

# DISCOVER, EXPLORE AND MORE

**May 2022**  
Events and Programs



**PAULO PADIHA E BANDO (Brazil)**  
Saturday, May 7 at 10:30 AM  
Community Room



This program is being sponsored by Stephens Auditorium and the Arts Midwest World Fest. With twenty years of teaching experience, cultural research, and rhythmic expertise, Paulo Padilha e Bando is a group of master musicians that love to share their passion for music and Brazilian culture with people of all ages. Come to the Community Room to participate in this unique musical experience which includes a musical demonstration, introduction to Brazilian instruments, music, culture and a question and answer period.

**MEET & GREET BOARD NOMINEES**  
Monday, May 9 at 10:00 AM—11:30 AM  
Community Room

Each of the 7 candidates 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.

**NEWCOMERS RECEPTION & KAFFEE KLATSCH**  
Thursday, May 19 at 10:00 AM  
Community Room

Join your friends and neighbors at this special gathering to welcome new Green Hills residents. There will be labeled placemats on the tables to indicate where new residents should sit in the Community Room. Refreshments will be provided. Please wear your name tags. This event is sponsored by the Friendship Committee.



**GREEN HILLS SERVICE OF REMEMBRANCE**  
Friday, May 20 at 2:00 PM  
Community Room

Please join us in remembering resident owners who have passed away from May 1, 2021 to May 1, 2022. 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. This program will be streamed on the in house Green Hills TV channel and it will be recorded so it may be passed along to out of state family and friends.

**HAPPY BIRTHDAY!**

Ron Secrist—5/4  
Anne Almquist—5/6  
Paul Rietz—5/6  
Roger Bruene—5/18  
Dick McCoy—5/21  
Phyllis Seim—5/21  
Jean Lory—5/22  
David Michael—5/22  
Peggy Cutlip—5/23  
Ardeh Rietz—5/24

**The Lindens**  
Jo Burgason—5/15

**Health Care Center**  
Mary Israel—5/12  
Tom Wheelock—5/15  
MJ Weltha—5/22



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Follow us:



## 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—2:00 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.

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## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinics

Thursdays, May 5, 12, 19, 26

9:30 AM

Wellness Clinic

### Ames Hearing Aid Clinic

Tuesday, May 10

9:30 AM

Wellness Clinic: Call Kaylee for an appointment.

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## 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.

## IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Marion Weiss and Ron Swanson.



Marketing  
Minute



GREEN HILLS

*Good friends make great neighbors!*

**May Open Houses:**

5/4: Timberland 2214

5/17: Spring Parade of Townhomes

5/24: Spring Parade of Apartments

*You are our number one referral source!*

## GROCERY SHOPPING TRIPS 1:30 PM

**HyVee:** Mondays, May 2, 9, 16, 23,  
Tuesday, May 31

**Fareway:** Thursdays, May 5, 12, 19, 26

## PIANO RECITALS AT GREEN HILLS

May brings many musical recitals and we have the pleasure of having students of three different teachers hosting their recitals at Green Hills. These piano recitals are an exciting time for students, families, and teachers! Come support the young musicians!

**ANN WONG**—Thursday, May 12th at 5:15 PM

**CHERYL TODEY**—Friday, May 13th at 6:30 PM

**PAM SIBBEL**—Saturday, May 14th at 1:00 PM &  
2:30 PM



# GREEN HILLS ON-SITE SPECIAL EVENTS

## **NORTHWOOD SCHOOL KIDS**

Friday, May 6 at 1:30 PM

Community Room

Come to the Community Room to see a Northwood Preschool Class perform a few songs and a story. These 3 and 4 year-olds have a lot of energy and really will make you smile.

## **ALZHEIMER'S FOR CAREGIVERS EFFECTIVE COMMUNICATION STRATEGIES**

Friday, May 13 at 10:00 AM

GH Theatre

Effective Communication Strategies is a program for caregivers that explains the communication changes that take place throughout the course of Alzheimer's disease, how to decode and respond to the verbal and behavioral messages delivered by someone with dementia, and strategies to connect and communicate at each stage of the disease.

