

February 13, 2022

# Northcrest News

Northcrest Community  
over 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 Stitches, Social Room  
6:30 Not-So Newlywed Game, Grand

### Tuesday, February 15

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



### Wednesday, February 16

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 17 Kiwanis Paper Drive


10:00 Writers' Group, Conference Rm.  
The Crest is open: 12-2 & 4:30-7  
4:00 Alzheimers Support Group, FR  
4:00 LaVone Newell, piano, Green Rm.  
6:00 Game Night, LIB  
7:00 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

### Saturday, February 19

12:15 Bus to MBB vs Oklahoma   
5:30 Bus to WBB vs Oklahoma  
6:30 Bus to Town & Gown, St. John's

### 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/j/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 Iowa 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 Hall 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



**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 Tetrizzini, 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*