

DISCOVER, EXPLORE AND MORE

June 2024

BUS- MARMALADE MOON

Downtown Ames

Tuesday, June 11th

APTS: 1:00 PM / Townhomes: 1:05 PM

Choose from their ever-changing and unique flavors of homemade ice cream. They offer 12 flavors of ice cream; at least two flavors are dairy-free, one of which will be a sorbet and one vegan. Ice cream is available by the scoop – one, two or three – or by the pint. Not only do they offer home-made ice cream but snacks, sandwiches, full coffee bar, retail shop and a creative corner. Since there is plenty to see in the shop, we will take turns ordering at the counter. An ice cream menu will be put in the bus book on Monday, June 3rd. If you choose, you can pre-order with Cheryl and she will put in the order when we arrive and bill your account.

BUS- LUNCH BUNCH:

THE COLORADO GRILL

Friday, June 21st

Apartments: 10:30 AM

Townhomes: 10:35 AM

The Colorado Grill in Boone has been open since 1997. Their extensive menu includes pasta, steaks, salads, burgers, sandwiches, wings, prime rib, salmon and more. Order and pay individually.

BUS- PARK WALK-

McFARLAND PARK

Wednesday, June 26th

Apartments: 9:00 AM

Townhomes: 9:05 AM

Take a walk on the paved trail around recently renovated McFarland Lake. Jerry Keys, Environmental Education Coordinator, will walk with us and talk about this recent project. McFarland Park is a 200-acre area just north of Ames. The park offers visitors a variety of ecotypes to explore including tallgrass prairie, woodland, and stream habitats. We will load the bus at 10:45 AM to return.

HELLO SUMMER!

BUS TRIPS AT A GLANCE

Please see the “HELLO SUMMER!” insert in this newsletter for more information about each of the following scheduled bus trips in June.

BUS- LAKE PANORAMA BOAT & FARM TOUR

Tuesday, June 18th

Apartments: 9:15 AM

Enjoy a ride around beautiful Lake Panorama on Paul Brackelberg’s pontoon boat and tour Early Morning Harvest Farm.

BUS- IOWA CUBS BASEBALL

VS SAINT PAUL SAINTS

Sunday, June 30th

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

Enjoy an afternoon of Iowa Cubs baseball at Principal Park in Des Moines.

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GREEN HILLS ON-SITE SPECIAL EVENTS

PRIMARY ELECTION VOTING

Tuesday, June 4TH

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

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

ABRAHAM LINCOLN: A New Birth of Freedom

**Wednesday, June 5th
3:30 PM**

Community Room

Don't miss Kevin Wood's first-person presentation of President Abraham Lincoln in period dress, talking about his own life and the history of the United States of America from Independence through the Civil War. After the presentation, there will be a chance to get a photo with Abe!

HELLO SUMMER!

Please refer to the enclosed "Hello Summer!" insert in this newsletter for more details about the Fish Fry and Sensory Garden Social.

16th ANNUAL FISH FRY

**Tuesday, June 4th
Lindens Courtyard
5:00 PM**

SENSORY GARDEN STRAWBERRY SHORTCAKE SOCIAL

**Friday, June 14th
2:00 PM**

STICKY FINGERS FOOD TRUCK

**Friday, June 7th
11:00 AM – 1:00 PM**

Parking Lot A

The menu includes crispy fried chicken tenders basket or sandwich, beef burgers, breaded pork loin, Philly Cheesesteak and fries. Order and pay individually.

FIRST NATIONAL BANK "Get To Know Us"

**Monday, June 24th
3:30 PM**

Community Room

This presentation is open to all residents of Green Hills. FNB offers convenient on-site banking and are often asked about their products and services. Representatives will talk about what they offer, including Wealth Management and Financial Management & Trust Services. This presentation is for informational and educational purposes only. Please sign up in the Bus & Event Book at the reception desk so they have an idea on how many will be attending.

TODD & FRIENDS

**Saturday, June 29th
2:00 PM**

Community Room

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

HAPPY BIRTHDAY!

Beverly Madden—6/2
Mary Jean Baker—6/3
Loyd Brown—6/3
Arthur Klein—6/4
Donald Schmelzer—6/4
Paula Toms—6/4
Lynn Zwagerman—6/6
Sandra Tank—6/10
Wayne Fuller—6/15
Margaret Goltermann—6/16
Joyce Nichol—6/16
Susan Witzel—6/17
Marcia Imsande—6/18
Linda Peters—6/19
Don Eggerling—6/21
Barbara Bruene—6/22
Mark Gilloon—6/22
Fred Knop—6/24
Jan Payer—6/26
Edward Buckingham—6/26
Warren Madden—6/27
Allan Baker—6/29
Bill Monroe—6/29

The Lindens

Jeannine M.—6/14

Health Care Center

Doris S.—6/1
Esther F.—6/19
Isabel M.—6/27

Cedar Court

Liz S.—6/27
Rollie J.—6/20

FIRST NATIONAL BANK HOURS

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

The First National Bank office is located across the hall from Le Bistro.

