



May 28, 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 28

9:00 ISU Retirees Memorial Program,
Alumni Center or on Zoom, No Bus
2:00 Hymn Sing, GR

Monday, May 29

Memorial Day
No Mail



Tuesday, May 30

9:30 Tuesday Coffee, Atriums L-2
10:30 Fareway shopping (moved from
Monday)
2:15 Benefits Mind-Body Practices In
PTSD, Wellness Center
4:15 Strength & Balance Class
Wellness Center

Wednesday, May 31 Senior Health Day

10:00 No Blood Pressure Clinic TODAY
10:30 Bus to ALDI or Hy-Vee
12:30 Senior Health Presentation, GR
3:00 Special Presentation: Pete Grady
as General Grant, GR

Thursday, June 1

10:00 Bus to O.W.L.S., Story County
Conservation Center
4:15 Strength & Balance Class
7:30 Bus to Bandshell Concert

Friday, June 2

8:30—10:30 1st National Bank, Founders
10:30 Friday Chat, Ames Public Library
10:30 Bus to Walmart & North Fareway
2:00 K& L Singing Duo, Assisted Living
6:30 Firepit Party with 2nd Chair Brass

Saturday, June 3

2-4:00 GARDENS GALORE TOUR

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

Senior Health Presentation, May 31, 12:30:

Embracing Well-being with Intention

It is easy to get caught up in the distractions of our everyday lives, so much so that we can miss the small moments precious to living. Join Stephanie Downs, ISU WellBeing Coordinator, to explore how to embed wellbeing and mindfulness as part of our self-care. Participants will leave with an understanding of self-care from a more holistic perspective, the importance of integrating it into all they do, and realizing why it is critical in today's environment.

Sign Up for the 30 Days of Exploring Program

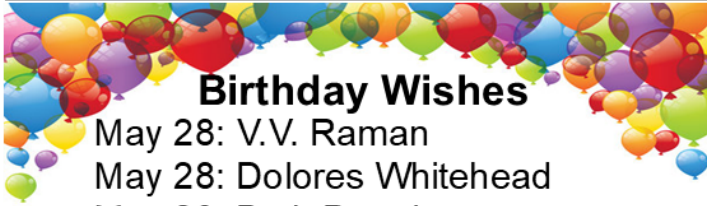
This launches June 1. Sign up via email or stop in and see Adrienne.

Sunday Dinner May 28, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Key West Blend Vegetables
Fresh Fruit
Apple Pie



ANNOUNCEMENTS



Birthday Wishes

May 28: V.V. Raman
May 28: Dolores Whitehead
May 29: Beth Douglas
May 29: Don Newell
May 30: Sherry Northup
May 31: Norma Hensley
June 3: Karen Ross



Tuesday Coffees

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

May 30: Hosts Locust Hill

June 6: N-1 will host

ISU Retirees Memorial Day

This program will honor all ISU retirees, their spouse(s) or partner(s), as well as current faculty and staff who have passed away in the last year. The event will be offered as a hybrid event on Mon, May 28, in person at the ISU Alumni Center or online with Zoom starting at 9:00 a.m.



We are going to the BIRDS!

We've had geese and turkeys here at Northcrest. Now it is time to change our display case by Ronnie's office, and it is fitting to put birds in it: figurines, small framed photos or artwork, stuffed birds, anything you might like to share for 6 weeks or so. Make sure your name is on it, and bring to Ronnie's office. Celebrate the birds of summer!

Friday Chats, 10:30 am, GR

June 2: Ellen Wanamaker with the Ames Public Library & the Bookmobile. Learn more about the services the Library offers.

June 16: Dean Sayre from the Ames City Public Works Department will speak about the 24th St project that is in our near future.

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



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!**

Firepit Party

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 go down. Bring your lawn chairs! Fri, June 2, 6:30 pm.

Book Mobile

On Wed, June 14, the APL's Bookmobile comes to visit Northcrest! You can sign up for a Library card and get help accessing eBooks or Audiobooks on Libby, the library's access terminal.

