

DISCOVER, EXPLORE AND MORE September 2023

BUS– LUNCH BUNCH
OPA! ITALIAN & GREEK RESTAURANT
West Des Moines
Wednesday, September 6th
Apartments: 10:10 AM
Townhomes: 10:15 AM

OPA! Italian and Greek restaurant serves everything from pizza and spanakopita to Greek spinach pies, onion rings and flaming asiago saganaki. There are great options whether you are a fan of Italian or Greek foods. Formerly Yanni's this restaurant was opened in 2020. The menu has been put into the Event and Bus Sign up book at the front desk for you to look at. Order and pay individually.

BUS– ADA HAYDEN HERITAGE PARK
GOLF CART TOURS
Tuesday, September 12th
Apartments: 9:50 AM
Townhomes: 9:55 AM

Friends of Ada Hayden Heritage Park are organizing a no-cost Golf Car Tour of Ada Hayden Park to be held on September 11 & 12. This event is designed for people with limited mobility to enjoy the park and to learn more about the habitat, the current improvements and the future plans.

A guide will be provided to explain the park features, habitat, current developments and future projects. The tour will be about one hour in length.

This tour is provided by the Friends of the Ada Hayden Heritage Park in cooperation with the Ames Park & Recreation Department.

BUS– CLAYTON FARMS TOUR & CATERED LUNCH

Wednesday, September 20th
Apartments: 11:10 AM
Townhomes: 11:15 AM

Clayton Farms grows food without pesticides all year long. It's an indoor farm where you can receive same day harvest and delivery to your doorstep.

The six-stack vertical growing systems allow for year-round harvests of pesticide-free produce, grown using no soil. Products grown include tomatoes and leafy greens like butterhead lettuce, oakleaf lettuce, pea shoots, rainbow chard and a peppery variety of arugula specially requested by customers. Microgreens are also popular and include radish, bok choy and broccoli sprouts.

We will have a catered salad and smoothie lunch, and tour. If we have a full bus, we will divide into 2 groups and one will tour while the other eats. Cost of \$20.00 will be billed to your account.

Salad and smoothie choices are listed in the bus book. You must sign up and make your food selection in advance. We will turn in the catered order on Wednesday, September 13th. After that, there will be no refunds. Please find someone to go in your place or you will be charged.

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ISU & COMMUNITY OFF-SITE EVENTS

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

Saturday, Sept 2 12:00 PM	ISU Football vs UNI <i>Jack Trice Stadium</i>
Saturday, Sept 2 6:15 PM	The U.S. Air Force Band "RAPTOR" <i>Bandshell Park</i>
Saturday, Sept 9 1:00 PM	ISU Football vs Iowa <i>Jack Trice Stadium</i>
Thursday, Sept 14 5:45 PM	ISU Volleyball vs UCSB <i>Hilton Coliseum</i>
Friday, Sept 15 5:45 PM	ISU Volleyball vs Ohio <i>Hilton Coliseum</i>
Saturday, Sept 16 1:15 PM	ISU Volleyball vs Drake <i>Hilton Coliseum</i>
Friday, Sept 22 6:45 PM	ACTORS– The Play that Goes Wrong <i>ACTORS Studio</i>
Saturday, Sept 23 TBA	ISU Football vs Oklahoma <i>Jack Trice Stadium</i>
Saturday, Sept 30 1:15 PM	ISU Volleyball vs Baylor <i>Hilton Coliseum</i>

GROCERY SHOPPING TRIPS 1:30 PM

HyVee: Tuesday, September 5 and Mondays, September 11, 18, 25

Fareway: Thursdays, September 7, 14, 21, 28

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.

HAPPY BIRTHDAY!