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.

BUS- AMES BANDSHELL CONCERTS AT DURHAM BANDSHELL PARK

Thursday, June 6, 13, 20 and 27

APTS: 7:15 PM / TOWNHOMES: 7:20 PM

Bring your own chair and enjoy these wonderful concerts. The bus will be limited to 21 riders for space for lawn chairs. (Free event)

BUS- IOWA ROSE SOCIETY'S ANNUAL ROSE SHOW

Saturday, June 15

Reiman Gardens

APTS: 12:45 PM/TOWNHOMES: 12:50 PM

Stroll through the extensive rose collections before viewing the Iowa Rose Society's annual juried show featuring the best roses in the state. Visitors will have the opportunity to see a huge variety of award-winning cut roses differing in form, color and scent. *(Free for Reiman Gardens' members. \$11.00 senior admission for non members. No preregistration required.)*

BUS- ACTORS: SISTER ACT

Saturday, June 22nd

APTS: 6:45 pm / Townhomes: 6:50 pm

Based on the 1992 film, this feel-good comedy musical will have you laughing and dancing along! Purchase your own ticket.

BUS- ISU DAIRY FARM OPEN HOUSE

Friday, June 28th

APTS: 8:30 AM / TOWNHOMES: 8:35 AM

The open house will showcase the ISU Dairy Research and Teaching Unit, and celebrates all things dairy. Indulge in breakfast, receive informational tours of the milking parlor and milk house, hop on a trolley to receive a driving tour of the farm, and learn modern dairy practices. Return to Green Hills about 10:30 am. (Free event)

BUS- IOWA REGIONAL LILY SHOW—Reiman Gardens

Saturday, June 29th

APTS: 12:45 PM /TOWNHOMES: 12:50 PM

See lilies from Iowa and surrounding states. A number of floral designs and photos will fill Reiman Gardens' Events Hall with color and beauty as they host the Iowa Regional Lily Society's (IRLS) Annual Lily Show again this year. *(Free for Reiman Gardens' members and ISU students. \$11.00 senior admission for non members. No preregistration required.)*

SHOPPING TRIPS

Buses scheduled for Fareway, Hy-Vee, Wal-Mart, and Aldi will pick up from the Main Entrance only. After shopping the bus will bring you back to your townhome and drop you off with your purchases.

Hy-Vee— 1:30 PM

Mondays, June 3, 10, 17 and 24

Fareway— 1:30 PM

Thursdays, June 6, 13, 20, 27

ALDI— 9:30 AM

Tuesday, June 4

Walmart— 9:30 AM

Monday, June 17

DOWNTOWN FARMERS' MARKET

Saturday, June 15th and 29th

APT: 9:30 AM

TOWNHOMES: 9:35 AM

Ames Main Street Farmers' Market provides a weekly opportunity to buy directly from local Iowa vendors and producers offering seasonal fresh fruit, vegetables, meats, cheeses, arts, crafts, fresh flowers, plants and much more. In addition to the variety of vendors, the market also provides live local entertainment.

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
8:00 AM — 3:00 PM
Saturday
10:00 AM — 2:00 PM

16th ANNUAL FISH FRY

Tuesday, June 4th
5:00 pm— Social time/ Bar open
5:30 pm— Food and Music by The Dixie Slicks

GREEN HILLS CAFE

Wednesday, June 19th
5:00— 7:00 PM

CLUB 2200 MEAL BASKET

Friday, June 28
5:30 PM

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

Meals can be ordered anytime from the Linden's dining room for pickup, just call x5388.

RESIDENTIAL HEALTH SERVICES WELLNESS CLINIC

Blood Pressure Clinics

Thursdays, June 6, 20 and 27
Monday, June 10
9:30 AM

Call Kaylee, x5013, for an appointment for the following:

Ames Hearing Aid Clinic

Tuesday, June 11th—9:30 AM

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

5th— Northminster Presbyterian Church
Pastor Jim DuBois

12th— Harvest Vineyard Church
Pastor Alan Jensen

19th— First United Methodist Church
Reverend David Weesner

26th— Communion:
Palestine Lutheran
Pastor Eric Klimpel

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



IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Ed Ethridge.



WEATHER AND MEDICAL EMERGENCY PRESENTATION Thursday, June 6th at 2:00 PM Community Room

Join Rian and Kaylee to learn about preparedness for weather and medical emergencies. Refreshments will be served.

