

April 10, 2022

Northcrest News

Northcrest Community
Over 55 years of service to older adults
in the Greater Ames Community

The Week at a Glance!

Sunday, April 10

12:30 Sunday Lunch
1:30 Bus, *Double Wide Texas*, ACTORS
2:00 Hymn Sing
7:00 Bus to Mei-Hsuan Huang student piano recital, MET


Monday, April 11

9:00 Bus to Fareway North
2:00 NC Stitches Meeting, Grand Room

Tuesday, April 12

9:30 **Tuesday Coffee**, Hosts —Parkway Floor 1, Part 2


Wednesday, April 13

Podiatry Clinic, By Appointment
10:00 Blood Pressure Clinic
 **The Crest is open 12-2 & 4:30-7**
2:15 Doors Open, Spring Garden Tea, by Reservation, Grand Room
3:00 Bus to ALDIs

Thursday, April 14

 **The Crest is open: 12-2 & 4:30-7**
6:00 Game Night, LIB

Friday, April 15 Good Friday

8:30-10:30 1st National Bank
10:30 Fraud Seminar, by 1st National Bank, Grand Room
 **The Crest is open: 12-2 & 4:30-7**
1:00 Bus to WalMart

Saturday, April 16

Have you colored some eggs yet?



Health & Wellness

DAILY EXERCISE

Exercise, Green Room, M-F 8:30 am
Check out the Exercise Videos on the NC Website, Resident Section!!



Podiatry Clinic by appointment:

April 13 July 13 October 19



Hearing Aid maintenance:

May 3 (1st Tuesday of every month)



All health appointments are held in the Providers' Room

Sunday Dinner April 10, 12:30 p.m.

**Pork Roast
Mashed Potatoes & Gravy
Peas & Onions
Honeydew & Grapes
Raspberry Pie**



ANNOUNCEMENTS



Tuesday Coffees

On April 12, Parkway, Floor 1 will host again. **Please continue to bring your own mug.** If you prefer to join via Zoom, watch for an email invitation, or use <https://us02web.zoom.us/j/82722193489>

Birthday Wishes

April 11: Jan Heuss
April 13: Kay Zytowski
April 14: Kay Berger
(Please let us know if we miss anyone!)



Hat Making Workshop

Back by popular demand—one more workshop to decorate a hat or make one from scratch! Bring scissors, own materials, glue gun. Many supplies will be furnished. Call Ruth Ornberg with questions. Fri, Apr 8, 1:00 pm, Social Room.



Northcrest Stitches' Meeting

Carolyn Bultena will be helping those that attended our last meeting to finish up their knitted hat. Other projects that are in process and socializing are welcome! Mon, Apr 11, 2 pm, Grand Room.

Northcrest, INC. Annual Mtg video

The video of the Annual Meeting is on our website. Please follow the steps listed below to get to the video link.

1. Login into the Resident Portal
2. Click on "Resources and Links"
3. Click on "Northcrest Videos"
4. Click on "Northcrest, INC. Annual Meeting March 23, 2022"

Thank You to Steve Coon for recording!

Milk Orders

Please note that milk is picked up by the driver when taking the bus for shopping at Fareway now on Mondays at 9:00 am. Those that order milk must remember to pick it up at the Front Desk by Noon on Mondays. It is kept in a simple cooler and is not refrigerated. Thank You!



Spring Garden Tea

Wednesday, April 13,

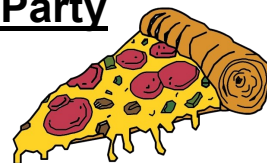
2:30 pm

Reservations Closed

Doors open at 2:15
for table viewing.

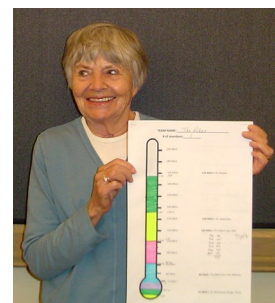
Volunteer Appreciation Party

If you have turned in those infamous "blue sheets" with your volunteer hours, you will soon receive an invitation to a Pizza Party on Apr 20. An RSVP is necessary for us ordering pizza. If you haven't logged your hours, this is incentive for recording your volunteer hours here at Northcrest as well as the larger Ames Community. All volunteering counts! We want to see YOU at next year's event too!