Gaylan Crim—9/2
Barbara Munson—9/5
Wesley Tank— 9/5
Ralph Yoder—9/6
Glenda Eggerling— 9/7
Robert Watson— 9/7
Mary Lou Doak— 9/12
Anita Dyer 9/13
Glynn Frank—9/13
Priscilla Sage— 9/16
Carol Volker—9/24
Jan Clark—9/25
Lew Klinge—9/25
Florine Swanson— 9/26
Joanne Sperfslage—9/29
Norm Cheville—9/30

HEATH CARE CENTER

George Oster—9/9
Jenna McCarley—9/19
Lucy Futrell—9/26

CEDAR COURT

Janet Thompson—9/1
Jerry Mathews—9/12
Diane Neal—9/15

MONTHLY AFTERNOON TEA

Residents from townhomes 2211, 2212, 2213, 2214, 2215, 2217, 2218, 2220 and the Lindens are invited to this month's afternoon tea party on Monday, September 25th at 3:00 pm. These tea parties create a connection among residents living in different levels of care through conversation and refreshments. So far residents from the Health Care Center have LOVED this activity and want to meet more independent living residents.

Please let us know if you plan to attend so that we can know how many to prepare for.

GREEN HILLS ON-SITE SPECIAL EVENTS



JD'S TRIO

Thursday, September 7th at 6:30 PM
Community Room

The local group of seasoned musicians will perform a variety of genres including classic 50s and 60s. They also like the old classics and a bit of country including a little Johnny Cash.



ISU GAMEWATCH

Watch ISU football games with your friends in the Green Hills Theatre!

Put on your team colors and cheer them on! Feel free to bring your own food or drink.

ISU FOOTBALL vs UNI

Saturday, September 2nd at 1:00 PM
 Televised on ESPN+

ISU FOOTBALL vs UNIVERSITY OF IOWA

Saturday, September 9th at 2:30 PM
 Televised on FOX

ISU FOOTBALL vs OHIO

Saturday, September 16th at 11:00 AM
 Televised on ESPNU or ESPN2

ISU FOOTBALL vs OKLAHOMA STATE

Saturday, September 23rd
 Time and channel to be determined

ISU FOOTBALL vs OKLAHOMA

Saturday, September 30th
 Time and channel to be determined



15TH ANNUAL FISH FRY
 Wednesday, September 13th
 Outdoor Courtyard
 Full service bar will open at 5:00 p.m. for purchase.
 Dinner service starts at 5:30 p.m.
 Music starts at 6:00 pm

SPECIAL MUSIC BY THE DRAMA KINGS

MENU
 FRESH COD, BEER BATTERED
 FRESH PERCH, CORNMEAL BREADED
 SEASONED WAFFLE FRIES
 CREAMY COLESLAW
 HOMEMADE TARTAR SAUCE
 FRESH LEMON
 PEACH PIE BARS

BLACKBERRY LEMONADE - COMPLIMENTARY

\$25.50 per person
 Call #5388 to RSVP by noon on Monday, September 11th.
 Dietary restrictions honored if told at time of reservation.

PARKINSON'S AND THERAPY

Wednesday, September 27th
10:00 AM

Discover how physical, occupational and speech therapy can impact Parkinson's Disease. Therapy can help you manage some Parkinson's symptoms and help you stay independent longer. Stacy Weaver, DPT, Therapy Program Manager for Encore Rehabilitation Services will be the presenter. (Community Room)



IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Will Talbert and Alice Thompson.

FIRST NATIONAL BANK

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

The First National Bank staff will be in the Prairie Rose Dining Room if you have banking needs.



SHERRY LUXTON CLASSICAL PIANO

Friday, September 29th at 3:00 PM
Community Room

The talented Sherry Luxton is returning to Green Hills to perform a great classical piano concert. Her music is a delight and she even provides us with programs.

DINING SERVICES

GH GRILL

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

SIGNATURE BRUNCH

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

LE BISTRO & LOUNGE HOURS

Monday through Friday
8:30 AM — 2:00 PM
Saturday
10:00 AM — 2:00 PM

ANNUAL FISH FRY

Wednesday, September 13th
5:00– 7:00 PM

CLUB 2200 MEAL BASKET

Friday, September 22
5:30 PM

GREEN HILLS CAFÉ

Wednesday, September 27
5:00– 7:00 PM

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



GREEN HILLS™
Maples
Expansion
Marketing Minute

We're Expanding!
The Maples Expansion will add large, casually elegant residential living accommodations for independent living with 20 brand-new apartment homes. A variety of floor plans that range from 1016-1492 square feet, fully customizable, will be available.

Good friends make great neighbors!