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

JUNE 1, 8, 15, 22, 29 (SAT) 4:00 PM	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.
JUNE 3 (MON) 3:00 PM	1950s FUN CHAT This month's delightful guest is Joyce Rice. From starting with a full-ride scholarship as twirler with Iowa State University's Marching Band to her star-studded twirling performances at national rodeos, on television, and the world-traveling Harlem Globetrotters, Joyce's love for baton twirling shines through her beautiful personality! (GH Theater)
JUNE 5 (WED) 10:00 AM	HAIKU AND POETRY GROUP Come be creative and try writing some poetry or just come to enjoy the reading of any type of poetry, not just Haiku. (Prairie Rose Dining Room)
JUNE 5, 12, 19, 26 (WED) 1:00 PM	BISTRO STITCHERS & BED MAT MAKERS This gathering is for those who do any type of hand craft. (Prairie Rose Dining Room)
JUNE 4, 11, 18, 25 (TUES) 1:30 PM	MEDITATION EXPLORATION All are welcome to attend sessions held Tuesdays in the Meditation Room on the 2nd floor of the Lindens.
JUNE 6, 13, 27 (THURS) 10:00 AM	MEN'S COFFEE All men are invited to this informal coffee group, held every Thursday except the third, in the Main Dining Room.
JUNE 7 (FRI) 9:30 AM	WOMEN'S COFFEE This month, we will meet in the Pine Room. Everyone is welcome to join.
JUNE 8 (SAT) 12:00 PM	POTLUCK Bring a dish to share with a serving utensil, your own table service and beverage container. We will honor the June birthdays this month! Serving utensils will no longer be provided. (Community Room)
JUNE 12 (WED) 10:00 AM	CONTINUING EDUCATION: ISU ATHLETICS This month's program will feature Tom Kroeschell. Tom began his career in 1985 in the Iowa State Athletic Department becoming Director of the Sports Department in 1993 and then to Cyclones.tv in 2013. A storyteller at heart, he will talk about the history and current times of the Iowa State Athletics program during his 36 years of service in the ISU Athletics department. (Community Room)
JUNE 16 (SUN) 2:00 PM	SUNDAY PIANO BAR Motoko and Chuck Oulman are excited to welcome their friends and neighbors to gather in the Commons Area Lobby. Come socialize and enjoy Motoko's music. Dancing is always welcome!
JUNE 20 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided. (Main Dining Room)

**JUNE 28 (FRI)
4:30 PM**

CLUB 2200

Alcoholic and non-alcoholic beverages, as well as snacks, will be served. Soft drinks, beer, wine or mixed drinks are available for purchase- \$2.00 for a soft drink and \$5.00 for beer, wine or mixed drinks (payable at Club 2200). There is 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 (x5388) and the fee will be billed to your account. (Community Room)

CLUBS AND SUPPORT GROUPS

**JUNE 5 (WED)
2:00 PM**

CAREGIVERS SUPPORT GROUP

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)

**JUNE 4 AND 18
(TUES)
9:15 AM**

SENSORY GARDEN CLUB

The warmer weather is here! Let's meet in the Sensory Garden to enjoy the ambiance and work on spring projects.

**JUNE 12 (WED)
2:00 PM**

BOOK CLUB

This month's book will be *The Midnight Library: A Novel* by Matt Haig. Ann McMullin will be the discussion leader. Somewhere out beyond the edge of the universe there is a library of books, each one the story of another reality. Nora is a young woman who has been disappointed in her life and she attempts suicide. Instead of dying she discovers that she is in a Midnight Library. This library contains multiple books that she can take down and actually enter one at a time. She lives in the life of that book for a while but leaves it when she is no longer comfortable with it. She then picks another book. In this endeavor she is guided by the image of the librarian, Mrs. Elm whom she knew as a young girl and always felt comfortable with. (Pine Meeting Room)

GAMES AT GREEN HILLS

CRIBBAGE

**Tuesdays from 10:00 AM– Noon
Prairie Rose Room**

If you are interested in playing or want to learn how to play, just come join them!

BILLIARDS IN THE LINDENS

Fridays from 10:00– Noon

Head over to The Lindens (2nd floor) to play some 8-Ball pool!

PING PONG

Every Friday at 2:00 PM

The table will be set up every Friday afternoon and will remain up through the weekend. (Aerobics Room)

BRIDGE CLUB

Wednesdays, June 12th and 26th at 1:00 PM
Open to all residents. (Main Dining Room)

MEXICAN TRAIN GAME

Thursday, June 13th and 27th at 3:00 PM
Come play this fun game! (Main Dining Room)

GAMES AT LE BISTRO

The Yes2HealthyLife Committee has a drawer by the Bistro that has board games in it. The drawer is labeled. You are welcome to check out a game and bring it back when you are finished. There is a clipboard in the drawer to sign a game out. Happy gaming!