## **EMERGENCY INFORMATION & SEVERE WEATHER**

Friday, May 13 at 2:00 PM

Community Room

This presentation will cover what to do in case of severe weather, such as watches and warnings. We will be touching on fire evacuation, how to respond in case of a fire; what to do, and where to go. As well as, talking about emergency information like pendant use, pullcords, facts on AEDS, and emergency alarms around campus.

## **CHERNOBYL: A 1000 YEAR NUCLEAR DESERT & UKRAINE YOU'LL NEVER SEE AGAIN**

Tuesday, May 17 at 3:00 PM

Community Room

Wayne Rowley toured the Chernobyl area on April 26<sup>th</sup>, 2019 for the 33<sup>rd</sup> anniversary of the reactor accident, which released more than a hundred times more radiation than either of the Atomic bombs dropped on Japan in 1945. He has pictures of Kyiv, Odessa and Chernobyl before the war began, plus has friends who live in Ukraine currently. Wayne will talk about how the war is affecting the people and the land of Ukraine.

## **GH TRIVIA NIGHT**

Friday, May 20 at 6:30 PM

Community Room

Kat, Cheryl and Stacie are hosting this Trivia Night in our Community Room. Bring a team of 6 players or join a group the night of the event. Family and friends are welcome. There will be complimentary food and drinks, alcohol included!



## **MAY**

### **DEVOTION SERVICES**

Wednesdays at 10:30 AM

HCC Activity Room

4th—Memorial Lutheran

Pastor Mark Heilman

11th—Northminster Presbyterian

Pastor Jim DuBois

18th—Christ Community

Pastor Kip Hamby

25th— Communion:

First United Methodist

Reverend Dr. Mary Bellon

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



## **JAZZTRONAUTS**

Monday, May 23 at 3:00 PM

Community Room

The Jazztronauts are a Jazz quintet from Ames, IA. Featuring Olivia Lauber and Keegan Door on sax, Kyle Spear on bass, David Harper on guitar, and Quinton Nespor on drums, you'll be grooving along to the music. With each member having a unique musical background, expect to hear some well-known jazz standards with a modern twist!



