

May 14, 2023

## Northcrest News

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

### The Week at a Glance!

#### Sunday, May 14

2:00 Hymn Sing,  
CANCELLED



#### Monday, May 15

10:00 Fareway  
6:30 Mixed Bridge,  
Founders' Room

#### Tuesday, May 16

9:30 Tuesday Coffee, Atriums B 1 & 2  
2:00 Bus to Movie, *Book Club*,  
North Grand Cinema  
2:15 Workshop on Mental Health Focus,  
Wellness Center  
4:15 Strength & Balance Class, Wellness  
6:00 Live Outdoor Music — Second Chair  
Brass . Health Center North Patio

#### Wednesday, May 17

10:00 Blood Pressure Clinic  
10:30 Bus to ALDI or Hy-Vee

#### Thursday, May 18

10:00 Writers' Group  
4:15 Strength & Balance Class

#### Friday, May 19 The Crest is Closed Today

8:30—10:30 1st National Bank, Founders  
10:30 Bus to Walmart & North Fareway

#### Saturday, May 20

2:15 Bus to Ames Chamber Artists,  
Collegiate Presbyterian Church

### 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**

New classes added to the schedule:

Tuesdays, 2:15 Workshops with Music and  
Movement.

Tuesday/Thursday 4:15pm Strength and Bal-  
ance

**No sign up required.**

**Iowa Senior Games** are June 2 through July 22.

See: [iowaseniorgames.org](http://iowaseniorgames.org)

### Sunday Dinner May 14, 12:30 p.m.

**Baked Ham**  
**Mashed Sweet Potatoes**  
**Key West Blend Vegetables**  
**Fresh Fruit**  
**Fruit of the Forest Pie**



## ANNOUNCEMENTS



### **Birthday Wishes**

May 16: Dan Vos  
May 17: Betty Strub  
May 17: Anna Johnson  
May 19: Dee Dreeszen  
May 19: Phil Poorman

### **Tuesday Coffees**

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

**May 16: Hosts Atrium B1 & 2**  
**May 23 & 30: Hosts Locust Hill**



### **Friday Chats, 10:30 am, GR**

No more Friday Chats in May.

### **Onion Creek Band**

Mark your calendars for music! The Onion Creek Band and Dancers practice weekly in our lower level on Sundays. On May 21, they will perform in the Grand Room for all to enjoy. You won't want to miss it! 5:00 pm.

### **Road Construction: 24th & Stange**

Road construction continues on Stange Road, with the right-hand turn lane closed going north. That makes getting to Northcrest easiest if you come in from 20th St once they complete rail road tracks on 20th this Friday 12th.

### **Ames History Museum Lecture**

This lecture will be via **Zoom only**. *Bread For My Enemies: The Friendship Train in IA*, will be presented Wed, May 24, 7:00 pm. We will stream this in the Grand Room. You may also register yourself to view at home. Just go to Ames History Museum website.

### **Golden K Singers Sing for NC!**

The Golden K Singers rehearse every Tuesday here, and in appreciation, they will give Northcrest our own concert! Listen on Fri, May 26, 3:00 pm, GR

### **“Northcrest Through Our Eyes”**

“Through Our Eyes” will be a display of your own photos taken with your cell phone. 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.

**Deadline Extended: You may submit up until May 31.**

### **Special Post Memorial Day event**

Mark your calendars—*Unconditional Surrender: A Visit with Ulysses S. Grant* is part of the *Humanities Iowa* cultural programs. We will have Pete Grady perform his one man show as President Ulysses S. Grant on Wed, May 31, 3:00 pm, GR. Don't miss it!

### **ACAC Awards**

The Ames Community Arts Council will award many Ames people and groups for their participation in the Arts in Ames on Sun, May 21, 1:30 pm at ACTORS. The Senior Variety Show will receive the Lemonade from Lemons Award!! No Bus



### **Northcrest Garden Tour**

The Ames community will be invited to enjoy the Northcrest Gardens on a Walking Tour. Invite your friends to come, park at the High School and take a bus shuttle to our Main Entrance. Then enjoy the bounty of Mother Nature and all the hard work of our Landscape Committee! Sat, June 3, 2:00-4:00 pm.