The Green Hills Chimes

PRESIDENT'S MESSAGE

Hope you all were able to attend the Annual Shareholder's Meeting on May 29th. The update of the Board approved changes in the Bylaws was approved by the appropriate number of shareholders. The new Advisory Council and Board members were announced, and details of the 2024-2025 Budget were reviewed. Your new monthly fee document will be in your Green Hills mailbox.

The Board approved budget includes an overall merit increase for staff averaging 4% and appropriate increases in certain base wages to keep us competitive for hiring staff when needed or required. In total, the Green Hills Residence Association staff about 30 (29.95) FTEs. The monthly fee increases averaged 4.8% or \$114. The second person fee increased \$20 from \$315 to \$335. The monthly food minimum was raised to \$140 per person per month to accommodate the actual cost of food and personnel. The budget includes a 0.25 FTE for a part-time Accounts Payable Specialist and 1.5 FTE for a Security position, 10 hours per day (mostly nighttime) and 7 days per week.

The construction for the new Maples is progressing on schedule with footings and foundation walls in process of installation. So far, we have 11 units sold.

Green Hills has purchased Unit 208 in the Oaks so it can be combined with Unit 210, a one-bedroom unit, which we already own. The larger combination of 208 and 210 will be easier to sell. Unit 209 (another one-bedroom unit) in the Oaks will be used for Physical Therapy on a trial basis for up to one year. The Oaks hallways will be finished during this new fiscal year.

Recently there was an unexpected HVAC failure in the Health Care Center. A fan blade broke loose and cut into two condensing coils causing leakage of all the refrigerant fluid in the unit. Repair costs estimated by the Baker Company ranged from \$30,000 to \$40,000 depending on what is replaced. The GHHC Board voted to replace all coils and fan motors and fan blades at the \$40,000 cost. In this regard, that renders the condensing unit to be essentially new with Baker assurance the repair and replacement items will last at least 5 years. The original unit provided 12 years of service prior to the failure. The Capital Planning Committee was tasked with affecting its replacement. The Baker Company will be inspecting all our HVAC units as a measure to prevent similar or other future failures.

The sound panels recommended by RDI have been ordered. After they are installed, the sound system will be upgraded. This will help improve the Community room acoustics so we can be "the best we can be."

Jerry Lee Hall
May 29, 2024

NAMETAG REMINDER

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

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)

Ed's Cartoon Corner

"I've had fun putting some comical comments in my cartoon space here. Thank you for your enthusiastic response and compliments. It's good to stand back and find humor in everyday situations, not the least of which are right here at Green Hills."

Love, Ed Ethridge

LOBBY T.V. SLIDES



*Love
from
Ed*

MEMORIAL FUND

The Green Hills Memorial Fund provides a way to remember someone who was special in your life. For many of us we give memorials to someone's church or college or a charity of their choice.

But there are those whose major connection in our life is through the Green Hills community. This can be a special way to say thank you to their spouse or family for their friendship.

If you wish to give a memorial, make the check out to the Green Hills Residents Association and place in the contributions box on the reception desk. Be sure to designate who the memorial is for in the memo line or provide a note with the funds.

The staff in turn mails a card to the family indicating the receipt of your gift in the name of their love one.

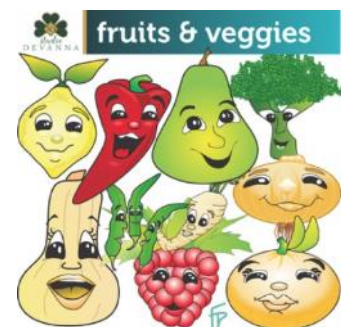
GREEN TEAM CHALLENGE

This month's challenge is to add food waste to the three composting bins (Sub Pods) located next to the raised garden beds and the Sub Pod between the Dining Room and the Entrance to the Wellness Center.

The Sub Pods are meant to compost small food scraps– no large pieces of foods. It is helpful to add small amounts of shredded paper (clean with no plastic or staples). with the food .

DO NOT add citrus or pineapple at this time.

Approved Foods for



- Vegetables
- Fruit
- Coffee grounds
- Tea bags
- NO PLASTIC BAGS, even compostable ones
- Paper – shredded

FROM THE ART GALLERY COMMITTEE:**Invitation for late summer Resident Show**

The Art Gallery Committee is planning a resident show for mid-August through the month of September. The title of the show is "Travel Reflections."

We invite residents to show artwork collected on travels, or artwork reminiscent of their travels. Our gallery accommodates mostly pieces that can be hung on the walls, but some dimensional objects can be accepted for placement in one of our three vitrines.

