

August 28

Northcrest News

Northcrest Community
Over 57 years of service to older adults



The Week at a Glance!

Sunday, August 28

10-4:00 Garden Quilt Show continues at Reiman Gardens, No Bus
12:30 Sunday Lunch
2:00 Hymn Sing

Monday, August 29

10:00 Fareway shopping

Tuesday, August 30

9:30 **Tuesday Coffee**, Atrium K-1, 2 & 3
Wear your name tag and bring your cup!

Wednesday, August 31

9:30 Bus to Iowa Lavender Farm
10:00 Blood Pressure Clinic
10:00 Bus to ALDIs
The Crest is open



Thursday, September 1

9:45 Bus to O.W.L.S.
10:00 Writers' Group
The Crest is open
4:45 Bus to John Buck Art Reception, Brunnier Museum
6:00 Game Night, LIB



Friday, September 2

8:30-10:30 1st National Bank, Founders'
10:00 Bus to Walmart
10:30: Friday Chat with David Faux from Heuss Printing
The Crest is open



Saturday, September 3

11:00 Bus to ISU Step Show
12:00 Bus to ISU Football vs SE Missouri

Enjoy Labor Day Weekend!

Health & Wellness

Hearing Aid maintenance:

September 6 (1st Tuesday of every month)



Massage Therapy: Darlene, 515-708-1556

DAILY EXERCISE

Tap-Fit exercise: 4:00 Mon, Wed, Fri
10:30 Tue & Thu

See the insert for new exercise schedule!
All sign-up sheets are new; Please enter your name to confirm your selections.



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

Baked Ham
Cheddar & Garlic Mashed Potatoes
Peas & Onions
Fresh Fruit
Raspberry Pie



ANNOUNCEMENTS

Tuesday Coffees

On August 30, Atriums K-1, 2 & 3 will host. We will gather in the Grand Room as well as via Zoom. Watch for an email invitation.



Birthday Wishes

- *Corrections!
- *August 22: Audrey Bond
- *August 23: Bill Yungclas
- *August 23: Elaine Hieber
- August 28: Jean Olson
- August 29: Ted Tedesco
- September 1: Pat Kavanaugh
- September 1: Luana Stoneking

OLLI Classes

1. You can contact Diana Shonrock for catalogs.
2. Online catalogs & membership information is available at <https://olli.iastate.edu/>
3. Registration is open. Classes begin on Sept 12.

Friday Chats: 10:30 am

August 26: Joanne Pfeiffer with "Assets of Aging". Bring your hand-outs from Tuesday Coffee for discussion; more hand-outs will be available.

September 2: David Faux with Heuss Printing and "The Iowan" magazine

Art Committee Alert

The current display of "Our Favorite Art" will be removed **after Tuesday Coffee** on the 30th. If you have a piece on display, please be prepared to take your item home around 10:15-10:30 am. Committee members will be available to help, and will return the piece to you if you can't attend that day.

Landscape Committee's Booklet

A Walk Through the Northcrest Gardens is available in the Northcrest Library. It can be purchased for \$11.00. View and sign up to buy a copy to accompany you as you walk

the campus. For info, ask Jan Beran.

Northcrest Fair



Thanks to all who participated in our NC Fair activities! Congratulations to those who were voted Best in Category:

Visual Arts: Carolyn Abbott

Floral: Jan Beran

Produce: Wayne & Karen Klaiber

Craft/Sewing: Mary Pepper

Novelty: Duane Mangold

Butter Sculpture: Browser the Library Cat (aided by Susan North)



Special Iowa Game medals (from Jan Beran's stash) were awarded to our Ring Toss and Flap Attack game winners: Carolyn Abbott, MaryJo Talkington and Marilyn Green

Check out New Website Additions!

