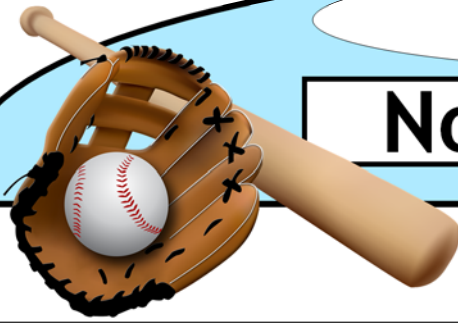


May 23, 2021

Northcrest News

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



The Week at a Glance!

Sunday, May 23

12:30 Sunday Dinner
1:30 Bus to ACTORS: *The Full Monty*

Monday, May 24

1:00 Bus to McFarland Nature Hike

Tuesday, May 25

9:30 Tuesday Coffee via Zoom meeting
Hosted by Parkway Floor 4
1:00 Bus to Fareway North

ZOOM!

Wednesday, May 26

10—10:30 Blood Pressure Clinic, SR
1:15 Bus to ISU Farm House Tour

Thursday, May 27

1:00 Bus to Fareway North
4:00 Alzheimers Support Group via Zoom
7:00 DSM Symphony Orchestra on
NC-TV

Friday, May 28

8:30-10:30 1st National Bank, Founders'
Room
9:30 Residents' Council via Zoom
*No Friday Chat today
4:00 Lorraine Stumbo and Cindy
Scholten piano program, Pkwy Music Rm

Saturday, May 29

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 23, 12:30 p.m.

**Sautéed Chicken Breast,
Long Grain & Wild Rice
Pacific Blend Vegetables
Fresh Fruit
Raspberry Pie**



ANNOUNCEMENTS

Let's ZOOM! **ZOOM!**

Tuesday Coffees via Zoom start at 9:30 am every week. This Tuesday, the 4th 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 16: Dan Vos*
(*sorry, missed last week)

May 21: Polly Gilbert

May 22: George Beran

May 22: Joe Traylor

May 23: Bion Pierson

May 26: Jan Beran

May 26: Betty Sorenson

May 28: Ted Solomon

May 28: Dolores Whitehead

May 29: Beth Douglass

May 29: Don Newell

May 30: Sherry Northup

May 31: Norma Hensley



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 10:00 am on Friday, May 21**. For the south campus tour assemble at the raised-bed garden enclosure near the **Parkway building at 1:00 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.



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.



Pergola Concert

The flute concert at 4pm on Friday, May 21 will continue as planned unless it is actively raining at the time of the concert. See you there!



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.

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



Lorraine Stumbo and Cindy Scholten will play on Friday, May 28 at 4:00 pm in the Parkway Music Room.



NC TV Channel 116-3 or 992

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.

SPECIAL COMMUNITY NOTICES

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.

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, 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!



VISITATION AND MASKING

As mentioned on the Tuesday Zoom this past week, we are opening up visitation to an unlimited number of guests for Independent Living. Visitors still need to be screened and mask while in NC common areas such as corridors. As previously, the guest room may be reserved for up to four consecutive nights.

Regarding the most recent update from the CDC regarding masks and social distancing, Northcrest remains in a "wait and see" mode. The reason for this hesitation is that the other governing agencies that typically provide guidance, in conjunction with the CDC, have not published any updates for our use. I will continue to monitor this closely and will provide another update this coming Tuesday.

Thank you for your patience as we move slowly and deliberately through our next steps.

Mauon

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 23

Lunch: Sautéed Chicken Breast, Long Grain & Wild Rice, Pacific Blend Vegetables, Fresh Fruit, Raspberry Pie

Monday, May 24

Lunch: 1/4lb. All Beef Hot Dog with Minced Onion & Relish, Baked Beans, Apple Slices, Fresh-Cut Vegetable Salad, Snickerdoodle

Tuesday, May 25

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Green Beans, Cantaloupe, Root Beer Float

Wednesday, May 26

Lunch: Spaghetti with Meat Marinara, Garlic Toast, Grapes, Side Salad with Red Onion, Croutons & Italian Dressing, Pecan Bar

Thursday, May 27

Lunch: Szechwan Chicken over Fried Rice, Stir-Fried Vegetables, Mini Egg Roll, Mandarin Oranges, Carrot Cake

Friday, May 28

Lunch: Quiche Lorraine, Blueberry Muffin, Strawberry Garnish, Cottage Cheese with Green Peppers, Blondie

Saturday, May 29

Lunch: Tuna Sandwich on Oatberry Bread, Sun Chips, Orange Slices, Tomato, Cucumber & Onion Salad, Coffee Cake