### **The CREST**

**OPEN Wed 17th and Thurs 18th**  
**CLOSED Friday the 19th**  
**12-2:00 pm and**  
**4:30-7:00 pm**

**Soup of the Day:**  
**Tomato Basil**

## PLACES TO GO, THINGS TO DO

### Movies in May!

#### ***Book Club: The Next Chapter***

Our four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Jane Fonda, Diane Keaton star. \$5, North Grand Cinema, Tue, May 16, Bus time 2PM.

### Sculpture of the 4 Seasons

Attend a lecture on the Christian Peterson sculpture, the 4 Seasons, at the Brunner Museum. Sun, May 21, Bus at 1:30 pm.

### Water Pollution Control Tour

Let's tour the plant south of Ames that is in charge of keeping toxic chemicals out of our state's water sources, such as the Skunk River. Some outdoor walking and standing involved. We'll be home by noon. Wed, May 24, Bus at 10:00 am.

## ENTERTAINMENT

### Ames Chamber Artists

*The Song Continues*, \$12 at the door, Collegiate Presbyterian, May 19, 7 pm & May 20, 3 pm. Bus on Sat, May 20, 2:15 pm.

### 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



## SPECIAL NOTICE

**COME JOIN THE FUN!**   
**Tuesday May 16th at 6pm**

Live Outdoor Music—Second Chair Brass  
 Health Center North Patio

Bring your own lawn chair and please sit on the grass area so Health Services residents have room on the patio

## COVID-19 PANDEMIC HAS ENDED

**CONGRATULATIONS! We all made it!** On Thursday, May 11th, 2023, the Health and Human Services Department has ended the Public Health Emergency proclamation declaring COVID-19 as a national pandemic. As of today, May 11th, the remaining restrictions are lifted.

1. Screening for visitation, no need to stop at the Front Desk and receive a sticker
2. Mandatory Masking
3. Visitors may go straight to Assisted Living, the Health Center and the Heartwood House. Keypads will have the codes displayed for entry into the areas.
4. Visitor dining with a resident in Assisted Living or the Health Center will continue in common areas, rooms or apartments due to seating availability. Visitor dining with residents in the HWH dining area will be based on table and chair availability.

As we move forward, please be mindful that COVID-19 still exists and can adversely affect those who are compromised or vulnerable. We respect any resident who chooses to continue taking precautions.



### *Wisteria Contest*

*The dates submitted for "Full Bloom" were spread between late April, and mid June.*

*Word is, that the later the better this year! Names will be shared as we get close...*

### **Kiwanis Shoe Fund-Raiser**

Ames Noon Kiwanis is conducting a shoe collection fundraiser. **WOW!**

We've filled the box outside Ronnie's office **5 times**, and more keep coming! Shoes can be brought to Ronnie's office or given to Cynthia Gaunt. Drive runs through May 20.

**Thank you from the Ames Noon Kiwanis!**  
**Our club turns 100 years old this year!!!**



**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, May 14**

**Lunch:** Baked Ham, Mashed Sweet Potatoes, Key West Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

**Monday, May 15**

**Lunch:** Breaded Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, BBQ Chips, Pickle Slices, Watermelon, Banana Cream Pie

**Dinner:** Creamy Pesto Chicken, Parmesan & Herb Potatoes, Sunshine Carrots, Apricots, Turtle Brownie

**Tuesday, May 16**

**Lunch:** Sweet & Sour Chicken Over Fried Rice, Stir Fried Vegetables, Egg Roll, Honeydew & Blueberries, Cherry Cake

**Dinner:** Swiss Steak, Baked Potato, Stewed Tomatoes, Pear Halves, Yogurt Parfait

**Wednesday, May 17**

**Lunch:** Grilled Brat Burger with Lettuce, Tomato & Onion, Macaroni Salad, Tropical Fruit Salad, Orange Float

**Thursday, May 18**

**Lunch:** Reuben, Fresh Cut Vegetable Salad, Pickle Spear, Cherries, Reese's Blondie

**Friday, May 19**

**Lunch:** Quiche Lorraine, Honey Oat Bran Muffin, Strawberries, Cottage Cheese, Lemon Bar

**Saturday, May 20**

**Lunch:** Hot Chicken Salad, Normandy Blend Vegetables, Mandarin Oranges, Oreo Parfait

**Dinner:** Four Cheese Baked Ziti, Garlic Toast, Grapes, Three Bean Salad, Sugar Cookie