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

6th—Hymn Sing

Peggy and Hannah

13th—To Be Determined

Pastor

20th—First United Methodist

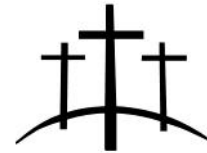
Pastor Amanda Gordon

27th— Communion:

Palestine Lutheran Church

Pastor Eric Klimpel

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



RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Fridays, September 8, 15, 22 and 29
9:30 AM
Wellness Clinic

Ames Hearing Aid Clinic

Tuesday, September 12
9:30 AM

Independent Living Emergency Situation Steps for help during after office hours/weekends:

- Call 911 if need immediate action
- Activate pullcord/pendant
- Call #5100 for Charge Nurse Desk

REGULARLY SCHEDULED EVENTS AT GREEN HILLS

<p>SEPT 2, 9, 16, 23, 30 (SAT) 4:00 PM</p>	<p>HAPPY HOUR SOCIALS IN LE BISTRO Meet your friends and neighbors in the Le Bistro for an informal gathering. Bring your own drinks and snacks.</p>
<p>SEPT 5, 12, 19, 26 (TUES) 1:30 PM</p>	<p>MEDITATION EXPLORATION - PLEASE NOTE DATE AND TIME CHANGE! All are welcome to attend sessions now held on Tuesdays <u>in the Meditation Room</u> on the second floor of the Lindens. These sessions are led by Green Hills resident, Elizabeth Angelici.</p>
<p>SEPT 6, 13, 20, 27 (WED) 1:00 PM</p>	<p>BISTRO STITCHERS & BED MAT MAKERS This group has expanded to include the plarn and bed mat makers. If you would like to convert plastic bags to plarn or learn how to make a bed mat, you can attend this informal gathering typically held in the Prairie Rose Dining Room. This gathering is for everyone who does any type of hand craft, including but not limited to: needlework, crocheting, and knitting. Bring your project to work on while you visit with other residents.</p>
<p>SEPT 7, 14 28 (THURS) 10:00 AM</p>	<p>MEN'S COFFEE Men's Coffee is held every Thursday, except the third, in the Main Dining Room. This informal social is a chance for the men at Green Hills to get together and talk. Coffee is provided and men sign up to bring cookies or a treat for everyone. Sign up in the front of the bus book if you are interested in bringing treats.</p>
<p>SEPT 7 (THURS) 3:00 PM</p>	<p>4TH QUARTER FINANCIAL REVIEW (Community Room)</p>
<p>SEPT 11 (MON) 9:30 AM</p>	<p>WOMEN'S COFFEE This month Women's Coffee will be held on the second Monday due to Labor Day. All women are welcome to this informal social. Coffee will be provided. (Main Dining Room)</p>
<p>SEPT 13 (WED) 10:00 AM</p>	<p>CONTINUING EDUCATION: Ames City Manager, Steve Schainker will be our speaker for this month's Continuing Education program. He will update us on what is going on in Ames.</p>
<p>SEPT 21 (THURS) 10:00 AM</p>	<p>KAFFEE KLATSCH All residents are invited to this social event. This event is held in the Main Dining Room on the third Thursday of each month. New residents are welcomed and upcoming activities are discussed. Refreshments are provided.</p>
<p>SEPT 22 (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 \$2.00 for a soft drink and \$5.00 for beer, wine or mixed drinks. One refill is available at no additional cost. Meal basket served at 5:30 PM; sign up with the Kitchen at x5388. (Community Room)</p>



The Green Hills Chimes

PRESIDENT'S MESSAGE

Have you newer Green Hills residents participated in Club 2200, potluck, or Café Night? If not, it is a convenient and relaxing way to get acquainted with others in the Green Hills community.

Also, plan to join a committee and become involved in our community. Everyone here has a special talent that can be shared to help us become the best we can be. It is an effective way to learn how Green Hills operates and to keep you active in the Green Hills community.

You might consider joining an exercise class, the pilates or yoga class, or a therapy pool class. These classes are all taught or supervised by Brett Harrison, Lifestyle Director. She makes these classes fun and sociable. Joining such a class can help you get acquainted with others, have some fun, and get you moving for a more healthful life.

