## February 13, 2022

# Northcrest News

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

## The Week at a Glance!

#### Sunday, February 13

12:30 Sunday Lunch 2:00 Hymn Sing, Green Room



#### Monday, February 14 Valentine's Day 10:00 Spanish Class, Conference Room

2:00 NC Stitchers, Social Room 6:30 Not-So Newlywed Game, Grand

#### <u>Tuesday, February 15</u>



9:30 Tuesday Coffee, Hosts N-1, 2, 3 The Crest is open: 12-2 & 4:30-7 1:00 Bus to Fareway North

#### <u>Wednesday, February 16</u>

10:00 Blood Pressure Clinic 11:30 Bus to Lecture, Petersen Museum



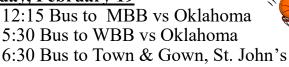
The Crest is open: 12-2 & 4:30-7 1:30 BINGO! Grand Room 2:00 Low Vision Support Call 3:00 Bus to ALDI

Thursday, February 17Kiwanis Paper Drive10:00 Writers' Group, Conference Rm.10:00 Writers' Group, Conference Rm.The Crest is open: 12-2 & 4:30-74:00 Alzheimers Suport Group, FR4:00 LaVone Newell, piano, Green Rm.6:00 Game Night, LIB7:00 No Bus to South Pacific, Stephens

#### Friday, February 18

8:30-10:30 1st National Bank 10:30 Friday Chat – Gerry Peters, AHS 1:00 Bus to WalMart

#### <u>Saturday, February 19</u>



#### **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:

March 1 (1st Tuesday of every month) All health appointments are held in the Providers' Room



## Sunday Dinner February 13, 12:30 p.m.

Baked Ham Sour Cream & Chive Mashed Potatoes Peas & Onions Melon Salad Peach Pie



#### **ANNOUNCEMENTS**

## **Tuesday Coffees**

On February 15, Atriums N-1, 2 & 3 will host. If you prefer to join via Zoom, watch for an email invitation, or use https://us02web.zoom.us/j/82722193489

## **Birthday Wishes**



February 11: Bob Rust February 13: Ellen Wilson February 15: Ursula Von Gadony February 16: Anne Walden February 17: Lenny Mangold (Please let us know if we miss anyone!)

## Friday Chats: 10:30 am, Grand Rm

Feb 18: Gerry Peters, Ames High School Director of Facilities & Management. This will be a hybrid meeting, so join us in person if possible, but you can also zoom: https://us02web.zoom.us/i/84651704747

## Low Vision Support Group

The next meeting of the Low Vision Support Group will be Wed. Feb 16 at 2:00pm via telephone 712-432-5610, access code 782#. We plan to have a guest from the lowa Radio Reading Information Service to describe the services they offer and how to access them. The services offered include reading the Ames Tribune on a daily basis.

## Memorial Svc for Lorene Hoover

Visitation is at Stevens Chapel on Fri, Feb 11, 6-8 pm. No Bus. Livestream service is available through Steven's website on Sat, Feb 12, 10:00 am. The family invites friends to join them electronically via Zoom. The passcode for the Zoom meeting is: 381038. Go to:

https://www.dignitymemorial.com/ obituaries/ames-ia/lorene-hoover-10528246

## **Used Sewing Machines**

Do you have a sewing machine you no longer use and are willing to donate to local Afghan refugees? Contact Ronnie for more information.

## **PROGRESS!**

The 1801 Door will be LOCKED

Tue thru Fri, Feb 15-18!

New flooring is to be installed.

## ATTENTION A, B, & C Residents:

Feb 15 & 16:

The <u>Hall</u> from A,B, & C atriums will be open to Mail Room and beyond on Tues & Wed, the 15th & 16th. Medical appointments & shopping will be picked up at the 2300 door.

Feb 17 & 18:

The Hall from A,B, & C might be **closed** on Thu & Fri, the 17th & 18th. If the Fire Doors are closed, **Don't go through**. If the Fire Doors are open, you may pass. You may need to wait until Friday evening to pick up your mail.

If boxed lunches are ordered through the kitchen, remind them if you live in A,B, or C. They will deliver to you on Feb 17 & 18.

All medical appointments, shopping & outings will be picked up at the C Door on Feb 17 & 18.

Deliveries, such as pharmacy or groceries, will be hand delivered to you by staff.

