

# August 21

## Northcrest News

**Northcrest Community**  
*Over 57 years of service to older adults*

### The Week at a Glance!

#### Sunday, August 21

12:30 Sunday Lunch  
2:00 Hymn Sing

#### Monday, August 22

10:00 Fareway shopping  
3:00 Memory Café, Northminster  
Presbyterian

#### Tuesday, August 23

9:30 **Tuesday Coffee**, Atrium J-1, 2 & 3

#### Wednesday, August 24

10:00 Blood Pressure Clinic  
10:00 Bus to ALDIs  
**The Crest is open**  
3:00 NC Foundation Annual Giving  
Campaign Kick-Off, Grand Room

#### Thursday, August 25

10:00 Bible Study, LIB  
**The Crest is open**  
6:00 Game Night, LIB

#### Friday, August 26

8:30-10:30 1st National Bank, Founders'  
10:00 Bus to Walmart  
10:30: Friday Chat with Joanne Pfeiffer  
5:15 Bus to Ames History Museum  
Benefit, Prairie Moon

#### Saturday, August 27

*The last of summer, hello fall!*



#### Health & Wellness

##### DAILY EXERCISE

Group Video exercise: 8:30 am, M-F

Tap-Fit exercise: 4:00 Mon & Wed,  
10:30 Tue & Thur, 1:30 Fridays

##### Hearing Aid maintenance:

September 6 (1st Tuesday of every month)

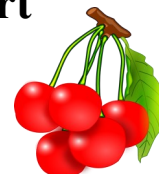
Massage Therapy: Darlene, 515-708-1556

*Watch for announcements on new  
classes and schedules in the  
planning phase!*



#### Sunday Dinner August 21, 12:30 p.m.

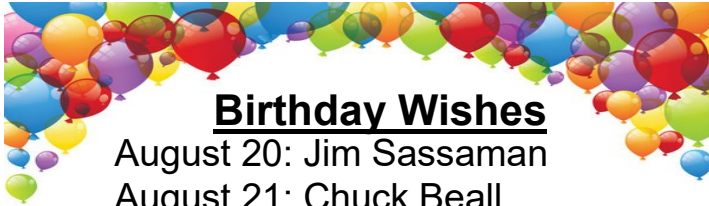
**Pot Roast**  
**Mashed Potatoes & Gravy**  
**Green Beans**  
**Strawberries & Blueberries**  
**Cherry Tart**



## ANNOUNCEMENTS

### Tuesday Coffees

On August 23, Atriums J-1, 2 & 3 will host. We will gather in the Grand Room as well as via Zoom. Watch for an email invitation.



### Birthday Wishes

August 20: Jim Sassaman  
August 21: Chuck Beall  
August 22: Johnie Hammond  
August 23: Barbara Yungclas  
August 28: Jean Olson

### Wellness Center News

The delivery of the new equipment has been changed to next week, so we are looking forward to that arrival!

**Exciting News:** A partnership has been formed with Ames Fitness to start classes on site with instructors on Tuesdays, Wednesdays, and Fridays. Watch for the exact schedules as our Wellness Liaison, Chris Mondak (wearing an alternative hat when not driving) works out the details.

### OLLI Classes

Information is available for the OLLI Fall Classes:

1. Catalogs are at the main desk and in the Parkway reading alcove---You can contact Diana Shonrock for additional copies.
2. Online catalogs and membership information is available at <https://olli.iastate.edu/>
3. Registration is now open and classes begin on September 12th.

### Friday Chats: 10:30 am

**August 26:** Joanne Pfeiffer with "Assets of Aging". Hand-outs will be given at Tuesday Coffee on the 23rd for perusal to encourage discussion!

**September 2:** David Faux with Heuss Printing and "The Iowan" magazine

## Northcrest Foundation Annual Giving Campaign Kickoff

**Date: August 24**

Location: Grand Room

Educational Presentation: 3 - 4:00 pm

Snacks & Beverages: 4:00 -5:00 pm



### Northcrest Fair

Watch next week's newsletter to see the winners in our State Fair display entries!

### Did You Know?

The Grand Room patio doors are unlocked during the front desk hours:

M-F 8:30 am—9 pm

Sat—Sun 9:00 am—8:00 pm.

Come and enjoy the beautiful Grand Room Patio!

## KNUT'S KNOTES

With the starting of classes at the high school next week, we will be closing the gate starting next Thursday, August 25. The **gates will be closed** Monday - Friday, 6:30 am - 4:30 pm. Call the Front Desk if you need the code.