Please give Eilene Hovick a “thank you” and a “high five” for her efforts and contributions to make us better. Eilene has been a resident for 12+ years and personally paid for the new name tags with your name and housing indicated on the tag. She also paid for the flagpole that is being reinstalled this month.

Several years ago, Eilene started the Technology group to provide residents with computer and cellphone assistance. The Technology group has since been incorporated into the Technology Committee where our IT's (Alex and Ryan) are providing the instructional sessions to help with computers, cellphones, smart TVs, and other media devises.

Eilene has also been instrumental in restarting the potluck dinners each month. These dinners were postponed during the Covid crisis. But now Eilene and her potluck crew need more help to sustain this important activity. If you can spare some time on the second Saturday of each month, please give Eilene a call and offer to help with the potluck. This is another wonderful way to get acquainted with other Green Hills residents and taste some delicious home cooking in the process!

Finally, this is a call for the five-year Strategic Plan task forces to meet and review their area for modifications, additions, or deletions. Any changes should be forwarded to Clarence Cory or Jerry Hall prior to presentation for Board approval. Task leaders need to get their task members to meet as soon as possible. We plan to meet each year to review and update the Strategic Plan.



The Pond at Green Hills

Spying a myriad of wiggling tadpoles... Sitting on the bench on Midsummer's Eve watching the sunset reflected in the water... Listening to frogs competing with cicadas... The pond at Green Hills is a delight throughout the summer!

The intrepid grounds crew works through wind, rain, and blazing sun to keep the pond and the surrounding prairie, gazebo, and community garden beautiful for all to enjoy. Putting in new solar lights and the fountain enhanced the area in July. The crew even kept up with the invasion of the thistles during the dry months! Many thanks to Selena and all the workers who make our community a lovely place to sit, walk, garden, and visit with neighbors. We see your work, and thank you!



GREEN HILLS ART COMMITTEE

"Rural Reflections III"

If you haven't been to see this exhibit, please do so before Wednesday, September 13th when it is scheduled to come down. The exhibit showcases residents' rural-related artworks.

Artwork of rural landscapes, farm buildings, crops, livestock, fairs, and anything related to agriculture are featured.

On Friday, September 15th, the committee will be putting up the work of Ames fiber artist Carolyn Abbot.

POSSIBLE QUILT SHOW AT GREEN HILLS

The Art Committee is exploring the idea of having a quilt show of quilts made by residents or resident owned that could be hung in the Gallery. Larger quilts might be shown on an afternoon in the Community Room.

If you have a quilt you would be willing to have shown please contact: Shala Ludley (x5250) or Ann Durland (x5398)

ED'S CARTOON CORNER



Executive Director Calista crosses paths with Rosie, our new food service robot!

**GREEN TEAM CHALLENGE:
Bring your own bags
to the grocery store.**

The challenge for September is an out growth of the August challenge and is to take your own bags to the store particularly the grocery store. Some of the stores actually give credit for bring your own bags. In many of the larger cities, they charge for the grocery bags to encourage you to bring you own.

**THE FRIENDSHIP
COMMITTEE**

Please call the following committee members if there are occasions when a contact should be made to recognize illnesses and deaths:

Paula Toms (x5141)
LoAnne Worth (x5177)

**4th QUARTER
FINANCIAL REVIEW
Thursday,
September 7th
3:00 pm
Community Room**

GH LIBRARY- NEW BOOK LIST

AUTHOR	TITLE	CATEGORY
Archer, Jeffrey	<i>Hidden in Plain Sight: A Detective William Warwick Novel</i>	Fiction
Connelly, Michael	<i>The Night Fire: A Renee Ballard and Harry Bosch Novel</i>	Fiction
Harmel, Kristin	<i>The Sweetness of Forgetting: A Novel</i>	Fiction
Magida, Arthur J.	<i>Code Name Madeleine: A Sufi Spy in Nazi-occupied Paris</i>	History
Malby-Anthony, Françoise	<i>The Elephants of Thula Thula</i>	Nature
Mooallem, Jon	<i>This Is Chance! The Shaking of an All-American City, a Voice that Held It Together</i>	History
Penny, Louise	<i>A World of Curiosities: A Novel</i>	Fiction
Sandford, John	<i>Dark Angel: A Letty Davenport Novel</i>	Fiction—large print
Winspear, Jacqueline	<i>To Die but Once: A Maisie Dobbs Novel</i>	Fiction