Please call for a shuttle if you need to come to the Front Desk or Grand Room. LaVone's Thursday piano time: 3:45 pick up at C Door on 17th.

No fear—Emergency Egress through The 1801 door would occur if needed. Hang in there—it will be well worth the inconvenience! Thank you for your cooperation!

## WEEKLY COVID UPDATES

The weekly status report of Northcrest Community:

New Cases within the past seven days: Residents - 1 Staff - 0

#### PLACES TO GO

## Stephens Auditorium Events

- *South Pacific,* Thu, Feb 17, Bus is cancelled
- Cirque Mechanics, Tue, Feb 22, Bus at 6:30 pm.
- Polish Philharmonic Orchestra, Mon, Feb 28, Bus at 7:00 pm.
- Ventriloquist Darci Lynne, Sat, Mar 5, Bus at 6:30 pm.

## **Christian Petersen Museum**

 ISU Student's Response to WWII with art of Christian Petersen. Led by director Lynette Pohlman, Wed, Feb 16, Bus at 11:30 am.



<u>Town & Gown</u>

The Annual Musicale is Sat, Feb 19, St. John's Episcopal Church, Bus at 6:30 pm.

## Public Library-IA Natural Heritage

Learn about statewide land protection efforts and challenges in protecting blocks of wildlife habitat. Wed, Feb 23, Bus, 6:30 pm

## Ames Choral Society

"Mask-erade", featuring music from *Phantom of the Opera!* \$10 tickets at the door. Fri, Mar 4, Bus at 6:30.

#### **SPORTS**

#### Men's Basketball

- ISU vs Kansas St, Sat, Feb 12, Bus 2:15
- ISU vs Oklahoma, Sat, Feb 19, Bus 12:15
- ISU vs W. Virginia, Wed, Feb 23, Bus at 5:15 pm

## Women's Basketball

- ISU vs Oklahoma, Sat, Feb 19, Bus 5:30
- ISU vs Texas Tech, Sat, Feb 26, Bus at 12:30 pm.

## Gymnastics—\$6 tickets!

- ISU vs Lindenwood, Fri, Feb 25, Bus at 6:00 pm
- ISU vs IOWA, Fri, Mar 4, Bus at 6:00 pm.

## The CREST!

#### The Crest is open every Tuesday, Wednesday & Thursday 12:00-2:00 pm 4:30—7:00 pm

## Theater Survey!!

The Des Moines Playhouse: *Singin' in the Rain.* Please sign up if you are interested to attend Sun, Apr 3, matinee. Tickets will be approximately \$65.

Des Moines Civic Center: *Hamilton* on Sat, June 4, matinee. **Please sign up** if you are interested. Tickets run \$100-\$175.

## Northcrest Walking Challenge!

WOW! Our top solo walker covered 14 miles last week, and the top team of 5 hit 58! So exciting to see what next week will bring!! Remember, Team Leader, report by Monday Noon to be recorded for Tuesday Coffee's report!

## Valentine's Day Weekend



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, February 13

Lunch: Baked Ham, Sour Cream & Chive Mashed Potatoes, Peas & Onions, Melon Salad, Peach Pie

#### Monday, February 14

Lunch: Grilled Chicken Sandwich with Cheddar Cheese, Bacon, Lettuce, Tomato & Onion, Mayo on the Side, Pepper Slaw, Sweet Gherkin, Tropical Fruit Salad, Cookie

#### **Tuesday, February 15**

Lunch: Gyro with Lettuce, Tomato, Sautéed Onions, Feta Cheese & Tzatziki Sauce, Sweet Potato Fries, Bing Cherries, Lemon Bar

#### Wednesday, February 16

Lunch: Turkey Tetrazzini, Normandy Blend Vegetables, Fresh Fruit, Cupcake

#### Thursday, February 17

Lunch: Oriental Chicken Salad, Honey Oat Bran Muffin, Watermelon, Peanut Butter Bar

#### Friday, February 18

Lunch: Mushroom & Swiss Burger, Onion Straws, Fresh Cut Vegetable Salad, Heath Bar Blondie

#### Saturday, February 19

Lunch: Tuna Sandwich, Sun Chips, Orange Slices, Marinated Artichoke Salad, Mini Vanilla Swirl Cone



Watch the Olympics! Through February 20