June 5, 2022

Northcrest News

Northcrest Community
Over 55 years of service to older adults
in the Greater Ames Community

The Week at a Glance!

Sunday, June 5
12:30 Sunday Lunch
2:00 Hymn Sing

Monday, June 6
9:00 Bus to Fareway North
10:30 Bus to Jordan House, Des Moines

Tuesday, June 7
9:30 **Tuesday Coffee,** Hosts —L-2
10:15 Landscape Committee Report, Grand Room
10:45 Bus to VOTE, Bethesda Lutheran
1:30 Hearing Aid Maintenance, Providers'

Wednesday, June 8
10:00 Blood Pressure Clinic
10:00 Bus to ALDIs **NEW TIME**
The Crest is open 12-2 & 4:30-7
6:30 Bus to History Lecture, Library

Thursday, June 9
11:00 Live Wrkshp, PTSD, Wellness Ctr
The Crest is open: 12-2 & 4:30-7
4-6:00 WOI 100th celebration, tour & out door concert, 1013 WOI Road, No Bus
6:00 Game Night, LIB
7:30 Bus to Bandshell Concert

Friday, June 10
8:00 Bus to Dairy Farm Open House
8:30-10:30 1st National Bank, Founders'
10:00 Bus to WalMart **NEW TIME**
10:30 Friday Chat, Artist Mary Muller
The Crest is open: 12-2 & 4:30-7
7:00 Bus to ACTORS, need 6 to take bus!

Saturday, June 11
12-3 Ames History Museum Ice Cream Social, 416 Douglas, No Bus

Health & Wellness

DAILY EXERCISE
Check out the new Wellness Center! Additional equipment will be arriving through the summer.

Tap Fit exercise coming soon!

Podiatry Clinic by appointment:
July 13 October 19

Hearing Aid maintenance:
June 7 (1st Tuesday of every month)

Sunday Dinner
June 5, 12:30 p.m.

Pot Roast
Mashed Potatoes & Gravy
Vegetable Medley
Fresh Melon Salad
Cherry Crisp

ANNOUNCEMENTS

Tuesday Coffees

On June 7, L-2 will host.
Please continue to bring your own mug.
If you prefer to join via Zoom, watch for an email invitation.

Birthday Wishes

June 5: Barb Gurganus
June 5: Brent Pearce
June 7: Marlys Potter
June 9: Rayma DeFore
June 9: Tom McGee
June 9: Muriel Van Der Maaten
June 10: Don Zytowski

Landscape Committee Report

After Tuesday Coffee on June 7, the Landscape committee will present “All you want to know about landscaping (trees, bushes, turf and ornamentals) at Northcrest”. Stay for a second cup of coffee and hear all about it! Approximately 10:15, Grand Rm.

Massage Therapy

Our Massage Therapist, Darlene Greeley, would love to aid in your well-being. Prices start at $20 for a neck and shoulders chair massage. AAAHHHHH...Give her a call to set up an appointment or ask questions at 515-708-1556. Be Well!

Shopping in June

We will move the shopping trips to **10 am** for the summer starting June 8. We appreciate your patience when trips are adjusted due to medical appointments. **Sign up 24 hours in advance, please!**
Mon: Fareway, Wed: ALDI, Fri: N Walmart

Bookkeeping Notes

The IL residents will see something new on their billing. Lunch and Sunday dinner are now taxed. So, for example, the regular lunch is $10.50+tax= $11.24. Sunday noon dinner is $13.30+tax=$14.23.

BEST of STORY COUNTY 2022!

The nomination phase has begun! Go to www.amestrib.com, and scroll down to the BOSC logo and the nominating link. You will need to enter your email address and data one time; then you can vote once a day until **June 19!** You can nominate any of your favorite businesses, but please nominate Northcrest in these categories:

Home and Homes Services
Assisted Living
Retirement/Senior
Senior Living Community

Services
Non-Profit/Charity Organization

Top Employers
Employer: 1-100 Employees
Places To Work

NOTE FROM DAWN

Dear NC Independent Living Residents,
It is time to send a friendly reminder that Northcrest is a tobacco-free community. The Independent Living Handbook (which is a part of your Residency Agreement) states, "Northcrest is a tobacco-free community. This includes e-cigarettes. Smoking or vaping is not permitted anywhere on Northcrest grounds including townhomes, apartments, Health Center, guest rooms and parking areas. Please inform visitors of our tobacco-free policy. Please note this policy was written prior to the addition of Assisted Living but as part of the Northcrest campus, it is also included. If you have any questions regarding this policy, please do not hesitate to reach out to me. Thank you, Dawn

Wellness Workshops

There will be live workshops offered on MOST **Thursdays at 11:00 am** each week in the Wellness Center. PTSD will be covered starting on **June 9**. (They took a week off!).