CLUBS AND GROUPS

SEPT 5 (TUES) & SEPT 19 (TUES) 9:30 AM	SENSORY GARDEN CLUB Sensory Garden Club meetings are now about maintaining the plants and pulling weeds. Anyone is welcome to meet in the garden or just come enjoy the ambiance.
SEPT 6 (WED) 10:00 AM	HAIKU POETRY GROUP Come to write poetry, be creative or just to be social and listen to some poetry. (Prairie Rose Dining Room)
SEPT 7 (THURS) 11:00 AM	TECHNOLOGY ASSISTANCE Residents can receive technology assistance with Ryan H., IT Tech (Pine Meeting Room)
SEPT 13 (WED) 2:00 PM	BOOK CLUB This month we will be selecting the books for the next year. New members are always welcome. (Pine Meeting Room)

GAMES AT GREEN HILLS

CRIBBAGE CLUB Tuesdays at 10:00 AM Arts and Crafts Room

Everyone is welcome to play when they are available. If you win, you take the “traveling trophy” until the next winner is determined. If you want more details, contact Roger Beckett at x5218

BILLIARDS IN THE LINDENS Every Friday from 10:00 AM–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.

BRIDGE CLUB Wednesdays, September 13th and 27th at 1:00 PM

Bridge Club is open to all residents. 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).

MEXICAN TRAIN DOMINOES Thursday, September 14th and 28th at 3:00 PM

Come to the Main Dining Room to play this fun and easy domino game. No experience necessary; we will go over the rules of the game for newcomers.

GREEN HILLS BUS POLICY

In order to use the Green Hills bus for events in Ames, a minimum of seven (7) residents must be signed up. Fourteen (14) residents must be signed up for out-of-town events. This does not include guests. If transportation services for popular events exceed the capacity of the bus, a waiting list will be available for residents to sign up in the case of cancellations.

On the day of the event, there must be at least five (5) residents in attendance for Ames events and at least twelve (12) residents in attendance for out-of-town events for the bus to leave the premises. (No minimum for Fareway and HyVee buses.)

Sign-up sheets for events are on the counter at the Reception Desk in a binder. Sign up by writing your name in the next available blank space on the activity sheet.

If you need to cancel your reservation, cross off your name. **Please do not erase your name if you need to cancel.** Likewise, please do not write your name over a crossed-out name. **If a resident should cancel, staff will contact the next resident on the alternate list.**

A Green Hills resident may not be swapped out for a family member or guest to go in their place. As long as there is room on the bus for all residents, guests are welcome to attend bus trips. Charges for resident’s guests will be charged to the resident’s account for bus services when applicable. **Guests are only allowed with a resident escort.**

WHAT'S NEW IN THE LINDENS

TENANT MEETING

Wednesday, September 6th
First Floor Lindens

The monthly tenant meeting will be held on Wednesday, September 6th at 3 PM located on the first floor of the Lindens. Amanda H, Katie S, Jessica W, and Kathryn M will be leading the meeting. Comments,

MOVIE NIGHT

Saturday, September 9th
First Floor Lindens

Bring your own movie or pick one out on Netflix, that you want to watch! Enjoy a nice movie night with friends and freshly popped popcorn!

LUNCH BUNCH TO MUCKY DUCK

Monday, September 11th

Amanda H and Kathryn M will be accompanying AL tenants to Mucky Duck.. We will start boarding the busses/van at 11:45 AM. Please meet at the Linden's front door.

Green Hills will pay the bill and tenants will be billed separately at a later date.



FALL GARLAND/DÉCOR CRAFT

Monday, September 18th
First Floor Lindens

Come make fall themed garland and décor to help decorate the Linden's common areas for fall! Instructions and materials provided!

PIE SOCIAL

Tuesday, September 26th
First Floor Lindens

There is no better way to kick off the fall season than with a piece of pie! The classic fall flavors, pumpkin and apple pie will be offered. Along with a cozy warm fall beverage!