It's not too early to look around in your homes! If you have something to submit for the show (mid August - end September), please contact one of the Art Gallery Committee members: Barbara Bruene, Anne Durland, Don Dyer, Molly Ethridge, Carol Grant, Art Klein, Shala Ludley, Rae Reilly, or Priscilla Sage.

GH LIBRARY- NEW BOOK LIST

New Books in the Green Hills Library, May, 2024 (on the shelf under the windows)

AUTHOR	TITLE	CATEGORY
Housel, Morgan	<i>The Psychology of Money</i>	Econ/Govt
McCracken, Patti	<i>The Angel Makers: Arsenic, a Midwife, and Modern History's Most Astonishing Murder Ring</i>	History
Winspear, Jacqueline	<i>A Dangerous Place: A Maisie Dobbs Novel</i>	Fiction
Winspear, Jacqueline	<i>Among the Mad: A Maisie Dobbs Novel</i>	Fiction
Winspear, Jacqueline	<i>Birds of a Feather: A Novel</i>	Fiction
Winspear, Jacqueline	<i>Maisie Dobbs: The First Maisie Dobbs Novel</i>	Fiction
Winspear, Jacqueline	<i>Pardonable Lies: A Maisie Dobbs Novel</i>	Fiction
Winspear, Jacqueline	<i>The Care and Management of Lies: A Novel of the Great War</i>	Fiction

GOOGLE GROUPS COMMUNICATION

Green Hills has an email group that is a great communication tool. It is a nonconfrontational, nonpolitical group meant for sharing ideas, fun thoughts, reminders, information and anything else of interest to the group.

If you would like to be added to the group, email Suzan Shierholz at SShierholz@gmail.com and she will add you to the group.

GREEN HILLS CAMPUS WORK DAY



Friday, May 10, dawned sunny and warm – a perfect day for the Green Hills Campus Work Day. A team of about twenty employees and resident volunteers were led by Selena J., Landscape and Lawn Care Supervisor. And the mission? To remove the unsightly blue insulation around the foundations of townhouses across the campus, and to fill in the spaces with mulch. Tools, sunscreen, and work gloves were provided for everyone.

Teams of workers spread out, raking, chopping, and mulching for

three hours. It was lots of hard work, and plenty of joking and laughing among the work crews. What a pleasure it was for residents to get to work alongside grounds crew, leadership team, and other employees. Once the insulation was all dug out, the focus turned to topping off the mulch around plantings, with load after load of mulch.

The workday ended at about noon, and a



tired, dirty crew trooped in to wash up and help themselves to a walking taco lunch!

Employee Appreciation Committee
John Feyerer, Wayne Gregoire, John Greve, Carolyn Jons, Lew Klinge, Rae Reilly, Ardeth Rietz, Don Roehr, Marguerite Sibley

WHAT'S NEW IN THE LINDENS

**We extend our warmest
welcome to Kathy E.!**

TENANT MEETING

**Wednesday, June 5th at 3:00 PM
Lindens 1st Floor Commons Area**

All tenants are welcome and encouraged to attend this meeting. It gives you a chance to learn about updates around the community, ask questions and voice concerns. The meeting will be led by Amanda, Jessica, Rian, Katie and Elizabeth.

TUESDAY TASTING

**Tuesday, June 18th at 3:00 PM
Lindens 1st Floor Commons Area**

This month's tasting is cheesecake! We will be sampling a variety of cheesecakes including Strawberry Swirl, New York style, and Caramel Chocolate Chip!

Cheesecake was created by the ancient Greeks on the Island of Samos. It was made from combining fresh cheese with flour and honey until it was a thick paste! The Greeks believed that it would provide energy and even served it to athletes during the first Olympic Games in 776 BCE!

BIRTHDAY BASH

**Tuesday, June 4th at 3:00 PM
Lindens 1st Floor Commons Area**



Jeannine's birthday is on Friday, June 14th. Come and help her celebrate in the first floor common area. Cake and ice cream will be served.



PATIO PARTIES

Thursdays at 3:00 PM

It's time for our fan favorite patio parties! We'll enjoy sitting outdoors drinking cocktails or mocktails while soaking up the sun!

MUSIC EVENTS:

**Reggie Greenlaw
Saturday, June 8th
10:00 AM
Aspen Court**

**Allen Crutchfield
Tuesday, June 11th
2:30 PM
Aspen Court**

**Pat Lydon
Wednesday, June 19th
2:30 PM
Aspen Court**

**John Schumacher
Wednesday, June 26th
2:30 PM
Aspen Court**

**Todd and Friends
Saturday, June 29th
2:00 PM
Community Room**

HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to
Frankee O., Mary. A, Harold P.,
Steven R. Doris S., and Evelyn T.