The following have been added to the NC website under the Resident Login:

- **All the tree maps** (Resources & Links/Landscape Committee)
- **A Walk Through the Northcrest Gardens** (Resources & Links/Landscape Committee)
- **State Fair Video** (Resources & Links/Northcrest Videos)

KNUT'S KNOTES

Please do not pull dead or dying trees, shrubs or large plants from the Campus. Many of these items are still under warranty through the construction company and must remain in the ground until an inventory is taken. Even though these are unsightly and it is tempting to remove the plants, please leave them as they are. However, feel free to pull weeds you see as you go along your path.

In Loving Memory

Kay Bartlett

May 17, 1940—August 19, 2022

Service was held on
Wednesday, August 24

PLACES TO GO, THINGS TO DO

Ames History Museum

The annual benefit dinner for the Ames History Museum will be held at Prairie Moon Winery. Bus at 5:15 pm, Fri, Aug 26.

Tour of the Ames High School

There is a public open house of the new high school on Sat. Aug 27. You may go on your own from Noon to 4:00. We will offer a bus to go at 2:00 pm & 2:30 pm.

O.W.L.S.



Sara Carmichael, Watershed Coordinator for Story County, will be discussing the county's water quality efforts. She will review practices like the volunteer water quality monitoring program, new edge of field nutrient program, and restoration activities. Thu, Sept 1, Bus at 9:45 am.

Brunnier Museum Reception

Attend the opening reception for John Buck. See the work and have some treats. Thu, Sept 1, Bus at 4:45 pm.

Monarch Mania



Story Co Conservation will show us an animal that weighs less than a small paperclip on its journey south to Mexico. We will talk about why they do this and catch and tag some monarch butterflies that are passing through! **You must register yourself by Mon Sept 12 at storycountyiowa.gov** to attend. (Check date) \$5 fee. Peterson Park West, Bus at 3:15 pm, Wed, Sept 14.

Ada Hayden Golf Cart Tours

The Friends of Ada Hayden are again offering 90-minute golf cart tours with guides around the lake. Sign up for Mon, Sept 12, bus at 11:00.

SPORTS



Sign up sheets for the buses for the full season are available!

ISU Volleyball



- vs Drake, Wed, Sept 7, Bus at 6:00 pm
- vs IOWA, Fri, Sept 9, Bus at 6:00 pm
- vs Wright St, Sat, Sept 10, Bus at 10:30

ISU Football



- Sept 3 the first game vs SE Missouri. Step Show: Bus at 11:00 am
Game only: Bus at 12:00 Noon
- Sept 10, vs IOWA, Watch Party starts at 2:30 pm, Grand Room

ENTERTAINMENT

ISU Music Department



- Fanfare Concert, held at the Martha Ellen Tye Recital Hall (MET), Free, Sun, Aug 28, Bus at 2:30 pm.
- Live WebCasts: go to music.iastate.edu and click on Recital Hall Webcasts, center of page. **Sept 8—10**, organ & carillon

ACTORS

Steel Magnolias opens Thu, Sept 8. Bus available on

- Fri, Sept 9, 7:00 pm.
- Sun, Sept 18, 1:30 pm.



CY Stephens events

Tue, Sept 20: Kardemimmit, Bus at 6:30 pm
Fri, Sept 30: Fab Four: Bus at 7:30 pm

COVID UPDATES

Current status of Northcrest Community:

New Cases within the past seven days:

Residents - 1

Staff - 0

The CREST

Open Wed, Thurs, Fri

12:00—2:00 pm, 4:30—7:00 pm

Sangria— Lunch & Dinner: \$3.00

Specials: 4:30—5:00

All Drinks: \$3.50

Select Appetizers: \$5.00



Soup of the Day :

