

May 16, 2021

Northcrest News

Northcrest Community
Over 50 years of service to older adults
in the Greater Ames Community

THANK YOU
Landscape Committee
for your beautiful
work planting flowers in
the planters and pots
around the
Northcrest campus!



The Week at a Glance!

Sunday, May 16

12:30 Sunday Dinner

Monday, May 17

4:30 Watch recording of Art Call #1, DM
Art Center Architecture and Art, NC TV

Tuesday, May 18

9:30 Tuesday Coffee via Zoom meeting
Hosted by Parkway Floor 3
1:00 Bus to Fareway North
4:30 Watch recording of Art Call #2, DM
Art Center Architecture and Art, NC TV

ZOOM!

Wednesday, May 19

10—10:30 Blood Pressure Clinic, SR
4:30 Watch recording of Art Call #1, DM
Art Center Architecture and Art, NC TV

Thursday, May 20

1:00 Bus to Fareway North
3:00 LaVone Newell on piano, GR
4:00 Alzheimers Support Group via Zoom

Friday, May 21

8:30-10:30 1st National Bank, Founders'
Room
10:30 Friday Chat via Zoom
4:00 Valerie Wedgeworth, outdoor flute
concert at the Pergola, bring your chairs!

Saturday, May 22

5:30 Ames Town & Gown, NC-TV

Check out the Wisteria Vines on the
Pergola—Are they getting close to blooming?



HEALTH & WELLNESS

DAILY EXERCISE

Exercise is held in the Green Room,
M-F mornings at 8:30 a.m.

Holidays are optional!

**Check out the Exercise Videos on the
NC Website, Resident Section!!**



Exercise Rooms

The Wellness Center in the Main Building and
the Exercise Room in the Northcrest Parkway
Bldg are now open 24/7. Sanitizing and social
distancing rules are still in place.

Podiatry Clinic:

Thu, June 24, Morning for HC/AL
Afternoon for IL



Sunday Dinner May 16, 12:30 p.m.

**Pot Roast
Mashed Potatoes & Gravy
Capri Vegetables
Fresh Melon Salad
German Chocolate Cake**



ANNOUNCEMENTS

Let's ZOOM! **ZOOM!**

Tuesday Coffees via Zoom start at 9:30 am every week. This Tuesday, the Third Floor of Parkway will host. Meeting Number is **837 3180 3353**.

Friday Chats

The next Friday Chat will be May 21. The Zoom meeting number is **876 5119 6839**. **We will have every other Friday Chats for the summer.**

Birthday Wishes

May 11: Roberta Ridley* (*sorry, missed last week)
May 11: MaryJo Winder*
May 17: Kay Bartlett
May 17: Ann Johnson
May 19; Dee Dreeszen
May 19: Phil Poorman
May 20: Lester Thompson



Northcrest Garden Tours

Where is the Secret Garden? And the Grannie Garden? Want to learn? Come on a guided tour by the gardeners themselves. The first tour will be viewing the gardens on the north campus assembling at the Main Building entrance at 9:20 am on Friday, May 21. For the south campus tour assemble at the raised-bed garden enclosure near the Parkway building at 4:00 pm on Friday, May 21. Rain date is the following Monday, same places, same times. All will be on hard surface, walkers and wheelchairs welcome.

Visits to HC, HWH, & AL

Beginning May 17, HC, HWH, & AL residents may have unlimited visitors, however you must still screen at the Front Desk before your visit. If the resident already has 2 visitors you may have to wait outside or check back later. HC and HWH visits are from 9:30-11:30am, 2-4pm or 6-8pm. AL residents may have visitors any time from 9:30am to 8pm daily—call the resident directly.



Need the Kitchen? New Extension

After calling 232-6760, please dial **Extension #7212** or choose option 4.

Tree donations to Northcrest

The NC Landscape Committee encourages donations of trees to the campus and follows this procedure: The suggested tree and placement is reviewed by the Landscape Committee and Administration for final approval on species and proposed planting location. Characteristics of the tree, along with locations of underground pipes and power lines must be considered. Contact a member of the Landscape Committee if you desire to donate a tree.



HOUSEKEEPING NOTES

Our Housekeeping Supervisor, Leslie, would like to inform all Independent Living residents that it's vacation season and the possibility of your cleaning day or time might change due to staff vacations. You will always receive a notice at least 1 week (most likely 2) in advance and unless otherwise noted, it is just a one time change.

Wisteria Contest

Contest entries closed; let's see who guesses right!



Band Concerts at Bandshell Park

We are aware concerts will start in June with the Ames Municipal Band. At this time, Northcrest will not be providing a bus to Bandshell Park. We will broadcast concerts on NC-TV, if available.

WEEKLY COVID UPDATES

In an effort to keep Residents informed on the status of Northcrest Community, a weekly update will be provided through our newsletter. Case counts provided will be for new cases only and will include the entire campus.