LUNCH AT ADA HAYDEN

**Thursday, June 13th
10:30 AM-1:30 PM**

This month's outing we will be going to Ada Hayden park, in North Ames, for an outdoor picnic and fishing adventure. We will bring cold lunches from the kitchen and possibly walk some of the trails for those interested. Sign up with the Life Enrichment Department!

LUNCH BUNCH

Flip'n Jacks

June 17th and 18th at 11:15 AM

To accommodate everyone, we have scheduled two dates to go to lunch. Flip'n Jacks opened their doors for business in 2021. They are known for their homestyle breakfasts and HUGE pancakes. From your typical breakfast menu to delicious crepes, sandwiches, burgers to refreshing salads...there is something for everyone. Order off the menu and it will be billed to your account.

GARDEN VISITS

The warm weather is here which means garden visits are back!

Friday, June 7th at 2:30 PM

Friday, June 21st at 2:30 pm

Friday, June 28th at 2:30 PM

CELEBRATE SUMMER SOCIALS!

STRAWBERRY SHORTCAKE

Friday, June 14th at 3:00 PM

Sensory Garden

Enjoy the beautiful garden while eating some delicious strawberry shortcake with your friends.

ICE CREAM SUNDAES

Thursday, June 20th at 2:30 PM

Activity Room

Celebrate the 1st day of summer with us with some ice cream sundaes! There will be an assortment of flavors to choose from!

DONUTS & COFFEE

Monday, June 24th at 10:00AM

Sensory Garden

Come out to the garden and enjoy coffee and donuts compliments of Suncrest Hospice!



HELLO SUMMER 2024!

16th ANNUAL FISH FRY

**Tuesday, June 4th
Outdoor Courtyard**

It's time again for this popular annual fish fry! What a wonderful time to be outside, have some delicious food, socialize with your friends and enjoy the great music of The Dixie Slicks!

5:00 PM– Gathering time– bar opens for purchases

5:30 PM– Dinner service starts



Special music by The Dixie Slicks!



This band has performed in central Iowa for many years.

They play songs in the style of New Orleans

jazz. The band has seven instrumentalists and features a female vocalist. The Slicks have played at festivals, university events, care facilities, and churches, among others.

FISH FRY MENU:

**Fresh Cod, Beer Battered
Fresh Perch, Cornmeal Breaded
Seasoned Waffle Fries
Creamy Coleslaw
Fresh Lemon & Tartar Sauce
Toffee Blondies**

**Complimentary
Strawberry Lemonade**



\$26.00 per person billed to your account.

Call #5388 to RSVP by noon on

Thursday, May 30th.

Dietary accommodations upon request.



SENSORY GARDEN STRAWBERRY SHORTCAKE SOCIAL

**Friday, June 14th
2:00—3:00 pm**

With all the rain and work from our Sensory Garden volunteers, the garden is flourishing! You won't see these beautiful irises, but you are sure to see the other flowers that will be at their peak for our **Strawberry Shortcake Social** in the Sensory Garden! Enter by using the outside gate across from Parking Lot B or through the Health Care Activity Room. Please sign up in the Event & Bus Sign-up Book located at the Reception Desk by Wednesday, June 12th so that we know how many to plan for.

LOOKING AHEAD.....

We are excited about some of the things that are in the works for the rest of the summer months!

- Outdoor Courtyard Happy Hour with special music (sponsored by the Hope Committee at Green Hills)
- Lavendar Farm Tour
- Picnic at Ledges State Park
- More events in the Sensory Garden
- ISU Creamery
- LeRoy and Susan Witzel antique tool collection in Humboldt.

BUS- LAKE PANORAMA BOAT & EARLY MORNING HARVEST FARM TOUR

Tuesday, June 18th—Departing from the Main Entrance only at 9:15 am

Enjoy a ride around beautiful Lake Panorama on Paul Brackelberg's pontoon boat and tour Early Morning Harvest Farm.

Paul Brackelsburg has extended an invitation to enjoy a ride on his pontoon boat again this year. The tour will be divided into 2 groups and we will take turns on the boat and seeing the farm.

We'll start at Paul's lake home, enjoy the view and light refreshments, then drive around the lake and make our way to the farm.



Enjoy a catered lunch from Tripple Berry Farm. We'll have pulled pork sandwiches, mac-n-cheese, homemade potato chips, and lemon raspberry cupcakes.

After lunch, half the group will stay for a tour of the Early Morning Harvest Farm stone mill and aquaponics greenhouse. Early Morning Harvest cultivates grains, produce, honey, and eggs on their family farm near Panora. They stone-grind their certified organic grains into flours, meals, and cereals. Their year-round produce grows in aquaponic, hydroponic, and seasonal greenhouses and gardens. Caring for their land and animals is their top priority, and they take pride in never using synthetic chemicals on their farm.