# COMMUNITY WIDE EVENTS AT GREEN HILLS

<b>MAY 2 (MON) 9:30 AM</b>	<b>WOMEN'S COFFEE</b> We will meet in the Main Dining Room. Everyone is welcome to join.
<b>MAY 4 (WED) 10:00 AM</b>	<b>ALZHEIMER'S: THE SCIENCE OF PREVENTION</b> These are the final 2 episodes in this series. In Episode 11 we will learn how certain environmental exposures are threatening for the brain, with emphasis on the links to Alzheimer's disease. Episode 12 will focus on supplements to support key functions in the brain and body that are hard to get by diet alone. (Theatre)
<b>MAY 4, 11, 18, 25 (WED) 1:00 PM</b>	<b>BISTRO STITCHERS</b> This gathering is for those who do any type of hand craft. Gather in the Pine Room, except on May 11 in Le Bistro.
<b>MAY 4, 11, 18, 25 (WED) 3:00 PM</b>	<b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.
<b>MAY 5, 12, 26 (THURS) 10:00 AM</b>	<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.
<b>MAY 5 (THURS) 3:00 PM</b>	<b>SING-ALONG ON CINCO DE MAYO</b> Come to this sing-along on this festive day of the week. This holiday celebrates the Mexican victory over the French at the Battle of Puebla, which took place on May 5, 1862. Special refreshments will be served. (Community Room)
<b>MAY 7, 14, 21, 28 (SAT) 4:00 pm</b>	<b>HAPPY HOUR SOCIALS</b> These in-person informal gatherings will happen every Saturday this month. Meet in <u>Le Bistro</u> and bring your own drink and snack, if desired.
<b>MAY 8 &amp; MAY 29 (SUN) 3:00 PM</b>	<b>SUNDAY PIANO BAR</b> 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)
<b>MAY 11 (WED) 10:00 AM</b>	<b>CONTINUING EDUCATION: REFUGEES, IMMIGRANTS, &amp; CONGREGATIONS</b> David Hansen, chair of Ames Sanctuary Interfaith Partners (ASIP), will talk about the differences between refugees and immigrants and how ASIP supports the needs and humane treatment of undocumented and/or asylum seeking immigrants and their families. (Community Room)
<b>MAY 16 (MON) 1:00 PM</b>	<b>3RD QUARTER FINANCIAL REVIEW</b> (Community Room)
<b>MAY 20 (FRI) 10:00 AM</b>	<b>GHRA ANNUAL SHAREHOLDERS MEETING</b> Each year, an Annual Shareholder Meeting is held to discuss the next fiscal year's budget, receive updates from Board Standing Committees, and to announce results of the Board of Directors and Advisory Council elections. (Community Room)
<b>MAY 25 (WED) 10:00 AM</b>	<b>FOOTWEAR &amp; FOOT CARE</b> Stacy W., Encore Rehab Therapy Program Coordinator, will present this program on how to care for your feet as you age. Refreshments provided. (Community Room)
<b>MAY 27 (FRI) 4:30 PM</b>	<b>CLUB 2200</b> Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Meal basket served at 5:30 PM; sign up with the Kitchen at x5040. (Community Room)

# CLUBS AND SUPPORT GROUPS

## CLUB MEETINGS:

<b>MAY 11 (WED) &amp; MAY 25 (WED)</b>	<b>BRIDGE CLUB</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>MAY 11 (WED) 2:00 PM</b>	<b>BOOK CLUB</b> The book scheduled for May is <i>Boys in the Bunkhouse</i> by Dan Barry. Ann McMullin will be the discussion leader. <b>(Pine Meeting Room)</b>
<b>MAY 19 (THURS) 2:00 PM</b>	<b>WINDOWS COMPUTER CLUB</b> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. <b>(Pine Meeting Room)</b>
<b>MAY 25 (WED) 3:00 PM</b>	<b>TECHNOLOGY CLUB</b> Share your knowledge or get answers to your questions. All residents are encouraged to come. <b>(Pine Meeting Room)</b>

### SB / GH CHORUS PRACTICES

**Tuesdays, May 10, 17, 24, 31**

**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, May 3. This chorus is a combination of Songbird members and Green Hills residents. The Chorus will have a concert at Green Hills on Tuesday, July 12 at 10:30 AM and will also perform in the Senior Variety Show in August. All are welcome to join this chorus.



### LOW VISION SUPPORT GROUP

**Wednesday, May 18 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.

### CAREGIVERS SUPPORT GROUP

**Wednesday, May 4 at 2:00 PM**

**Pine Meeting Room**

Are you a caregiver or do you help someone with everyday tasks? Or 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.

### GAMES ANYONE?

There are a variety of games in Le Bistro area that residents can utilize with family and friends. The games are in the cabinet next to the trash receptacle.

### MEXICAN TRAIN GAME

**Thursday, May 26 at 3:00 PM**

**Main Dining Room**

We have decided to play this game every month on the fourth Thursday of the month in the 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".

# Thank You!

Thanks to all residents who hosted a table at this year's Committee Fair!  
Your leadership is outstanding!

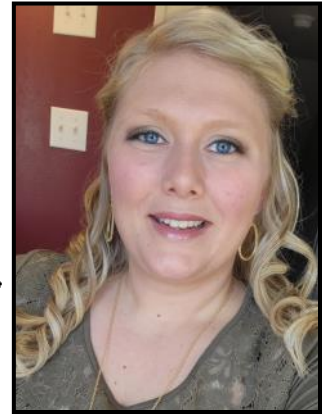
# THE LINDEN LETTER

## DINING IN WITH SHELBEY Thursday, May 5th at 11:30 AM

Join Shelbey for take-out food from El Azteca for lunch and give her a warm welcome to the Lindens! **She will serve as the new Assisted Living Supervisor.** She has worked at Green Hills for nearly 9 years and is excited for this new role.