Walking Challenge a SUCCESS!!

Wow—would you believe the total number of miles walked by ALL the walkers amounted to **5403 miles!** The person walking the most as an individual was Judy Amfahr with 169 miles! The top Team, Meishan, with 726 miles, was made up of Sherry & Larry Northup, Don Snyder, and Jay-Lin & David Topel. That is an average of 145 miles each over 8 weeks! And the flights of stairs taken were phenomenal! Our residents climbed the



equivalent of mountains from Iceland to Mt. Everest! Just wait to see what happens in 2023! *Don Snyder not pictured.*

PLACES TO GO

ACTORS: *Doublewide Texas*

Trailer park hilarity at its best.

Bus available on

- Sun, Apr 10, 1:30 pm

Live-streaming is available at actorsinc.org for \$23.95.



ISU Campus & Concert Bands

Listen to great band music at the Ames City Auditorium. Sat, Apr 9, 3:00 pm. No Bus.

ISU Piano Recital



Those of you who know Mei-Hsuan Huang, will enjoy her students' performances. Sun, Apr 10, Bus at 7:00 pm. This will also be live-streamed at www.music.iastate.edu/ Click on the Recital Hall Webcasts button.

Upcoming Friday Chats

- **April 15: Fraud Seminar** presented by First National Bank. Don't miss it!
- April 22: Ames Historical Museum presents *Strong Ames Women*

KNUT'S KNOTES

Gates Closed

Due to cut-through traffic from the high school, the gates on Northcrest Drive will be closed from 6:30 am - 4:30 pm starting next Monday.



Reminder on the 2300 Front Door

The door is set on a timer to open automatically at 8:30 am and lock at 8:30 pm. If you are scheduling a meeting or gathering before or after those times, you will be unable to enter. We don't want you marooned outside—plan accordingly!

Northcrest Abbreviations:

LIB: Library **FR:** Fireside Room, in NC Court
Grand: Grand Rm **HWH:** Heartwood House
1801: New Wellness Area Door
2300: Main Entrance Door **HC:** Health Center
GR: Green Rm, **SR:** Social Rm
Both in Lower Level

In Loving Memory of **Kathryn "Katy" Seidel**

July 24, 1923—April 3, 2022

Private Memorial Services
will be held at a later date.



Kentucky Derby Day

Plans are in process for a fun event marking the 148th Kentucky Derby, *Run for the Roses!* This is a resident-run event on Sat, May 7, late afternoon and evening. Start planning on what finger food you might bring to share, what hat you'll wear, or other finery. All for fun!



The CREST!

**The Crest is NOW open every
Wednesday, Thursday & Friday**

12:00--2:00 pm

4:30—7:00 pm



The Crest menus are on the Northcrestcommunity.org website, under Resident Login, Resources & Links!

Remember you can order take out!

Stop by & place your order, or call during open hours at 515-232-6760, ext. #7140.

The Crest Gift Cards are available!

Purchase at the Front Desk.

Pick-up times for Regular Daily Meals at the 2300 Front Desk:

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

Lunch is Ready For Pick Up at 2300 entry at 12:00 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? New Extension

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

Sunday, April 10

Lunch: Pork Roast, Mashed Potatoes & Gravy, Peas & Onions, Honeydew & Grapes, Raspberry Pie

Monday, April 11

Lunch: Oriental Chicken Salad, Dinner Roll, Cantaloupe, Black Forest Cake

Tuesday, April 12

Lunch: Ham & Cheese Quiche, Oat Bran Muffin, Strawberries, Cottage Cheese with Green Peppers, Yogurt Parfait

Wednesday, April 13

Lunch: Sausage & Pepperoni Pizza, Grapes, Side Salad with Tomatoes & Ranch Dressing, Cookie

Thursday, April 14

Lunch: Patty Melt, Onion Rings, Pickle Spear, Fruit Garnish, Fresh Cut Vegetable Salad, Magic Bar

Friday, April 15

Lunch: Turkey Chili, Cornbread, Pineapple & Blueberries, Pumpkin Bar

Saturday, April 16

Lunch: Sloppy Joe Sandwich, Corn Chips, Orange Slices, Cucumber & Onion Salad, Rocky Road Brownie

