</b> 8:30 Board Meeting (PR) 1:00 Employee Appreciation Committee (PR)	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> 9:30 Grounds Committee (PR) 10:00 Cribbage Club (PRDR)	<b>24</b> 1:00 Bridge Club (MDR)	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> 10:00 Cribbage Club (PRDR)	<b>31</b>	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)		