New Cases within the past seven days:
Residents - **0** Staff - **0**

ENTERTAINMENT

Piano Music



LaVone Newell will play on Thursdays on the 1st and 3rd Thursdays of the month, 3:00pm, GR

Friday Outdoor Concerts

We have an outdoor concert planned for Fri, May 21, 4:00 pm. Enjoy the lilting sounds of Valerie Wedgeworth on her flute, while relaxing in your lawn chair at the Pergola! (Weather permitting)



Art Calls from DM Art Center

We recorded the last series of Art Calls with Christine Hines on the architecture of the DM Art Center. We will show those on May 17, 18 and 19 at 4:30 pm on NC TV.



NC TV Channel 116-3 or 992

Fri, May 14, 6:30: The Making of *Fiddler on the Roof*

Mon, May 17, 4:30: Recording of Art Call, DM Art Center Architecture, #1

Tue, May 18, 4:30: Recording of Art Call, DM Art Center Architecture, #2

Wed, May 19, 4:30: Recording of Art Call, DM Art Center Architecture, #3

Sat, May 22, 5:30: Ames Town & Gown concert

Tue, May 25, 7:00: Ames History Museum program on First Ladies

Thu, May 27, 12:00: IA Cultural program on Historical Iowa Sites

Thu, May 27, 6:30: Des Moines Symphony, *Fantasia en Francais*

ACTORS: The Full Monty

Two former steel workers, who have been devastated by the economic downturn, gather their mates to form a version of the Chippendales. Chaos ensues when the less-than-athletic, troubled dancers attempt to rehearse and perform their special show. Six guys, with nothing to lose, try losing their clothes for fun and profit in the R rated musical. Transportation is available



for the matinee show. Sign up at the Front Desk or simply call the receptionist to get your space on the bus reserved. (Bus for 1 show only.) Sun, May 23, 1:30 pm.

Nature Hike in McFarland Park

Sign up for one of 10 registered spots going to McFarland Park and going on a 1.5 hour hike led by a Story County naturalist. If you prefer to spend time on your own, that is fine, too. Mon, May 24, Bus leaves at 1pm.

ISU Farm House Tour

How long since you've been inside the oldest building on ISU Campus? Sign up to take the bus to the Farm House and learn of the early beginnings of the Iowa State College. There is also a display of oil lamps called "Flicker and Flame", showcasing the use of whale oil and kerosene. We'll have a familiar docent, our very own resident, Cindy Scholten, who will lead us. Wed, May 26, Bus will pick up at 1:15 pm.



SPECIAL COMMUNITY NOTICES

Altrusa Garden Tour

Tour the home gardens of 5 community members plus Reiman Gardens. For more ticket information, contact NC resident Jan Heuss, at jdheuss@gmail.com. Sat, June 5, 10 am—5 pm, No Bus.

Musical Telegrams

Senior Variety Show is on the road—to whomever needs a lift or a celebration! You can reserve a \$25 musical greeting in person on a friend's doorstep by members of the senior performers! Since there isn't the usual annual show in August, the performers are looking at new ways to entertain, and raise funds for Senior projects. Check out seniorvarietyshow.org or call Pat Meek at 292-8203 to reserve a date!



Pick-up times for Regular Daily Meals at the Front Desk:

Lunch, Monday- Saturday: Sign up by 10:00am

Lunch is Ready For Pick Up 12:15 pm

Sunday Lunch: Sign up by 6:30 pm Saturday.

Lunch is ready for pick up 12:30 pm



Sunday, May 16

Lunch: Pot Roast, Mashed Potatoes & Gravy, Capri Vegetables, Fresh Melon Salad, German Chocolate Cake

Monday, May 17

Lunch: Salmon Club on Croissant with Lettuce, Tomato & Bacon, Sauce on the Side, Fresh Fried Chips, Sweet Gherkin, Strawberries & Blueberries, Chocolate Chip Cookie Bar

Tuesday, May 18

Lunch: Grilled Chicken on Chopped Romaine & Ice Berg Lettuce Blend with Apple Chips, Feta Cheese, Pecans & Red Onions with a Fuji Apple Vinaigrette Dressing, Dinner Roll, Fresh Fruit, Sherbet

Wednesday, May 19

Lunch: Mushroom & Swiss Burger with Garlic Mayo, Potato Chips, Orange Slices, Fresh-Cut Vegetable Salad, Russian Cream

Thursday, May 20

Lunch: Beer-Battered Cod, French Fries, Coleslaw, Fresh Fruit, Carnival Cookie

Friday, May 21

Lunch: Chicken Fettuccine Alfredo, Garlic Toast, Grapes, Caesar Side Salad, Wild Berry Yogurt Parfait

Saturday, May 22

Lunch: Hot Ham & Cheese, Corn Chips, Apple Slices, Cucumber & Onion Salad, Vanilla Ice Cream Bar