Friday Night Firepit concert to be rescheduled!!

June 4, 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 4
9:00 ISU Retirees Memorial Program, Alumni Center or on Zoom, No Bus
2:00 Hymn Sing, GR
3:45 Bus to Central IA Symphony Gala

Monday, June 5
10:00 Bus to Fareway shopping

Tuesday, June 6
9:30 Tuesday Coffee, Atriums N-1
10:30 Maintenance Request & Website Workshop, GR
10:45 Chair Yoga
11:45 Gentle Yoga
1:30 Hearing Aid Maintenance, Prov. Rm.

Wednesday, June 7
10:00 Blood Pressure Clinic
10:00 Book Club, AL
10:30 Bus to ALDI or Hy-Vee
3:30 Cynthia Zeisman concert, AL

Thursday, June 8
10:30 Chair Yoga
11:30 Gentle Yoga
11:30 Bus to Nature at Noon, Reiman
2:00 Episcopal Church Service, AL 2nd Fl
4:00 Wine Tasting, GR
5:00 LaVone Newell, piano, AL (or HC)
7:30 Bus to Bandshell Concert

Friday, June 9
8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
7:00 Bus to ACTORS

Saturday, June 10
Enjoy a summer weekend!

Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:
June 6 (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne
Rescheduled: **Senior Health Presentation, June 7, 1:00 pm, GR:**
Embracing Well-being with Intention
Join Stephanie Downs, ISU WellBeing Coordinator, to explore how to embed wellbeing and mindfulness as part of our self-care. Participants will leave with an understanding of self-care from a more holistic perspective, the importance of integrating it into all they do, and realizing why it is critical in today's environment.

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

Sunday Dinner
June 4, 12:30 p.m.

Pork Roast
Mashed Potatoes & Gravy
Green Beans,
Watermelon
Peach Pie

ANNOUNCEMENTS

Birthday Wishes

June 5: Barbara Gurganus
June 5: Brent Pearce
June 7: Marlys Potter
June 9: Rayma DeFore
June 9: Tom McGee
June 10: Don Zytowski

Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee!! This week we will have special birthday cake, provided by Barb Gurganus! Happy Birthday Barb!!
June 6: N-1 will host

Maintenance Request Workshop

We will have a short workshop on how to enter your own work requests for the maintenance team, as well as navigating the Northcrest website. Join Kathy Kent to get step by step instructions on how to find what you want on the website. There are many great and entertaining items to discover there! Join us after Tuesday Coffee, 10:30 am, June 6, GR.

Friday Chats, 10:30 am, GR

June 2: Ellen Wanamaker with the Ames Public Library & the Bookmobile. Learn more about the services the Library offers.
June 16:Dean Sayre from the Ames City Public Works Department will speak about the 24th St project that is in our near future.

Wine Tasting Event

Come enjoy tasting locally created wines from Red Barn Wines. You will hear the story of this small batch winery run by John Miranowski. Barb Abbott is a fan, and says they are not your typical Iowa wines. (There will be non-alcoholic options too.) Thu, June 8, 4:00 pm, GR.

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.

Friendly Reminder

Please remember if you use any of the community rooms such as the Fireside Room, **YOU are responsible** to clean up after yourself. That includes taking out the garbage. Please leave it as you would like to find it when you arrive!

New Art on the Wall

Carolyn Abbott will be sharing her talents with art installed in the GR on Friday. Stop in and be amazed at the textile art!

We are going to the BIRDS!

Check out the display case in the F Atrium, just past the Crest! A whole flock of birds have landed! More will be added as space allows.
This Turkey went on the Gardens Galore tour before the public was allowed! Apparently, we have a number of turkeys who visit regularly!

The CREST

OPEN Wed–Fri, June 7- 9
12-2:00 pm and
4:30-7:00 pm
Soup of the Day:
Potato Soup

SPECIAL NOTICE

Firepit Concert Cancelled

Friday, June 2 concert with 2nd Chair Brass will be rescheduled due to weather worries!

PLACES TO GO

Nature at Noon

Light & Reflection in the Gardens: Glass in Flight: Sara Merritt, Reiman Garden's Education Director will present on the current exhibit. **Bring your own lunch.** Free. Thu, June 8, Bus at 11:30 am.

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. 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

Go to Doolittle Prairie, just south of Story City for the monthly Evening Walk on the Prairie. Ronnie will register the group in advance. 1.5 hours long. $7 bus fee. Tue, June 20 bus at 6:30 pm.

Wisteria Contest

"Full Bloom" has arrived.
The winning date was chosen!
May 27 by Louise Ward
She said she has never won anything, so this was exciting!
Louise has the travelling trophy, a door swag of silk Wisteria flowers.
Congratulations, Louise!!

ENTERTAINMENT

Central IA Symphony Gala

Go to the Gala held at the Ames Country Club on Sun, June 4, Bus at 3:45 pm. (Must reserve your own $35 ticket) Still room!!!!

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, 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. If 6 or more are interested to go, we will schedule a bus for Sun, June 18, 1:30 pm. Tickets available at the door, $10 suggested donation.

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 4
Lunch: Pork Roast, Mashed Potatoes & Gravy, Green Beans, Watermelon, Peach Pie

Monday, June 5
Lunch: Grilled Chicken on Lettuce with Apple Chips, Crumbled Feta Cheese, Pecans, Red Onions & Fuji Dressing, Muffin, Honeydew, Chocolate Hazelnut Cheesecake
Dinner: Jambalaya, Stir Fried Vegetables, Peach Slices, Bread Pudding

Tuesday, June 6
Lunch: Beef Tostada, Sour Cream on the Side, Black Bean & Corn Salsa, Ice Cream
Dinner: Lasagna, Garlic Toast, Orange Slices, Cucumber, Cauliflower & Tomato Salad, Angel Food Cake with Strawberries

Wednesday, June 7
Lunch: Grilled Bratwurst on Bun with Sauerkraut, Baked Beans, Grapes, Carrot Sticks with Ranch Dressing, Peanut Butter Bar

Thursday, June 8
Lunch: BLT Sandwich, Pasta Salad, Fresh Fruit, Cupcake

Friday, June 9
Lunch: Chicken Sandwich with Lettuce, Tomato, Onion & Mayo on the Side, Monster Cheese Curds, Pickle Spear, Pears, Sugar Cookie

Saturday, June 10
Lunch: Sloppy Joe Sandwich, Corn Chips, Strawberries, Oriental Broccoli Salad, Heath Bar Blondie
Dinner: Turkey Tetrazzini, Normandy Blend Vegetables, Grapefruit, Black Forest Cake