Shelbey is engaged to be married on September 24<sup>th</sup>, 2022 to Riley. Together, they have 2 dogs named Oakley and Molly. During her free time, she enjoys crafting, camping, hunting, being outside, and spending time with family and friends.

Be sure to stop by her office and welcome her to the Lindens family!



## BIRTHDAY PARTY

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

Jo's birthday is on May 15th. Help her celebrate a couple of days early in the first floor common area!



## BUS TRIP TO REIMAN GARDENS

**Tuesday, May 24th at 1:30 PM**

We will go to Reiman and see the butterfly room, the grounds of the garden, and the current exhibition which is titled "Lewis & Art". This exhibit re-imagines scrap as art and features a whimsical mixture of metal plants, insects, and animals made from found objects. Sign up by Shelbey's office.

## MOVIES IN THE LINDENS

**First Floor Living Room at 3:00 PM**

### May 2nd—Water for Elephants

Impetuous veterinary student, Jacob, joins a circus as an animal caretaker, but faces a dilemma when he's transfixed by married performer Marlena. (2011, Romantic Drama, 2 hours, PG-13)

### May 9th—Silver Linings Playbook

A man with bipolar disorder moves home with his parents and makes a connection with a spirited widow, which helps them both heal in unique ways. (2012, Romantic Comedy, 2 hours, Rated R for language)

### May 16th—Top Gun

A renegade pilot enters an elite combat training school where he finds fierce competition, a heated romance, and danger lurking in the skies. (1986, Military/Action/Adventure, 1 hour 49 minutes, PG)

### May 25th (Wednesday)—Monster-In-Law

Charlie finds her dream man in Kevin and agrees to marry him, but she has second thoughts when his overbearing mother schemes to ruin their relationship. (2005, Romantic Comedy, 1 hour 41 minutes, PG-13)

### May 30th—Dear John

While on summer leave, a U.S. soldier falls for a college student. But when he's forced to reenlist due to 9/11, their handwritten letters hold the lovers together. (2010, Drama, 1 hour 47 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 Susan Teas, John Rademacher, and Ted Hutchcroft.

## HERBAL ADVENTURE TEA TASTING

**Tuesday, May 3 at 3:00 PM**

The dictionary defines an herb as any seed-bearing plant that does not have a woody stem and dies down to the ground after flowering. Herbs are valued for their flavor, fragrance, medicinal and healthful qualities, economic and industrial uses, pesticidal properties, and coloring materials (dyes). We'll taste and learn about the beneficial qualities of a few fresh herbal teas this afternoon.



## BUS TRIP TO REIMAN GARDENS

**Wednesday, May 11 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 "Lewis & Art".

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



## THE SNEAKY CHEF

**Monday, May 16 at 3:00 PM**

The Sneaky Chef series begins this month! Cheryl will be highlighting recipes that pack a punch! Now through August, we will try a new recipe that has a secret healthy ingredient. This month we will be making Blockbuster Blueberry Muffins. Since the ingredient is secret, you'll have to attend the activity to see what we will be adding to the muffins.

## MISCHIEF & MAYHEM

**History of the Ames Police Department by**

**Ames History Museum**

**Tuesday, May 24 at 3:00 PM**

Human nature in all its variety is often revealed in police files, and here in Ames there are a number of tales to tell! You'll hear several stories, ranging from campus pranks to serious crimes, as well as, a brief history of the Ames Police Department.