SECOND CHAIR BRASS

Wednesday, September 27th
Sensory Garden

Come listen to the talented music duo, Rick Ennis who plays baritone and Bill Buttermore who plays tuba. They started their band *Second Chair Brass* in January of 2013 and have played at more than 300 gigs! They will be performing

GARDEN/PATIO PARTY DATES

Come enjoy a tasty drink and conversation with friends while getting some fresh air!

- * Thursday, September 7th
- * Thursday, September 14th
- * Thursday, September 21st

HEALTH CARE HAPPENINGS

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

WELCOME TO HEALTH CARE

We extend our warmest welcome to Webb Groos, Milton Sturies, and Janet Thompson.

IOWA STATE SEPTEMBER FOOTBALL SCHEDULE

Saturdays at TBD

It's football time! Iowa State has five games in the month of September. Stay tuned for the later games times and TV channel. ESPN+ games will be played in the living rooms.

- ISU vs UNI at 1 pm on ESPN+
- ISU vs Iowa at 2:30 pm on FOX
- ISU vs Ohio at 11 am
ESPN2 or ESPNU
- ISU vs OSU TBD



on

CENTER GROVE AFTERNOON TRIP

Wednesday, September 13th at 1:15 PM

Wednesday, September 27th at 1:15 PM

Back by resident request, we will be spending an afternoon visiting Center Grove Orchard in Cambridge, Iowa. On this trip, we will learn about the business, how it has grown, and even taste some of the goodies made fresh daily. We hope you will join for an afternoon of Fall fun! Sign up for 1 of the

NEW GAME: LADDER GOLF

Saturday, September 9th at 10:30 AM

Aspen Court

Games are becoming a well attended activity around the health care center. A new game residents and staff are going to try is Ladder Golf. Residents hold a bola (two balls held together by a rope) and toss them on one of three ladder bars to score points. Be the first one to score the max points!

OVERFLOW BUSINESS PRESENTATION

Tuesday, September 19th

at 3:00 PM

Activity Room

Local thrift store, Overflow, has been apart of the Ames community for many years. Their mission is to invest in the Ames and local communities by recycling and reselling clean, affordable goods. They will be sharing about their business and all the wonderful charities and organizations they work alongside.

MOSAIC COASTERS ART CRAFT

Thursday, September 14th

at 3:00 PM

Activity Room

Make a mosaic coaster! Pick out beautifully colored gems and adhere them to the white ceramic coaster. Get creative and bring home a new piece of art to add to your room. Life Enrichment staff will be there to provide assistance and ideas.

HANNAH'S HOUSE PRESENTATION

Wednesday, September 29th

at 2:30 PM

Aspen Court Living Room

Updating a house is a long process that takes time and money. Hannah has been updating a house since October 2019 with her husband. She will be showing pictures and videos from the last year of work as well as previous years for a refresher.

NOW SHOWING AT GREEN HILLS

FEATURED MOVIES

BROOKLYN

**Tuesday, September 5th
at 2:00 pm and 6:30 pm**

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. (2015, Drama / Romance, 1 hr, 57 minutes, PG-13)

A THOUSAND AND ONE

**Monday, September 11th at 6:30 pm
and Tuesday, September 12th at 2:00 pm**

After unapologetic and fiercely loyal Inez kidnaps her son Terry from the foster care system, mother and son set out to reclaim their sense of home, identity, and stability, in a rapidly changing New York City. (2023, Crime / Drama, 1 hr, 57 minutes, Rated R for language)

TEMPLE GRANDIN

**Monday, September 18th at 6:30 pm
and Tuesday, September 19th at 2:00 pm**

A biopic of Temple Grandin, an autistic woman who has become one of the top scientists in the humane livestock handling industry. (2010, Biography / Drama, 1 hr, 47 minutes, PG)

CRAZY RICH ASIANS

**Monday, September 25th at 6:30 pm
and Tuesday, September 26th at 2:00 pm**

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. (2018, Comedy / Romance,



SAN FRANCISCO 49ERS Game watch

**Thursday, September 21st at 7:15 pm.
Watch Brock Purdy and the 49ers take
on the NY Giants.**

MOVIE MATINESS

COAL MINER'S DAUGHTER

**Thursday, September 7th
at 2:00 pm**

The fictionalized life of singer Loretta Lynn, a girl who rose from humble beginnings to become a country music star in the 1960s/70s. (1980, Biography / Drama / Music, 2 hrs, 4 minutes, PG)

THE BEST EXOTIC MARIGOLD HOTEL

**Thursday, September 14th
at 2:00 pm**

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. (2011, Comedy / Drama / Romance, 2 hrs, 4 minutes, PG-13)

THE MUSIC MAN

**Thursday, September 21st
at 2:00 pm**

Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town. (1962, Comedy / Family / Musical, 2 hrs, 31 minutes, G)

O BROTHER, WHERE ART THOU?