Friendly Reminder

Please remember if you use any of the community rooms such as the Fireside Room, **YOU are responsible** to clean up after yourself. That includes taking out the garbage. Please leave it as you would like to find it when you arrive!

"Northcrest Through Our Eyes"

Submit up to 5 of your best photos to louiseaodo@gmail.com, submit a thumb drive, or text 515-321-0559.

Deadline Extended up until May 31.

The CREST

OPEN Wed–Fri, May 31–June 2

12-2:00 pm and

4:30-7:00 pm

Soup of the Day:

Tomato Vegetable Soup

PLACES TO GO

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.

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, 2-4:00 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!! No Bus.

ENTERTAINMENT

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



Threads & Trills Opera Luncheon

Enjoy an elegant lunch while listening to performances from Des Moines Metro Opera artists! Tickets are \$55, plus a bus fee of \$10 on your monthly bill. Must reserve space by calling 515-961-6221. Berne & Kathy Ketchum are co-presidents of the Ames Chapter of DMMO. For more info, ask them or Janie Lohnes. Sat, June 17, Bus at 10:15 am. Home by 2:30 pm.

Wisteria Contest

“Full Bloom” hasn’t quite arrived.

The dates getting close were chosen by:

May 27; Louise Ward

May 28: Marilu Raman

May 30: Carolyn Jarnagin

June 1: Linda B. White & Donna Elvik

June 3: Mary Pepper & Diane Oppedal

Will it be later yet? More dates were submitted until June 14!

Who will win?!



Ames Municipal Band Concerts

June 1 starts the summer band concerts in the Bandshell Park. Buses available each Thursday night at 7:30 pm. Bring your lawn chairs!



Story Theater Company

This Ames youth theater is putting on Disney’s *High School Musical, JR.* June 16—25 at City Auditorium. If 6 or more are interested to go, we will schedule a bus for Sun, June 18, 1:30 pm. Tickets available at the door, \$10 suggested donation.

SPECIAL NOTICES

Help, please! If you have a copy of the book club book, *The Butterfly Effect*, please return to the Readers Book Group in the Northcrest library. Thank you! Jan Beran

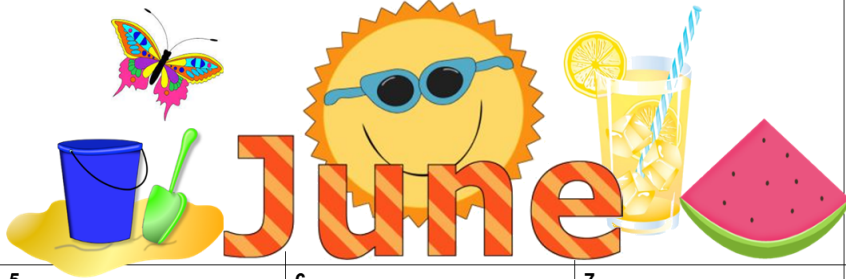


Artists in the current art exhibit should claim their work on Thu, June 1, between 9:30 and 11 a.m. If this time is not convenient please notify: Cindy Scholten