## REMEMBERING RIVERVIEW PARK

**Friday, May 27th at 3:00 PM**

Ed Linebach has been involved with Riverview for over 20 years and loves to take a trip down memory lane about this memorable summer excursion spot. Riverview Park existed for 63 years and had a variety of entertainment—The Riviera Ballroom, amusement park rides, a swimming pool, and it was even a zoological garden and trolley destination before 1915! You won't want to miss this presentation.

# 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.

Sunday, May 1	6:15 PM	Good Company Spring Concert	St. Andrews Church
Saturday, May 7	6:45 PM	Central Iowa Symphony	Ames City Auditorium
Sunday, May 8	6:45 PM	Ames Town & Gown	Martha-Ellen Tye Hall

## 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 BUS EVENTS

### HOLUB'S GREENHOUSE & GARDENS

**Monday, May 16 at 10:00 AM and  
Monday, May 23 at 10:00 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 while enjoying a bag of free popcorn. There will be plenty of room for your purchases.



### LUNCH BUNCH TO 209 MAIN

**Tuesday, May 10 at 10:30 AM**

The Buzz around Paton, Iowa is that 209 Main is the place to go if you're looking for delicious food and an atmosphere that will make you say "wow!" It's located just a short 7 miles north of highway 30 and Grand Junction. Join us on this Lunch Bunch to enjoy the finest cuisine the Heartland has to offer! Order off the menu and pay individually. Limited seating available; sign up now to guarantee your spot.

### DAY TRIP TO MARSHALLTOWN

**Tuesday, May 3rd at 9:30 AM**

Andrew, the Tourism Director at the Chamber of Commerce, will hop on the bus and give us a city tour. Then we will head to Legends American Grill for lunch. You will be able to order off the menu and pay individually. We will finish the trip at the Marshalltown Public Library to see the Holocaust exhibit.



### DAY TRIP TO RIVERVIEW & DRAKE DINER

**Wednesday, May 18th at 9:30 AM**

Do you remember Riverview Park in Des Moines? It's located just two blocks west of 6th Avenue on Corning Avenue. During its 63 years in existence, for some people a trip to Riverview was a routine summer weekend excursion, for others it was a ritual....But for nearly all who went there, a visit to Riverview was a significant event not to be forgotten. We will take a trip down memory lane on this walking tour led by a member of the Parks Area Foundation Board. They will speak about the history and tell us what the future plans are for the park.

After the tour we will head to the Drake Diner, which has been a Des Moines landmark since 1987. We will order off the menu and pay individually.



# NOW SHOWING AT GREEN HILLS

## FEATURED WEEKLY MOVIES

### The Children Act

Sunday, May 1st at 2:00 PM

Monday, May 2nd at 6:30 PM

Already stressed by her crumbling marriage, a judge must decide whether to order a lifesaving blood transfusion for a teen whose religion forbids it. (2018, Drama based on book, 1 hour 45 minutes, Rated R for language, sex, and violence)

### Tick, Tick...Boom!

Monday, May 9th at 6:30 PM

Tuesday, May 10th at 2:00 PM

On the brink of turning 30, a promising theater composer navigates love, friendship, and the pressure to create something great before time runs out. (2021, Musical Drama, 1 hour 55 minutes, PG-13)

### Rescued by Ruby

Sunday, May 15th at 2:00 PM

Monday, May 16th at 6:30 PM

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup, Ruby. This is based on a true story. (2022, Family Movie, 1 hour 33 minutes, Rated G)

### Dunkirk

Monday, May 23rd at 6:30 PM

Tuesday, May 24th at 2:00 PM

In May 1940, soldiers and civilians struggle by land, sea, and air to evacuate the British army and their allies from Dunkirk, which is Europe's last hope. (2017, Military Movie, 1 hour 46 minutes, PG-13)

### Where the Heart Is

Tuesday, May 31st at 2:00 PM

Friday, June 3rd at 6:30 PM

Pregnant teen Novalee Nation has to grow up in a hurry when her irresponsible boyfriend abandons her in an Oklahoma Wal-Mart. Taking refuge in the aisles of the store, Novalee is befriended by some eccentric strangers who help her build a new life. (2000, Drama, 2 hours, PG-13)

## Volunteering Opportunities:

### MOVIE STARTERS

#### Monday or Friday Evenings

The Life Enrichment Department is looking for a team of residents to train 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.

