

May 21, 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 21

1:30 Bus to Brunnier Museum  
1:30 ACAC Awards, ACTORS, No Bus  
2:00 Hymn Sing, GR  
5:00 Onion Creek Band & Dancers, GR

#### Monday, May 22

10:00 Fareway shopping

#### Tuesday, May 23

9:30 Tuesday Coffee, Atriums L1  
2:15 Benefits Mind-Body Practices In  
PTSD, Wellness Center  
4:15 Strength & Balance Class  
Wellness Center

#### Wednesday, May 24

10:00 Blood Pressure Clinic  
10:30 Bus to ALDI or Hy-Vee  
10:30 Bus to Tour Water Pollution Control  
Plant, South of Ames  
7:00 Virtual Ames History Lecture,  
Friendship Train, GR

#### Thursday, May 25

4:00 LaVone Newell, piano, Green Room  
4:15 Strength & Balance Class

#### Friday, May 26

8:30—10:30 1st National Bank, Founders  
9:30 Residents' Council meeting, GR  
10:30 Bus to Walmart & North Fareway  
3:00 Golden K Singers Spring Concert,  
GR

#### Saturday, May 27

Happy Memorial Day 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**  
New classes added to the schedule:

**Tuesdays, 2:15 pm** Benefits of Mind-Body  
Practices In PTSD

**Tuesday/Thursday 4:15pm** Strength and  
Balance Class

**No sign up required**

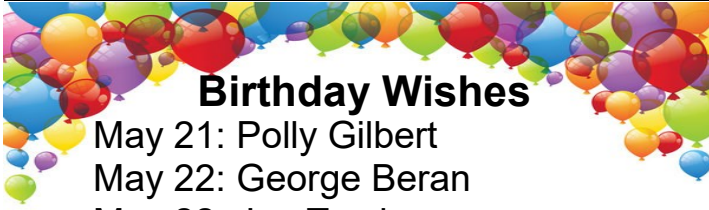
**Iowa Senior Games** are June 2 through July 22.  
See: [iowaseniorgames.org](http://iowaseniorgames.org)

**Sunday Dinner**  
**May 21, 12:30 p.m.**

**Chicken Oscar**  
**Long Grain & Wild Rice**  
**Green Beans, Watermelon**  
**Yellow Cake with Chocolate**  
**Frosting**



## ANNOUNCEMENTS



### Birthday Wishes

May 21: Polly Gilbert  
May 22: George Beran  
May 22: Joe Traylor  
May 23: Bion Pierson  
May 26: Jan Beran  
May 26: Betty Sorenson



### Tuesday Coffees

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

**May 23 & 30: Hosts Locust Hill**

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

June 2: Ames Public Library

### 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. depending on your route for a couple weeks.

### 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

### Firepit Party

It is time to enjoy the outdoors! It may be a cool summer night on June 2, so we will fire up our small "cauldron" between the H Building and the 1801 entrance. 2nd Chair Brass will play some fun music as we watch the sun get lower in the sky. Fri, June 2, 6:30 pm.

### Kiwanis Shoe Fund-Raiser Done!

*Thank you from the Ames Noon Kiwanis! You made Northcrest one of the top site contributors to this project. We'll get you a report in the next few weeks on pairs of shoes and their weight!*

### The CREST

**OPEN Wed–Fri, May 24-26th**

**12-2:00 pm and**

**4:30-7:00 pm**

**Soup of the Day:**

**Chicken Wild Rice**

## PLACES TO GO

### Sculpture of the 4 Seasons

Attend a lecture on the Christian Peterson sculpture, the 4 Seasons, at the Brunnier 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.

### O.W.L.S.

The topic for June 1 is: *Exploring the Splendor of Northeast Canada and Southwest Greenland*. Discover select outdoor and cultural highlights of Nova Scotia, Newfoundland, and two Greenland towns. Savor local plants, trails, geology, lighthouses, towns, and landscapes. Be prepared for amazing views, travel joy, and an iceberg or two! Thu, June 1, 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



### 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...*



## THINGS TO DO!



### 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.*

### Free Fishing Weekend

*Story County offers a weekend of fishing without a license on June 2-4. Go to Dakins Lake by Zearing on June 2, 10am-2pm, where all the equipment will be provided! Take a photo if you catch something and share with us!!*

### Book Mobile

*Join Ames Public Library on June 2nd at 10:30 to learn more about the services the Library offers, and what you can expect on June 14th when APL's Bookmobile comes to visit Northcrest! Library card sign up and help accessing eBooks and eAudiobooks on Libby will be available on June 14th (location at Northcrest to be determined).*

### Take a Walk with a Brown Bag

Brown bags located at doors 1801 and Parkway main entrance. These are for weed walkers. Not shopping. When your 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 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, May 21**

**Lunch:** Chicken Oscar, Long Grain & Wild Rice, Green Beans, Watermelon, Yellow Cake with Chocolate Frosting

**Monday, May 22**

**Lunch:** Turkey Burger with Lettuce, Tomato, Swiss Cheese & Dijon Mustard on the Side, Onion Straws, Fruit Salad, Snickerdoodle

**Dinner:** Meatloaf, Baked Potato, Sautéed Zucchini & Tomatoes, Fresh Fruit, Vanilla Parfait with Vanilla Wafer

**Tuesday, May 23**

**Lunch:** Tuna Salad on Oat Berry Bread, Potato Chips, Strawberries, Fresh Cut Vegetable Salad, Chocolate Cream Pie

**Dinner:** Broccoli & Cheese Chicken, Sour Cream & Chive Mashed Potatoes, Pacific Blend Vegetables, Tropical Fruit Salad, Blueberry Crisp

**Wednesday, May 24**

**Lunch:** Cheese Tortellini with Marinara Sauce, Breadstick, Orange Slices, Tossed Salad, Spice Cake

**Thursday, May 25**

**Lunch:** Chili, Cornbread, Pears, Peanut Butter Mousse

**Friday, May 26**

**Lunch:** Pulled Pork Sandwich, Potato Salad, Pickle Spear, Mandarin Oranges, Frosted Brownie

**Saturday, May 27**

**Lunch:** Taco Salad, Muffin, Apricots, Cherry Cheesecake

**Dinner:** Chicken ala King over Biscuit, Normandy Blend Vegetables, Honeydew, Lemon Cake