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 you’re 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 our campus beautiful!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Center Lots of Choices for Exercise!</p> <p>Game Night, LIB Thursdays, 6 pm</p> <p>1st National Bank Fridays: 8:30—10:30 am</p>				<p>1 10:00 Writers' Group 10:00 Bus to O.W.L.S.</p> <p>5-8:00 Art Walk Downtown No Bus</p> <p>7:30 Bus to Bandshell Concert</p>	<p>2 <i>JUNE 2-4 Free Fishing Weekend in Story County</i> 10:30 N Walmart & Fareway 10:30 Friday Chat, Ames Public Library, Ellen Wanamaker 2:00 K & L Duo, singing, HC 6:30 Firepit Party! 2nd Chair Brass</p>	<p>3 2-4:00 NC GARDEN TOUR!!!</p> 
<p>4</p> 	<p>5 10:00 Fareway</p>	<p>6 9:30 Coffee, Atrium N-1 10:30 Worxhub and Website Workshop, GR 1:30 Hearing Aid Maintenance</p>	<p>7 10:00 BP Clinic 10:00 Book Club, AL 10:30 ALDI's & Hy-Vee 3:30 Cynthia Zeisman concert, AL</p>	<p>8 11:30 Bus to Nature at Noon, Reiman Gardens 2:00 Episcopal Church Svc, AL 2nd Floor 4:00 Wine Tasting with Red Barn Wines, GR 5:00 LaVone Newell, piano, AL 7:30 Bus to Bandshell Concert</p>	<p>9 10:30 N Walmart & Fareway 7:00 Bus to <i>Pump Boys & Dinettes</i>, ACTORS</p>	<p>10 Volunteer Opportunity: <i>Feeding Haiti's Kids</i> at Northminster Presbyterian Did you register with the church?</p>
<p>11</p>	<p>12 9:00 Bus to Tedesco Park for donuts and a walk! 10:00 Fareway</p>	<p>13 9:30 Coffee, Atrium N-2 11:00 Bus to Lunch at Pasta Al Forno 2:00 Hymn Sing, HC</p>	<p>14 10-12:00 Bookmobile here! 10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p> 	<p>15 10:00 Writers' Group 7:30 Bus to Bandshell Concert</p>	<p>16 10:30 N Walmart & Fareway 10:30 Friday Chat, Dean Sayre, Ames Public Work 12:30 Bus to Story City for Colonial Home tour 2:00 Bingo in AL—everyone welcome!</p>	<p>17 1-4:00 Reiman Gardens Rose Show, No Bus</p>
<p>18</p>  <p>1:30 Bus to <i>High School Musical, JR</i>, City Auditorium</p>	<p>19 10:00 Fareway 6:30 Mixed Bridge</p>	<p>20 9:30 Coffee, Atrium N-3 6:00 Second Chair Brass, HC North Patio</p>	<p>21 9:30 Bus to Iowa Arboretum and Lucky Pig, Ogden 10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p>	<p>22 5:00 LaVone Newell, piano, AL 7:30 Bus to Bandshell Concert</p>	<p>23 9:30 Residents' Council 10:30 N Walmart & Fareway</p>	<p>24</p>
<p>25</p> <p>1:30 Bus to <i>Pump Boys & Dinettes</i>, ACTORS</p>	<p>26 10:00 Fareway</p>	<p>27 9:30 Coffee, Atrium E & H</p>	<p>28 10:00 BP Clinic 10:30 ALDI's & Hy-Vee 4:30 New Resident Gathering, GR</p>	<p>29 Horizon Club Patio Party with Ryne Doughty 7:30 Bus to Bandshell Concert</p>	<p>30 10:30 N Walmart & Fareway</p> 	

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 28

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Key West Blend Vegetables, Fresh Fruit, Apple Pie

Monday, May 29

Lunch: 1/4lb. All Beef Hot Dog with Minced Onion & Relish, Baked Beans, Watermelon, Oatmeal Raisin Cookie

Dinner: Spaghetti with Meat Marinara, Garlic Toast, Strawberries, Three Bean Salad, Mini Vanilla Swirl Cone

Tuesday, May 30

Lunch: Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the Side, Fresh Fried Chips, Tropical Fruit Salad, Cheesecake

Dinner: Tomato Swiss Steak, Scalloped Potatoes, Peas, Peaches, Triple Berry Crumble Cake

Wednesday, May 31

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Pineapple, Lemon Lime Mousse

Thursday, June 1

Lunch: Ham, Turkey Flatbread Sandwich with Provolone, Lettuce, Tomato & Onion, Sun Chips, Bread & Butter Pickles, Cantaloupe, Turnover

Friday, June 2

Lunch: Enchilada Casserole with Shredded Lettuce, Pico & Sour Cream on the Side, Refried Beans, Grapes, Chocolate Chip Cookie Bar

Saturday, June 3

Lunch: Orange Chicken over Fried Rice, Stir-fried Vegetables, Egg Roll, Fresh Fruit, Carrot Cake

Dinner: Hungarian Goulash, Normandy Blend Vegetables, Pear Slices, Oreo Pie