The other half of the group will drive back to the marina where Captain Paul will be your personal tour guide around Lake Panorama. He will show you all the beautiful spots on the lake. The boat ride will last about 1 hour and then the groups will swap.

Please note:

- There will be some uneven walking surfaces at the farm with crushed rock walkways. The walk into Paul's lake house is sloped.
- There are 2 sign up sheets in the bus book: one for those who didn't get to go last year and a waiting list for those who did. If you attended this tour last year, please sign up on the waiting list for this year to allow others a chance to go.

Tour cost of \$26.00 will be billed to your account.



BUS- IOWA CUBS BASEBALL VS SAINT PAUL SAINTS (PRINCIPAL PARK, DSM)

Sunday, June 30th

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

Game time is 12:08 pm so that will give you plenty of time to go out and find lunch before the game begins.

Sign up as soon as possible! The sooner we get tickets, the better our seats will be. When we have 12 signed up, we will order tickets. We can order more later if we get more to sign up.

- Only **CLEAR BAGS** smaller than 12" long x 12" tall x 6" wide will be allowed in Principal Park.
- **Cash will NOT be accepted.** They will accept debit or credit payments only.

NOW SHOWING AT GREEN HILLS

FEATURED MOVIES

THE BOY WHO HARNESSSED THE WIND (2019)

Monday, June 3rd at 6:30 PM

Tuesday, June 4th at 2:00 PM

Against all the odds, a thirteen-year-old boy in Malawi invents an unconventional way to save his family and village from famine. .
(*Biography / Drama / History, 1 hour 53 minutes, Rated: PG-13*)

UNFROSTED (2024)

Monday, June 10th at 6:30 PM

Tuesday, June 11 at 2:00 PM

In 1963 Michigan, business rivals Kellogg's and Post compete to create a cake that could change breakfast forever. (*Biography / Comedy / History, 1 hour 37 minutes*)

DEALING WITH DAD (2022)

**Monday, June 17th
2:00 and 6:30 PM**

Margaret reluctantly goes back to her hometown with her brothers to deal with the sudden depression of their dad. (*Drama, 1 hours 46 minutes*)

THE BEST OF ENEMIES (2019)

Monday, June 24th at 6:30 PM

Tuesday, June 25th at 2:00 PM

Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.
(*Biography / Drama / History, 2 hours 13 minutes, Rated: PG-13*)

OLDIES, BUT GOODIES

THE RIVER (1984)

Thursday, June 6th at 2:00 PM

Friday, June 7th at 6:30 PM

A farming family battles severe storms, while taking a valiant stand against a bank foreclosure and a powerful land grabber.
(*Drama, 2 hour 4 minutes, Rated: PG-13*)

THE SEVEN YEAR ITCH (1955)

Thursday, June 13th at 2:00 PM

Friday, June 14th at 6:30 PM

When his family goes away for the summer, a hitherto faithful husband with an overactive imagination is tempted by a beautiful neighbor. (Comedy / Romance, 1 hour 45 minutes, , Not Rated)

THE INTERPRETER (2005)

Thursday, June 20th at 2:00 PM

Friday, June 21st at 6:30 PM

Political intrigue and deception unfold inside the United Nations, where a U.S. Secret Service agent is assigned to investigate an interpreter who overhears an assassination plot. (*Crime / Mystery / Thriller, 2 hours 8 minutes, Not rated*)

THE GUNS OF NAVARONE (1961)


Thursday, June 27th at 2:00 PM

Friday, June 28th at 6:30 PM

A team of Allied saboteurs is assigned an impossible mission: infiltrate an impregnable Nazi-held Greek island and destroy the two enormous long-range field guns that prevent the rescue of 2,000 trapped British soldiers. (*Action / Adventure / Drama, 2 hours 38 minutes, Not Rated*)

