

April 17, 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 17 Easter Sunday

12:30 Sunday Lunch  
2:00 Hymn Sing

### Monday, April 18

9:00 Bus to Fareway North  
3:00 Bus to service for Bob Buck,  
Collegiate Presbyterian Church  
6:30 Mixed Bridge

### Tuesday, April 19

9:30 **Tuesday Coffee**, Hosts —Parkway  
Floor 2, Part 1  
6:30 Bus to the Goldfinch Room,  
Stephens Auditorium

### Wednesday, April 20

10:00 Blood Pressure Clinic  
**The Crest is open 12-2 & 4:30-7**  
2:00 Low Vision Support Group via Call  
3:00 Bus to ALDIs  
5:30 Volunteer Appreciation Event,  
by invitation, Grand Room

### Thursday, April 21 Kiwanis Paper Drive

10:00 Writers' Group  
**The Crest is open: 12-2 & 4:30-7**  
2:30 Bus to Brunnier Museum  
4:00 LaVone Newell piano, GR  
4:00 Alzheimers' Support. FR  
6:00 Game Night, LIB

### Friday, April 22

8:30-10:30 1st National Bank  
10:30 Friday Chat: History Museum  
**The Crest is open: 12-2 & 4:30-7**  
1:00 Bus to WalMart  
3:30 Bus to Reiman Gardens, tentative  
7:00 Bus to Town & Gown, 1st Methodist



### Saturday, April 23

Enjoy a Spring Day outside!

## 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:

July 13      October 19



### Hearing Aid maintenance:

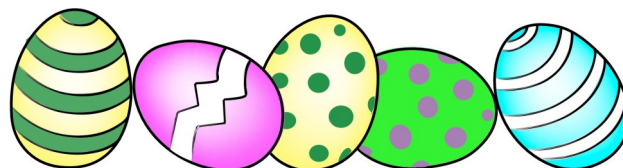
May 3 (1st Tuesday of every month)



All health appointments are held in the  
Providers' Room

## Sunday Dinner April 17, 12:30 p.m.

**Baked Ham**  
**Knoll Potatoes**  
**Green Bean Casserole**  
**Dinner Roll**  
**Pecan Cranberry Apple Salad**  
**Easter Cake**



## ANNOUNCEMENTS



### Tuesday Coffees

On April 19 & 26, Parkway, Floor 2 will host. **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 17: Roy Ornberg  
April 18: Jan Samuelson  
April 19: Tania Tipton  
April 23: Lyman "Stoney" Stoneking  
(Please let us know if we miss anyone!)



### Front Desk Newspapers

Just a friendly reminder—the newspapers at the Front Desk are reserved for residents to read in the fireplace area. Please do not remove them, so they are available to all for a quick browse.

### 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!

### Voter Registration

The primary election of both parties is coming up on June 7. If your address has changed since you last voted, you will need to fill out a new registration form. Not sure? Check at [iowasecretaryofstate.org](http://iowasecretaryofstate.org). If you have questions, Johnie Hammond is willing to meet right after Tuesday Coffee to help.

## KNUT'S KNOTES

### Traffic Gate

We will no longer be passing out key cards for the gate. We have ordered a new keypad to replace the keypad that is causing issues and will install it as soon as it arrives. Thank you for your patience.



### Volunteer Appreciation Party

If you have turned in those infamous "blue sheets" with your volunteer hours, you received an invitation to a Pizza Party on Apr 20. Standing Committees also received invitations. Please RSVP.



If you haven't logged your hours, this is an 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!

### Low Vision Support Group

The next meeting of the low vision support group will be Wed, April 20 at 2:00pm via telephone number 712-432-5610 access code 782#.

Our discussion will focus around State and National conventions of blind advocacy organizations. Since we have a number of new participants, we will have an extended social/sharing time. Please be prepared to share a nugget or two of your personal history - vision related or otherwise.



### Ken Jolls and Friends

Mark Sunday, April 24 at 3:30 pm for a great afternoon of jazz! Ken Jolls, pianist extraordinaire, along with our past Director of Clinical Services, Cheri Hennager, and a vocalist who performs with the group "Satin Dolls", will provide great entertainment! Don't miss the chance to hear our resident professional and say hi to Cheri! Sun, Apr 24, 3:30 pm, Grand Room.

### Volun-Peer Lists

There are new updates on the lists of resident-to-resident volunteering. Check them out on the Resident Portal of the NC website. It is under Resources & Links, Volun-Peers. Technology help, sewing, and errands are just a few of the categories.



## THINGS TO DO!

### Upcoming Friday Chats

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

### Goldfinch Room



The Goldfinch Room Songwriter

Showcase will feature singer, songwriter and guitarists Fred Love and Wally Neal. You may remember Fred Love from an outdoor concert at the Pergola here last summer. \$10 at the door. Tue, April 19, Bus at 6:30 pm, Stephens Auditorium

### Tour at the Brunnier Museum

Hop on the bus for a tour of the current glass display at the Brunnier Museum. We have residents that have donated some of the items. Sign up!  
Thu, April 21, Bus at 2:30 pm

### Town & Gown

Calmus, an a cappella vocal quintet, is naturally at home in music of the Renaissance, Baroque and Romantic eras, but also revel in pop, folk, and jazz. \$30 at the door. See them Fri, April 22, 1st Methodist Church, Bus at 7:00 pm.



### Arias in Ames

Attend this event to hear beautiful music. \$20 at the door. Sun, April 24, First Methodist Church, Bus at 1:30 pm.

### The Garden Tea

What a lovely event. Thanks to Chair Judy Amfahr and all the volunteers that organized, decorated tables, & created the delectable treats. It is apt to be requested as an annual event!



*In Loving Memory  
of*

**Bob Buck**

1/12/1932-4/11/2022

A Celebration of Life service  
Monday, April 18, 3:30 pm  
Collegiate Presbyterian Church  
Bus at 3:00 pm.

### Upcoming events:

#### Ames History Museum Lecture

Learn more about the Dinkey, the railroad between campus and downtown Ames at the turn of the last century. Presented at the Ames Public Library, Wed, Apr 27, Bus at 6:30 pm.

#### A Morning Walk in the Woods



Story County Conservation is offering a guided tour called "Feathers & Flowers" at Robison Acres southwest of Nevada. This is a limited number, pre-registered event. Sign up for the bus as soon as possible and Ronnie will register you. \$5.00 charge on your NC bill. Sat, April 30, Bus at 8:30 am.

## 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](http://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 17**

**Lunch:** Baked Ham, Knoll Potatoes, Green Bean Casserole, Dinner Roll, Pecan Cranberry Apple Salad, Easter Cake

**Monday, April 18**

**Lunch:** Taco Salad, Blueberry Muffin, Grapefruit, Cookie

**Tuesday, April 19**

**Lunch:** Chicken Strips, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Fruit Salad, Oatmeal Bar

**Wednesday, April 20**

**Lunch:** Cheeseburger, Potato Chips, Apple Slices, Cottage Cheese, Banana Cream Pie

**Thursday, April 21**

**Lunch:** Chili Stuffed Baked Potato, Broccoli, Grapes, Root Beer Float

**Friday, April 22**

**Lunch:** Turkey Tetrazzini, Key West Blend Vegetables, Honeydew, Apple Cheesecake Bar

**Saturday, April 23**

**Lunch:** Pulled Pork Sandwich, Potato Salad, Orange Slices, Cucumber, Tomato & Onion Salad, White Cake