**Thursday, September 28th
at 2:00 pm**


In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them. (2000, Adventure / Comedy / Crime, 1 hr, 47 minutes, PG-13)

September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 - Labor Day	5 9:30 The Green Birds Chorus Practice (CR) 1:30 Bus - Hy-Vee 2:00 Movie: Brooklyn 3:00 Meditation Exploration 6:30 Movie: Brooklyn	6 10:00 Halku Poetry Group (PR) 10:10 Bus- Lunch Bunch- OPA! Italian & Greek Restaurant 10:30 Devotions (HCC) 1:00 Bistro Stitchers (Bistro)	7 10:00 Men's Coffee (MDR) 11:00 Technology Assistance (PR) 1:30 Bus - Fareway 2:00 Movie: Coal Miner's Daughter 3:00 4th Quarter Financial Review (CR) 6:30 JD's Trio (CR)	8 10:00 Billiards in the Lindens 1:30 Ping Pong (AR)	9 12:00 Potluck (CR) 1:00 Bus- ISU Football vs Iowa 2:30 Gamewatch-ISU Football vs Iowa 4:00 Happy Hour Social (LB)
10	11 9:30 Women's Coffee (MDR) 1:30 Bus - Hy-Vee 6:30 Movie: A Thousand and One	12 9:30 The Green Birds Chorus Practice (CR) 9:50 Bus- Ada Hayden Golf Tour 2:00 Movie: A Thousand and One 3:00 Meditation Exploration	13 10:00 Continuing Education: (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 6:00 15th Annual Fish Fry (RSVP)	14 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: Best Exotic Marigold Hotel 3:00 Mexican Train Dominoes (MDR) 5:45 Bus- ISU Volleyball vs UCSB	15 10:00 Billiards in the Lindens 5:45 Bus- ISU Volleyball vs Ohio	16 11:00 Gamewatch-ISU Football vs Ohio 1:15 Bus- ISU Volleyball vs Drake 4:00 Happy Hour Social (LB)
17	18 1:30 Bus - Hy-Vee 6:30 Movie: Temple Grandin	19 9:30 The Green Birds Chorus Practice (CR) 2:00 Movie: Temple Grandin 3:00 Meditation Exploration	20 10:30 Devotions (HCC) 11:10 Bus- Clayton Farms Tour and Lunch 1:00 Bistro Stitchers (PRDR)	21 10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway 2:00 Movie: The Music Man 7:15 Gamewatch- San Francisco 49ers vs NY Giants	22 10:00 Billiards in the Lindens 4:30 Club 2200 (CR) 5:30 Meal Basket (RSVP) 6:45 Bus- ACTORS- The Play That Goes Wrong	23 TBD Gamewatch-ISU Football vs Oklahoma State TBA Bus- ISU Football vs Oklahoma St 4:00 Happy Hour Social (LB)
24 2:00 Sunday Piano Bar with Motoko	25 1:30 Bus - Hy-Vee 6:30 Movie: Crazy Rich Asians	26 9:30 The Green Birds Chorus Practice (CR) 2:00 Movie: Crazy Rich Asians 3:00 Meditation Exploration	27 10:00 Therapy Presentation- Stacy Weaver (CR) 10:30 Communion (HCC) 1:00 Bistro Stitchers (PRDR)	28 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: O Brother, Where Art Thou? 3:00 Mexican Train Dominoes (MDR)	29 10:00 Billiards in the Lindens 3:00 Sherry Luxton Classical Piano (CR) 6:45 Bus- Town and Gown	30 1:15 Bus- ISU Volleyball vs Baylor TBA Gamewatch-ISU Football vs Oklahoma 4:00 Happy Hour Social (LB)

September 2023
Independent Committee & Club Calendar

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