



August 7–20

# Northcrest News

2 WEEK EDITION

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

## The Week at a Glance!

### Sunday, August 7

12:30 Sunday Lunch  
2:00 Hymn Sing

### Monday, August 8

10:00 Fareway shopping  
2:00 NC Stitches meeting

### Tuesday, August 9

9:30 Tuesday Coffee, Atrium F-1 & 2  
5:00 Bus to Arboretum, Dueling Fiddles  
6:30 Bus to Ames History Talk, Library

### Wednesday, August 10

10:00 Blood Pressure Clinic  
10:00 Bus to ALDIs  
**The Crest is open**  
1:30 Bus to tour Molecular Biology Bldg

### Thursday, August 11

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

### Friday, August 12

8:30-10:30 1st National Bank, Founders'  
10:00 Bus to Walmart  
10:30: Friday Chat with the Volun-Peers  
**The Crest is closed**

### Saturday, August 13

10:30 Bus to Volleyball Scrimmage

### Sunday, August 14

12:30 Sunday Lunch  
2:00 Hymn Sing

### Monday, August 15

10:00 Fareway shopping  
6:30 Mixed Bridge

### Tuesday, August 16

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



### Wednesday, August 17

10:00 Blood Pressure Clinic—Providers Room  
10:00 Bus to ALDIs  
**The Crest is open**

### Thursday, August 18

10:00 Writers' Group  
**The Crest is open**  
4:00 Alzheimer's Sup. Gr, FR

### Friday, August 19

8:30-10:30 1st National Bank, Founders'  
10:00 Bus to Walmart  
**The Crest is open**  
5:30 Bus to ISU Volleyball vs Missouri  
7:00 Bus to Sr Variety Show, City Aud.

### Saturday, August 20

1:30 Bus to Sr Variety Show, City Aud.



## 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

## Sunday Dinner August 7, 12:30 p.m.

Pork Roast, Mashed Potatoes & Gravy,  
Normandy Blend Vegetables,  
Watermelon & Grapes,  
Peach Melba Crisp

# ANNOUNCEMENTS

## Tuesday Coffees

On August 9, Atriums F-1 & 2 will host.  
On August 16, 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 7: Helen McRoberts
- August 8: Diane Parsons
- August 9: Joan Traylor
- August 10: Eileen Tramp
- August 12: Barb Adams
- August 13: Lea Hinz
- August 14: Carolyn Jarnigan
- August 14: Sharon Smedal
- August 16: Lorraine Stumbo
- August 18: Ron Bartlett
- August 18: Berne Ketchum
- August 18: Lynette Spicer
- August 19: John Stanford

## “Northcrest Through Our Eyes”

The Northcrest Art Committee is planning an exhibit for next June and we invite your participation! “Through Our Eyes” will be a display of your own photos. We would like photos showing all our seasons of the NC campus; summer, fall, winter, and spring. Outside views, no people please!

Submit up to 5 of your best photos to [louiseaodo@gmail.com](mailto:louiseaodo@gmail.com), submit a thumb drive, or text 515-321-0559. You may submit up until May 10.



## Friday Chats: 10:30 am

**August 12:** Learn more about the NC Volun-Peers and how you can utilize their talents or add yours to the list! Presented by Luana Stoneking.

**August 26:** Joanne Pfeiffer with “Assets of Aging”.


## Did You Know?

The Grand Room patio doors are unlocked during the front desk hours. Come and enjoy the beautiful Grand Room Patio!



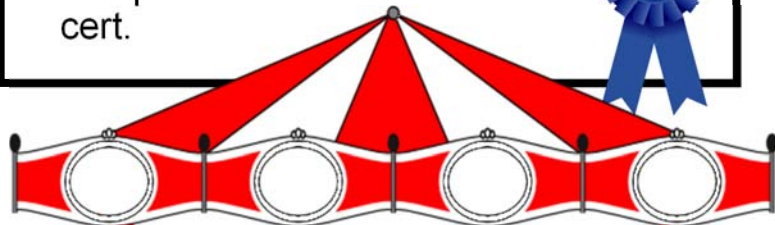
## Northcrest Style

Wednesday, August 17

- \* 8-10 am: Bring entries to Grand Room Floral, Produce, Crafts, Needlework
- \* 10-4:00: Carnival Games in Green Space opposite Front Entry Flap Attack, Ring Toss, Bags
- \* 10-4:00: Sno-Kones & Popcorn
- \* 1:30: Contests with Water Balloons, Hula Hoops and more! 
- \* 4:00: Heart of Iowa Band, Grand Rm

