June 11, 2023

Northcrest News

Northcrest Community
Over 58 years of service to older adults in the Greater Ames community

The Week at a Glance!

Sunday, June 11
2:00 Hymn Sing, GR

Monday, June 12
9:00 Bus to Tedesco Park
10:00 Bus to Fareway shopping

Tuesday, June 13
9:30 Tuesday Coffee, Atriums N-2
10:45 Chair Yoga
11:00 Bus to Lunch at Pasta Al Forno
11:45 Gentle Yoga
2:00 Hymn Sing, HC
5:00 Bus to Tunes in the Trees, Iowa Arboretum

Wednesday, June 14
10-12 Bookmobile here
10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee

Thursday, June 15
10:00 Writers Group
10:30 Chair Yoga
11:30 Gentle Yoga
7:30 Bus to Bandshell Concert, City Council Night with Ice Cream!

Friday, June 16
8:30—10:30 1st National Bank, Founders
10:30 Friday Chat: Dean Sayre on street improvements, Ames Public Works
10:30 Bus to Walmart & North Fareway
12:30 Bus to Story City for home tour
2:00 Bingo in Assisted Living-all are welcome!

Saturday, June 17
10:15 Bus to Threads & Trills Luncheon, Des Moines
11-1:00 Groundbreaking & Ice Cream Social, Ames History Museum, No Bus
1-4:00 Reiman Gardens Rose Show, No Bus
1-4:00 Ames Noon Kiwanis Birthday Party, Library, No Bus

Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:
July 5: Date changed due to holiday
(usually 1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Yoga Update: 45 minute classes now added to mornings on Tuesdays & Thursdays: Chair, and Gentle Yoga

Sunday Dinner
June 11, 12:30 p.m.

Pot Roast
Roasted Potatoes
Carrots
Fresh Fruit
Cherry Pie

ANNOUNCEMENTS

Birthday Wishes

June 5: Barb Schendel
(she was missed last week!)
June 13: Jane Lohnes
June 14: Jacque Zbaracki
June 15: Linda Doyle
June 15: Marilla Fox
June 15: Mary Gee
June 15: Jane Smith

Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee!!

Friday Chats, 10:30 am, GR

June 16:Dean Sayre from the Ames City Public Works Department will speak about the 24th St project that is in our near future.

Celebrate with Tom McGee!

Come offer birthday wishes to Tom for his 98th birthday! Join family and friends in the GR for cake & visiting. Sat, June 10, 1-3:00 pm.

Book Mobile

On Wed, June 14, the APL's Bookmobile comes to visit Northcrest! You can sign up for a Library card and get help accessing eBooks or Audiobooks on Libby, the library's access terminal. It will be parked at the 1801 entrance from 10:00 to 12:00.

Ames Noon Kiwanis Birthday Party

The Ames Community is invited to celebrate 100 years of Kiwanis grants and service to the area's youth! There will be birthday treats, door prizes and lots of memories! Sat, June 17, 1-4:00 pm, Ames Library.

Terrace Hill Livestream Program

This presentation explores the myths of baseball's origins, the early history and evolution of the game, baseball's journey to Iowa, and the role of the Civil War in spreading its popularity. Watch on Terrace Hill's Facebook page. We will play it in the Grand Room starting at 2:00 pm. Mon, June 19. (Bring your own CrackerJacks!)

Woo Hoo—Jamie Pollard to speak!!

Save the date to listen to Jamie Pollard and learn more of the CyTown project! Thu, July 6, 10:30 am, GR (Please note: not Friday!)

Community's Choice Award (Best of Story County)

Thank you to many of our residents for submitting your votes regarding participation in the Ames Tribune's Community's Choice Awards. We received over 75 votes and after 10 years of participating, you have voted to decline moving forward with advertising and a voting push for 2023. We have heard your voice. We will take a break from the three-month long voting reminders, and will utilize our marketing dollars with other opportunities.

Please note, Northcrest can still be nominated and if nominated, still be voted for the Community's Choice Award(s). If you would like to nominate Northcrest Community, Assisted Living at Northcrest and Best Place to Work, please go to Amestribune.com. The voting option is at the bottom of the page and the categories are as follows:

Home Services > Retirement/55+ Community

Home & Home Services > Assisted/Senior Living

Top Employers > Best Place to Work

The CREST

OPEN: Wed–Fri, June 14-16
12-2:00 pm and
4:30-7:00 pm

Soup of the Day:
Homemade Chicken Noodle

PLACES TO GO

Tedesco Park Outing

Let's go for a morning stroll at the Tedesco Learning Corridor. And as a bonus—Donuts! Namesake Ted will be with us to talk about the park. Mon, June 12, 9:00 am.