June 2024


Green Hills Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June cont'd 10:30 Bus- Iowa Cubs Baseball		MDR - Main Dining Room CR - Community Room HCC - Health Care Center MR - Meditation Room PR - Pine Room LB - Le Bistro PRDR- Prairie Rose Room THR= Theater				4:00 Happy Hour Social (LB)
30	3 1:30 Bus - Hy- Vee 3:00 1950s Fun Chat (THR) 6:30 Movie: The Boy Who Harnessed the Wind	4 7:00 Election Day 7AM- 8PM (CR) 9:30 Bus- Aldi Shopping 10:00 Green Birds Chorus Practice (CR) 1:30 Meditation Exploration 2:00 Movie: The Boy Who Harnessed the Wind 5:00 16th Annual Fish Fry	5 10:00 Haiku & Poetry Group (PRDR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 2:00 Caregivers Support Group (PR) 3:30 Abe Lincoln Historical Presenter (CR)	6 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: The River 2:00 Weather & Medical Emergency Presentation (CR) 7:15 Bus- Ames Bandshell Concert	7 9:30 Women's Coffee (PR) 10:00 Billiards in the Lindens 11:00 Sticky Fingers Food Truck 11AM-1PM 2:00 Ping Pong (AR) 6:30 Movie: The River	8 12:00 Potluck (CR) 4:00 Happy Hour Social (LB)
9	10 1:30 Bus - Hy- Vee 6:30 Movie: Unfrosted	11 10:00 Green Birds Chorus Practice (CR) 1:00 Bus- Marmalade Moon Ice Cream 1:30 Meditation Exploration 2:00 Movie: Unfrosted	12 10:00 Continuing Education (CR) 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR)	13 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: The Seven Year Itch 3:00 Mexican Train Dominoes (MDR) 7:15 Bus- Ames Bandshell Concert	14 10:00 Billiards in the Lindens 2:00 Ping Pong (AR) 2:00 Sensory Garden Strawberry Shortcake Social 4:00 Solitary Man (CR) 6:30 Movie: The Seven Year Itch	15 9:30 Bus- Farmer's Market 12:45 Bus- Iowa Rose Society Show - Reiman Gardens 4:00 Happy Hour Social (LB)
16 Sunday Piano Bar with Motoko	17 9:30 Bus- Walmart Shopping 1:30 Bus - Hy-Vee 6:30 Movie: Dealing with Dad	18 9:15 Bus- Lake Panorama Boat Ride 10:00 Green Birds Chorus Practice (CR) 1:30 Meditation Exploration 2:00 Movie: Dealing with Dad	19 10:30 Devotions (HCC) 1:00 Bistro Stitchers (PRDR) 5:00 GH Cafe 5-7 PM (MDR)	20 10:00 Kaffee Klatsch (MDR) 1:30 Bus - Fareway 2:00 Movie: The Interpreter 7:15 Bus- Ames Bandshell Concert	21 10:00 Billiards in the Lindens 10:30 Bus- Lunch Bunch- The Colorado Grill 2:00 Ping Pong (AR) 6:30 Movie: The Interpreter	22 4:00 Happy Hour Social (LB) 6:45 Bus- ACTORS- Sister Act
23	24 1:30 Bus - Hy- Vee 3:30 First National Bank Presentation (CR) 6:30 Movie: The Best of Enemies	25 10:00 Green Birds Chorus Practice (CR) 1:30 Meditation Exploration 2:00 Movie: The Best of Enemies	26 9:00 Bus- Park Walk- McFarland Park (HCC) 10:30 Communion (PRDR)	27 10:00 Men's Coffee (MDR) 1:30 Bus - Fareway 2:00 Movie: The Guns of Navarone 3:00 Mexican Train Dominoes (PR) 7:15 Bus- Ames Bandshell Concert	28 8:30 Bus- ISU Dairy Farm Open House 10:00 Billiards in the Lindens 2:00 Ping Pong (AR) 4:00 Club 2200 (CR) 5:30 Meal Basket (RSVP) 6:30 Movie: The Guns of Navarone	29 9:30 Bus- Farmer's Market 12:45 Bus- Iowa Regional Lily Show- Reiman Gardens 2:00 Todd & Friends (CR) 4:00 Happy Hour Social (LB)

Continued at top

June 2024

Independent Committee & Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30		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)				1
2	9:30 Technology Committee (PR) 11:00 Continuing Education Committee (PR)	3 9:15 Sensory Garden Club (SG) 10:00 Cribbage Club (PRDR)	4 1:00 Bridge Club (MDR) 1:00 Employee Appreciation Committee (PR) 2:00 Book Club (PR)	5 9:50 Art Gallery Committee (PR) 11:00 Library Committee (PR)	6 1:00 Capital Planning (PR)	8
9	9:00 Advisory Council (PR)	10 9:30 Dining Services Committee (PR) 1:30 Continuous Quality Improvement (PR)	11 10:00 Cribbage Club (PRDR) 10:00 Green Team Committee	12 9:00 Finance Committee (PR)	13 3:30 GHHC Board Meeting (PR)	15
16						22
23	8:30 Board Meeting (PR) 10:00 Dining Committee	24 9:30 Grounds Committee (PR) 10:00 Cribbage Club (PRDR)	25 1:00 Bridge Club (MDR)	26 9:00 Finance Committee (PR)	27 1:00 Bridge Club (MDR)	29