### *In Loving Memory*

**David Topel**

10/24/1937—7/25/2022

**Beverly VanMeter**

3/15/1934-8/9/2022

Service Saturday, August 20  
St. John's Episcopal Church  
Bus at 1:00 pm

## PLACES TO GO, THINGS TO DO

### Senior Variety Show

Get your advance tickets for \$10 from Jan Beran or Bob & Lorraine Stumbo. You won't want to miss the 26th show, after a 2 year "detour"! The *Antics Roadshow* is ready to roll! Bus on

- Aug 19, 7:00
- Aug 20, 1:30 pm.



### Ames History Museum

The annual benefit dinner for the Ames History Museum will be held on August 26 at Prairie Moon Winery. One of our own residents, Lois Vohs, is being honored for her long time commitment to AHM. You must register & buy tickets by **Aug 16**. Bus at 5:15 pm, Fri, Aug 26.



### Best of Story County

Daily voting ends August 23! Instructions Cards are available at the front desk. Let's guarantee we get the 10th Year in a Row for BEST Retirement place!!!



### Tour of the Ames High School

There is a public open house of the new high school on Sat. Aug 27. You may go on your own from Noon to 4:00. We will offer a bus to go at 2:00 pm.

### O.W.L.S.

Sara Carmichael, Watershed Coordinator for Story County, will be discussing the county's water quality efforts. She will review practices like the volunteer water quality monitoring program, new edge of field nutrient program, and restoration activities. Thur, Sept 1, Bus at 9:45 am.

## SPORTS

**Sign up sheets for the buses for the full season will be available next week.**

### ISU Volleyball

ISU vs Missouri

- Fri, Aug 19, Bus at 5:30 pm



### ISU Football

Sept 3 the first game vs SE Missouri.

Step Show: Bus at 11:00 am

Game only: Bus at 12:00

## ENTERTAINMENT

### ISU Music Department

The first concert of the school year at ISU—the Fanfare Concert, held at the Martha Ellen Tye Recital Hall (MET), Sun, Aug 28, Bus at 2:30 pm.

### ACTORS

*Steel Magnolias* opens on Thu, Sept 8.

Bus available on

- Fri, Sept 9, 7:00 pm
- Sun, Sept 18, 1:30 p.



## COVID UPDATES

### **Current status of Northcrest Community:**

New Cases within the past seven days:

**Residents - 2**

**Staff - 0**

## The CREST

**Open Wed, Thurs, Fri**

**12:00—2:00 pm, 4:30—7:00 pm**

Specials: 4:30—5:00

All Drinks: \$3.50

Select Appetizers: \$5.00

**Soup of the Day : Beer Cheese Soup**

**Pick-up times for Regular Daily Meals at the 2300 Front Desk:**

**Lunch, Monday- Saturday: Sign up by 10:00am**

**Dinner, Monday, Tuesday & Saturday: Sign up by 2:30pm**

**Lunch is Ready For Pick Up at 2300 entry at 12:00 pm**

**Sunday Lunch: Sign up by 6:30 pm Saturday.**

**Lunch is ready for pick up at 2300 entry at 12:30 pm**

**Need the Kitchen? New Extension**

After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

**Sunday, August 21**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Green Beans, Strawberries & Blueberries, Cherry Tart

**Monday, August 22**

**Lunch:** Cheese Tortellini, Breadstick, Spiced Apple Rings, Three Bean Salad, Chocolate Chip Cheesecake Parfait

**Dinner:** Pork Loin with Demi Glaze, Twice-Baked Mashed Potatoes, Key West Blend Vegetables, Pear Halves with Maraschino Cherry, Cake

**Tuesday, August 23**

**Lunch:** Grilled Chicken on Romaine with Tomatoes, Bacon, Cheddar Cheese, Sliced Egg & Bleu Cheese Dressing, Roll, Fruit Salad, Rocky Road Brownie

**Dinner:** Grilled Steak with Steak Sauce, Baked Potato, Stewed Tomatoes, Honeydew, Lemon Pie

**Wednesday, August 24**

**Lunch:** Pulled Pork Sandwich, Potato Salad, Celery & Carrot Sticks with Ranch Dressing, Grapes, Yellow Cake with Chocolate Frosting

**Thursday, August 25**

**Lunch:** Gyro, Sweet Potato Fries, Peaches, Cookie

**Friday, August 26**

**Lunch:** Boneless Chicken Bites, Curly Fries, Orange Slices, Fresh Cut Vegetable Salad, Oatmeal Bar

**Saturday, August 27**

**Lunch:** Sloppy Joe Sandwich, Corn Chips, Strawberries, Broccoli Salad, Oreo Pie

**Dinner:** Chicken Cacciatore, Roasted Rosemary Potatoes, Sunshine Carrots, Fruit Salad, Mini Vanilla Swirl Cone