Steak & Portobello Mushroom Soup

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Center New Exercise Classes being planned! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays, 8:30—10:30				1 9:45 Bus to O.W.L.S. 10:00 Writers' Group 4:45 Bus to John Buck Reception, Brunnier Art Museum	2 10:00 N WalMart 10:30 Friday Chat with David Faux from Heuss Printing	3 11:00 Bus to Step Show 12:00 Bus to ISU Football vs SE Missouri 
4	5 LABOR DAY 	6 9:30 Coffee, Atrium K 1,2 & 3 10:00 Fareway 1:30 Hearing Aid Maintenance	7 10:00 BP Clinic 10:00 Book Club, AL 10:00 ALDI's 6:00 Bus to ISU Volleyball vs Drake	8 4:00 LaVone Newell, piano Green Room 7:30 ISU Organ Recital, Live WebCast	9 10:00 N WalMart 6:00 Bus to ISU Volleyball vs IOWA 7:00 Bus to <i>Steel Magnolias</i> ACTORS 7:30 Iberian Keyboard Music, ISU Live WebCast	10 10:30 Bus to ISU Volleyball vs Wright State 2:30 Watch Party: ISU vs IOWA, Grand Room (3:00) 4:00 ISU Piano Recital, Live WebCast
11 	12 10:00 Fareway 2:00 NC Stitchers, Social Rm 11:00 Bus to Ada Hayden Golf Cart tour	13 9:30 Coffee, Atrium Pkwy 1 6:00 Bus to ISU Volleyball vs UNI	14 10:00 BP Clinic 10:00 ALDI's 3:15 Bus to Monarch Mania, West Peterson Park 	15 10:00 Writers' Group 3:30 Bus to ISU Farm House 4:00 Alzheimer's Support Group, FR	16 United Way Day of Caring 10:00 N WalMart 10:30 Friday Chat: Jane Baty 4:00 Sherry Luxton in piano concert	17 11:00 Bus to Step Show 12:00 Bus to ISU Football vs Ohio 
18 1:30 Bus to <i>Steel Magnolias</i> ACTORS	19 10:00 Fareway 3:00 Memory Café, Northminster Presbyterian 6:30 Mixed Bridge	20 9:30 Coffee, Atrium Pkwy 1 6:30 Bus to Kardemimmit , Stephens Auditorium	21 10:00 BP Clinic 10:00 ALDI's 	22 First Day of Autumn 10:00 Bible Study 4:00 LaVone Newell, piano Green Room	23 9:30 Residents' Council 10:00 N WalMart	24 TBA—Bus to Step Show ISU Football vs Baylor 
25 	26 10:00 Fareway	27 9:30 Coffee, Atrium Pkwy 2	28 10:00 BP Clinic 10:00 ALDI's 7:30 Bus to ISU Volleyball vs Baylor 7:30 ISU Jazz Night, Live WebCast	29	30 10:30 Friday Chat with Jolene Philo 7:30 Bus to Fab Four, Stephens 	

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

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, August 28

Lunch: Baked Ham, Cheddar & Garlic Mashed Potatoes, Peas & Onions, Fresh Fruit, Raspberry Pie

Monday, August 29

Lunch: Mushroom & Swiss Burger with Garlic Aioli, Potato Chips, Orange Slices, Cucumber & Onion Salad, Carrot Cake

Dinner: Jambalaya, Stir Fried Vegetables, Cantaloupe, Key Lime Pie

Tuesday, August 30

Lunch: Chicken Crepes, Normandy Blend Vegetables, Cherries, Blondie

Dinner: Veal Cutlets with Sherry Tarragon Roasted Potatoes, Baby Carrots with Honey Dill Sauce, Pineapple & Blueberries, Cheesecake

Wednesday, August 31

Lunch: BLT Sandwich, Pasta Salad, Pickle Spear, Watermelon Wedge, Pecan Bar

Thursday, September 1

Lunch: Breaded Flounder, French Fries, Creamy Coleslaw, Honey Dew, Lemon Cream Pie

Friday, September 2

Lunch: French Dip with Swiss & Au Jus, Broccoli, Fruit Salad, Peanut Butter Mousse

Saturday, September 3

Lunch: Sweet & Sour Chicken over Fried Rice, Green Beans, Egg Roll, Grapefruit Segments, Apple Crisp

Dinner: Beef Stroganoff with Egg Noodles, Capri Vegetables, Fresh Fruit, Chocolate Pie