### TRANSPORTING HCC & MC RESIDENTS TO THE SING ALONG

Thursday, May 5th at 2:45 PM

Put on a mask and come to the Life Enrichment office in the Health Care Center. Staff will let you know who needs help getting to the Community Room. Many helpers mean fewer trips back and forth!

### HCC & MC TRIP TO REIMAN GARDENS

Wednesday, May 11th from 1:30 PM—3:30 PM


Meet at the Health Care Center entrance to ride the GH bus over, or drive yourself and meet us there. You will be paired with a resident who utilizes a wheelchair and stroll around the Reiman Gardens grounds together. If you have a friend who lives in HCC, you can request to be paired with them. Contact Life Enrichment (x5022 or x5006) if you would like to help, or if you would like to help with the AL trip on May 24th.

### MULCHING DAY

Friday, May 27th from 9:00 AM—12:00 PM


Come when you can to work; you do not need to stay the whole time. Sunscreen and water will be provided as well as the tools to move and spread the mulch. Many hands make light work, join us in making our campus look great!

# Green Hills Community May Calendar 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>2:00 Movie - The Children Act [THR]</p> <p>6:15 Bus - Good Company Women's Ensemble</p>	<p><b>2</b></p> <p>Lied Lodge Trip</p> <p>9:30 Women's Coffee (MDR)</p> <p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie - The Children Act</p>	<p><b>3</b></p> <p>Lied Lodge Trip</p> <p>Daytrip: Marshalltown</p> <p>9:30</p> <p>9:30 Hearing Aid Clinic (Wellness Clinic)</p> <p>9:30 SB / GH Chorus Practice (CR)</p> <p>10:30 Bus - Lunch Bunch to 209 Paton</p> <p>2:00 Movie - Tick, Tick...Boom!</p>	<p><b>4</b></p> <p>Lied Lodge Trip</p> <p>Alzheimer's: The Science of Prevention (Theatre)</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers (Pine Meeting Room)</p> <p>2:00 Caregivers Support Group (PR)</p> <p>3:00 Meditation Exploration (MR)</p>	<p><b>5</b></p> <p>Lied Lodge Trip</p> <p>Blood Pressure Clinic</p> <p>Men's Coffee (MDR)</p> <p>1:30 Bus - Fareway</p> <p>3:00 Sing-along on Cinco de Mayo (CR)</p>	<p><b>6</b></p> <p>1:30 Northwood School Kids (CR)</p>	<p><b>7</b></p> <p>Brazilian Music - Paulo Padilha e Bando (CR)</p> <p>4:00 Happy Hour Social (Le Bistro)</p> <p>6:45 Bus - Central Iowa Symphony</p>
<p><b>8</b></p> <p>Mother's Day</p> <p>3:00 Sunday Piano Bar</p> <p>6:45 Bus - Ames Town &amp; Gown</p>	<p><b>9</b></p> <p>10:00 Board of Directors Nominee Meet &amp; Greet (CR)</p> <p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie - Tick, Tick...Boom!</p>	<p><b>10</b></p> <p>Hearing Aid Clinic (Wellness Clinic)</p> <p>9:30 SB / GH Chorus Practice (CR)</p> <p>10:30 Bus - Lunch Bunch to 209 Paton</p> <p>2:00 Movie - Tick, Tick...Boom!