Thursday, August 18

- \* Petting Zoo: 9-10 HC/HWH residents 10-11 AL/IL residents
- \* 9-10:00: Butter Sculpture entries brought to Grand Room
- \* Noon: Fair Food, see below
- \* 1:30 –3: Taste Testing Station, Try something Wild & New! Library Atrium
- \* 3:00 The 2 Daves in Grand Room 
- \* 4:00 Awards given in Floral, duce, Crafts, Needlework & Sculpture Entries after  the cert.



## Thursday August 18 Lunch!

- Corn Dogs
- Fried Cheese
- Mini Donuts
- Mini Chocolate Chip Cookies
- Assorted Beers & Sodas
- Cost is \$10.50,
- Sign Up by August 15th, 9:30am

## PLACES TO GO, THINGS TO DO

### Ames History Museum

- Author's talk on the book, *Wilhelm's Way*, Ames Public Library, Tue, Aug 9, Bus at 6:30 pm.
- 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.



### Tunes in the Trees: the Arboretum

Listen to Dueling Fiddles in the shade in your own lawn chair! \$7 bus charged on your monthly bill, \$5 admittance, food and drink available for purchase there. Tue, Aug 9, Bus at 5:00 pm.

### Molecular Biology Bldg Tour

Rescheduled! Join Bernie & Linda White with Cindy Scholten as they talk about this great 30 year old building! Bus on Wed, Aug 10, 1:30 pm.

### 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.



### Best of Story County

Daily voting begins August 9-23. Instructions Cards will be available beginning Tuesday, August 9, 2022 at the front desk



## SPORTS

### ISU Volleyball

ISU Volleyball Scrimmage:

- Sat, Aug 13, Bus at 10:30 am.
- ISU vs Missouri
- Fri, Aug 19, Bus at 5:30 pm



### ISU Football

We will offer transportation to Football games and the ISU Step Shows again this fall. Plan on Sept 3 for the first game!

## 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.

## COVID UPDATES

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

New Cases within the past seven days:

**Residents - 1**

**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 10th & 11th: Broccoli Cheese**

**Soup of the Day 17th-19th: Tomato Basil**

**Stop in The Crest on State Fair Day  
Thursday August 18th for a Free Pickle  
on a Stick from 1:00pm-2:00pm**

\*The Crest will be closed August 12

**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 7**

**Lunch:** Pork Roast, Mashed Potatoes & Gravy, Normandy Blend Vegetables, Watermelon & Grapes, Peach Melba Crisp

**Monday, August 8**

**Lunch:** Tuna Melt, Sun Chips, Pickle Spear, Oriental Broccoli Salad, Peanut Butter Bar

**Dinner:** Creamy Pesto Chicken, Sour Cream & Chive Mashed Potatoes, Vegetable Medley, Pineapple & Blueberries, Raspberry Sherbet

**Tuesday, August 9**

**Lunch:** Cheeseburger with Lettuce, Tomato & Onion, Onion Rings, Orange Slices, Fresh Cut Vegetable Salad, Lemon Bar

**Dinner:** Marinated Pork Chops, Scalloped Potatoes, Key West Blend Vegetables, Fresh Apple Salad, Oatmeal Pie

**Wednesday, August 10**

**Lunch:** Beef Tostada with Lettuce, Tomato, Onion & Sour Cream, Black Bean & Corn Relish, Watermelon, Frosted Sugar Cookie

**Thursday, August 11**

**Lunch:** Turkey Tetrazzini, Peas, Fruit Salad, Coconut Cream Pie

**Friday, August 12**

**Lunch:** Orange Chicken over Rice, Stir Fried Vegetables, Asian Style Seasoned Green Beans, Fortune Cookie, Pear Slices, Heath Bar Blondie

**Saturday, August 13**

**Lunch:** Chef Salad with French Dressing, Dinner Roll, Honey Dew, Chocolate Chip Cookie

**Dinner:** Grilled Bratwurst with Sauerkraut, Baked Beans, Peaches, Mini Vanilla Swirl Cone

*\*\*Aug 14th-20th Menu will be printed and distributed next Thursday, August 11th.\*\**