New restaurant: Pasta Al Forno

Go for good Italian food with NC friends, on East 13th St in the Quality Inn. We now have a waiting list. Tue, June 13, Bus at 11:00 am.

Tunes in the Trees, Arboretum

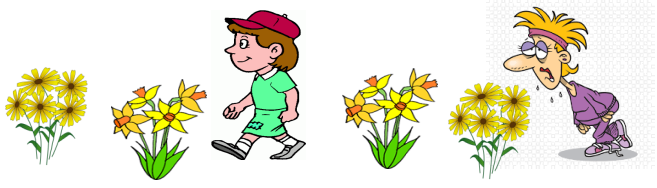
Grab your lawn chair and head to the Iowa Arboretum by Madrid to listen to music by Carter Guse, 6-8:00. Smokin Big Dawgs Food Truck will be available for purchase. $7 admittance at the gate (members free), $7 bus fee on your NC bill. Tue, June 13, Bus at 5:00 pm.

Visit an Original Colonial Home

The Senti home was built in 1755 in Connecticut, dismantled and moved to Story City! Tour it, with shopping and dessert on Main St afterwards. We'll stop at Slim's for fruit on the way home. $7 bus fee, Fri, June 16, Bus at 12:30 pm.

Evening Walk on Doolittle Prairie

To honor a request for more hiking opportunities, there will be a bus offered to Doolittle Prairie, just south of Story City for the monthly Evening Walk on the Prairie with Dr. Rosburg. This is a county sponsored event in the largest prairie remnant in Story County. Long pants, long sleeves, sturdy shoes & bug spray are recommended. Ronnie will register the group in advance. 1.5 hours long. $7 bus fee.
Tue, June 20, Bus at 6:30 pm.



Lunch at the Lucky Pig, Ogden

We'll visit the Northcrest Tree at the Iowa Arboretum with a guided on-the-bus tour, drive through the Ledges State Park, and then have lunch at the Lucky Pig in Ogden. They won Best Tenderloin a few years' back! $15 bus & tour fee, lunch on your own. Wed, June 21, Bus at 9:30 am.

ENTERTAINMENT

ACTORS Summer Musical

Pump Boys and Dinettes

Tickets available on-line now. June 8-25. $25 plus fees. Buses available on:

- Fri, June 9, 7:00 pm
- Sun, June 25, 1:30 pm

Threads & Trills Opera Luncheon

This event is full at this time. Sat, June 17, Bus at 10:15 am. Home by 2:30 pm.

Ames Municipal Band Concerts

Buses available each Thursday night at 7:30 pm. This Thursday, the 15th, is the Ames City Council Night, so there will be ice cream!! Bandshell Park, Bring your lawn chairs!

Story Theater Company

This Ames youth theater is putting on Disney's *High School Musical, JR.* June 16—25 at City Auditorium. No Bus.

Take a Walk with a Brown Bag

Brown bags located at doors 1801 and Parkway main entrance. When you're out for a walk, pull weeds or deadhead plants. Plant material can be emptied in trash bin beside box gardens. Then you can reuse the bag. Thank you for helping keep our campus beautiful!

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, Dinner at 5:00 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?
After calling 232-6760, please dial **Extension #7212 or choose option 4.**

Sunday, June 11
Lunch: Pot Roast, Roasted Potatoes, Carrots, Fresh Fruit, Cherry Pie
Dinner: Broccoli & Cheese Soup, Ham Salad Sandwich with Lettuce, Fruit Salad, Lemon Cake

Monday, June 12
Lunch: Grilled Turkey & Provolone Sandwich on Sourdough with Pesto Aioli, Chips, Bread & Butter Pickles, Cantaloupe, Strawberry Floats
Dinner: Rotisserie Chicken, Mashed Potatoes & Gravy, Peas, Peach Slices, Russian Cream

Tuesday, June 13
Lunch: Gyro, Sweet Potato Fries, Ambrosia Fruit Salad, Banana Bar
Dinner: Fried Catfish, Rice Pilaf, Normandy Blend Vegetables, Grapes, Cheesecake Bar

Wednesday, June 14
Lunch: Pulled Chicken Sandwich, Vegetable Pasta Salad, Pickle Slices, Mandarin Oranges, Chocolate Cream Pie

Thursday, June 15
Lunch: Oriental Chicken Salad, Dinner Roll, Honeydew, Pineapple Upside Down cake

Friday, June 16
Lunch: Breaded Flounder, French Fries, Vinegar Coleslaw, Cherries, Monster Cookie

Saturday, June 17
Lunch: Goulash, Garlic Toast, Apple Slices, Tossed Salad, Chocolate Cream Pie
Dinner: Peppered Steak over Rice, Vegetable Medley, Pineapple & Blueberries, Brownie