</p>	<p><b>11</b></p> <p>Continuing Education: Refugees, Immigrants and Congregations (CR)</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers (Le Bistro)</p> <p>3:00 Meditation Exploration (MR)</p>	<p><b>12</b></p> <p>Blood Pressure Clinic</p> <p>Men's Coffee (MDR)</p> <p>1:30 Bus - Fareway</p> <p>5:15 Piano Recital: Students of Ann Wong (CR)</p>	<p><b>13</b></p> <p>Alzheimer's Association presents "Effective Communication Strategies" (Theatre)</p> <p>2:00 Emergency Information &amp; Severe Weather Presentation (CR)</p> <p>6:30 Piano Recital - Students of Cheryl Todley (CR)</p>	<p><b>14</b></p> <p>Piano Recital: Students of Pam Sibbel</p> <p>2:30 Piano Recital: Students of Pam Sibbel</p> <p>4:00 Happy Hour Social (Le Bistro)</p>
<p><b>15</b></p> <p>Movie: Rescued by Ruby</p>	<p><b>16</b></p> <p>Bus - Holub's Greenhouse</p> <p>1:00 3rd Quarter Financial Review (CR)</p> <p>1:30 Bus - Hy-Vee</p> <p>6:30 Movie - Rescued by Ruby</p>	<p><b>17</b></p> <p>SB / GH Chorus Practice (CR)</p> <p>3:00 Chernobyl, a 1000 year nuclear desert and Ukraine you'll never see again (CR)</p>	<p><b>18</b></p> <p>Daytrip: Riverview &amp; Drake Diner</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers (Pine Meeting Room)</p> <p>2:00 Low Vision Support Group</p> <p>3:00 Meditation Exploration (MR)</p>	<p><b>19</b></p> <p>Blood Pressure Clinic</p> <p>Newcomers Reception &amp; Kaffee Klatsch (CR)</p> <p>1:30 Bus - Fareway</p>	<p><b>20</b></p> <p>Annual Shareholder Meeting (CR)</p> <p>2:00 Green Hills Service of Remembrance (CR)</p> <p>6:30 Green Hills Trivia Night</p>	<p><b>21</b></p> <p>Happy Hour Social (Le Bistro)</p>
<p><b>22</b></p>	<p><b>23</b></p> <p>Bus - Holub's Greenhouse</p> <p>1:30 Bus - Hy-Vee</p> <p>3:00 Jazztronauts (CR)</p> <p>6:30 Movie - Dunkirk</p>	<p><b>24</b></p> <p>SB / GH Chorus Practice (CR)</p> <p>2:00 Movie - Dunkirk</p>	<p><b>25</b></p> <p>Footwear &amp; Foot Care (CR)</p> <p>10:30 Devotions (HCC)</p> <p>1:00 Bistro Stitchers (Pine Meeting Room)</p> <p>3:00 Meditation Exploration (MR)</p>	<p><b>26</b></p> <p>Blood Pressure Clinic</p> <p>Men's Coffee (MDR)</p> <p>1:30 Bus - Fareway</p> <p>3:00 Mexican Train Game (MDR)</p>	<p><b>27</b></p> <p>9:00 - 12:00 PM Mulching Day</p> <p>4:30 Club 2200 (CR)</p> <p>5:30 Meal Basket (RSVP)</p>	<p><b>28</b></p> <p>Happy Hour Social (Le Bistro)</p>
<p><b>29</b></p> <p>Sunday Piano Bar (CR)</p>	<p><b>30</b></p> <p>Memorial Day Holiday</p>	<p><b>31</b></p> <p>SB / GH Chorus Practice (CR)</p> <p>1:30 Bus - Hy-Vee</p> <p>2:00 Movie - Where the Heart Is</p>				<p>MDR - Main Dining Room</p> <p>CR - Community Room</p> <p>HCC - Health Care Center</p> <p>MR - Meditation Room</p> <p>AR - Aerobics Room</p> <p>PR - Pine Room</p>

May 2022

Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
<p>Meetings are held in person.</p> <p>Pine Room- (PR) Arts &amp; Crafts Room - (A&amp;C) Sensory Garden - (SG)</p>						