THINGS TO DO!

The Jordan House, Des Moines

Learn about the house's history with the Underground Railroad, and see an exhibit of modern and antique quilts called "Stitches of Time". We'll find lunch in Valley Junction area. Bus and Tour will be $15 on your monthly bill, plus lunch. Friday deadline to cancel without fee. Mon, June 6, Bus at 10:30 am.

VOTE in the Primary

Go vote at Bethesda Lutheran Church on Tue, June 7, Bus at 10:45 am. Sign up!

Ames Municipal Band Concerts

Municipal Band Concerts are every Thursday through July. Bring your own lawn chair. Buses at 7:30 pm. Sign Up at least 24 hours in advance!!

Ames History Lecture

Learn about the *1920's Building Boom in Downtown Ames*. Ames Public Library, Wed, June 8, Bus at 6:30 pm.

ISU Dairy Farm Open House

Get up close and personal (well, not THAT close!) This annual public open house is a treat for young and old. Fri, June 10, Bus at 8:00 am. Home by 10:30 am.

ACTORS:

Bus available on

- Fri, June 10, 7:00 pm
- Sun, June 26, Bus at 1:30 pm.

Upcoming Friday Chats: 10:30 am

June 3: Andrew Allen from YSS will visit and share the updates. Always a dynamic speaker!

June 10: Artist on exhibit, Mary Muller, will present her history and inspirations.

June 17: Mark Edge with the IA Dept. for the Blind will share new methods to cope with low vision.

The Northcrest Art Committee Announces a New Exhibit:

Title: OUR FAVORITE ARTWORK

Residents are invited to submit one of their special collected pieces of art for everyone to appreciate. Exhibit June 30 - Aug 31 in the Grand Room. Flyers will be distributed with detailed information on how to participate. Questions: Cindy Scholten: 515-520-3391 or Barb Cobb: 515-292-4647.

Tap-Fit Classes starting soon!

Tentative schedule for Tap-Fit classes: Tuesdays at 10:30, and Wednesdays at 4:00. Let Ronnie know when you can come!

The CREST!

The Crest is open every
Wednesday, Thursday & Friday
12:00--2:00 pm, 4:30—7:00 pm

June 8-10 Specials

Happy Hour, 4:30—5:30
All Drinks: $3.50
Select Appetizers: $5.00

Corn Nugget Bites & Hot Honey Sauce
6 Boneless Chicken Bites with Sauce
Onion Straws (like Onion Rings)
Fried Muenster Cheese
House Made Chips with Ranch
All menu items available!

Soup of the Day
Chicken & Dumpling

Wed, June 8: Beef or Fish Soft Tacos
Noon—2:00: Enjoy 2 Soft Shell Tacos & Refried Beans, $8.00

The Crest menus are on the Northcrestcommunity.org website, **and on NC Channel 116-3 or 992!**
Remember you can order take out!
515-232-6760, ext. 7140.

The Crest Gift Cards are available!

Pick-up times for Regular Daily Meals at the 2300 Front Desk:
Lunch, Monday- Saturday: Sign up by 10:00am
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, June 5
Lunch: Pot Roast, Mashed Potatoes & Gravy, Vegetable Medley, Fresh Melon Salad, Cherry Crisp

Monday, June 6
Lunch: Turkey Burger, Sun Chips, Pickle Slices, Honey Dew & Blueberries, Snickerdoodle Cookie

Tuesday, June 7
Lunch: Spaghetti with Meat Marinara, Breadstick, Apple Slices, Three Bean Salad, Chocolate Chip Cheesecake Parfait

Wednesday, June 8
Lunch: Chicken Strips, Mashed Potatoes & Gravy, Green Beans, Fresh Fruit, Oreo Pie

Thursday, June 9
Lunch: Ham & Cheese Quiche, Muffin, Strawberries, Cottage Cheese with Green Peppers, Frosted Cake

Friday, June 10
Lunch: Enchilada Casserole, Spanish Rice, Mandarin Oranges, Brownie

Saturday, June 11
Lunch: Breaded Flounder, Potato Chips, Creamy Coleslaw, Fruit Salad, Magic Bar