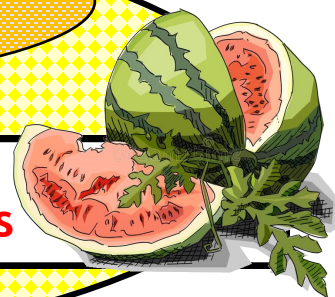




# July 17 Northcrest News

**Northcrest Community  
Over 55 years of service to older adults**



## The Week at a Glance!

### Sunday, July 17

12:30 Sunday Lunch  
2:00 Hymn Sing

### Monday, July 18

10:00 Fareway shopping, Mask up!  
6:30 Mixed Bridge

### Tuesday, July 19

9:30 **Tuesday Coffee**, Atrium N-2,  
via Zoom only!

**ZOOM!**

### Wednesday, July 20

10:00 Blood Pressure Clinic  
10:00 Bus to ALDIs  
**The Crest is Closed**

### Thursday, July 21 **Kiwanis Paper Drive**

10:00 Writers' Group, Founders' Room  
**The Crest is Closed**  
4:00 Alzheimers Support Group, FR  
6:00 Game Night, LIB  
7:00 Doolittle Prairie Walk, No Bus  
7:30 Bus to Bandshell Concert

### Friday, July 22

8:30-10:30 1st National Bank, Founders'  
10:00 Bus to WalMart  
**The Crest is Closed**

### Saturday, July 23

Have a slice of watermelon or a cool glass  
of lemonade; a taste of summer!



## Health & Wellness

### DAILY EXERCISE

Check out the new Wellness Center!  
Additional equipment will be arriving  
through the summer.



### Group Video exercise: 8:30 am, M-F

Tap-Fit exercise: 4:00 Mon & Wed  
10:30 Tue & Thur  
1:30 Fridays



### Podiatry Clinic by appointment:

October 19



### Hearing Aid maintenance:

August 2 (1st Tuesday of every month)



### Massage Therapy: Darlene, 515-708-1556

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

**Pot Roast  
Mashed Potatoes & Gravy  
Green Beans  
Fresh Fruit  
Raspberry Pie**



## ANNOUNCEMENTS

### Tuesday Coffees

On July 19, Atrium N-2 will host. We will again gather exclusively via Zoom, so watch for an email invitation. We will not gather in person.

### Birthday Wishes

July 18: John Doyle

July 18: Linda Meetz

July 19: Steven Jordening

July 19: Nancy McLean

July 21: Jim Amfahr

July 21: Sue Scott

July 22: Kay Outka



### Art Committee Report

#### *Our Favorite Artwork*

Grand Room Gallery July & August 2022  
Twenty-seven households at Northcrest each lent an art piece for this summer's exhibit in the Grand Room. Media varied widely: pen and ink, acrylic on canvas, watercolor, prints, marquetry, dyed African mud-cloth, three-dimensional quilting, even butterfly wings. Iowa artists were well represented, including Jane Baty, P. Buckley Moss, Priscilla Sage, and Jo Myers Walker. Treasured pieces often came from the hand of a family member: wife, father, daughter, son, aunt. The youngest artist, nine years old, had used tissue and ink in a sort of textural collage. Other pieces represent a memorable trip or life-experience. As you peruse the show, which merits a second visit, read the commentary on the labels explaining why the art piece is so precious to the lender(s). Submitted by Jane Farrell-Beck, on behalf of Cindy and Dirk Scholten, Louise O'Donnell, Barb and Bill Cobb, and Art Mann

### Ames Public Library Service

Did you know you can call Adult Services at the Public Library for help? They will help you select a book, AND deliver it to you! Such service!

## COVID UPDATES

There are saliva Covid-19 Tests available that need to be dropped at UPS. Let us know if you would like one, and we will deliver it to you, and drop it off at UPS for you. You can also order free Rapid Tests from [covidtest.gov](https://www.covidtest.gov).

### **Current status of Northcrest Community:**

New Cases within the past seven days:

Residents - 13

Staff - 2

Please remember, IL residents, to report any positive cases to Dawn who will guide and direct you regarding quarantine.

Please stay home if you do not feel well. Use your own discretion on any outings. Play it safe, and keep others safe too!



### Interest Survey

Hoping to visit the Iowa Lavender Farm east of Ames on August 31, 9:30 am. You will see & smell the different types of lavender grown there, have lavender lemonade, and pick your own lavender. We need 10 or more people to commit to a \$17 trip plus \$10 for your own lavender to bring home. It is all about the experience! Sign up please so we can plan on this!



### Northcrest Library Notes

Browser's Library Corner—  
Please look on your bookshelves for these two books. They were on our new donations shelf, but weren't checked out:  
> *How to Be an Antiracist*, Ibram X. Kendi  
> *White Fragility*, Robin D'Angelo  
Just return them to the "return books here" bin inside the library. Thanks!



### Potluck Planners

The next opportunity for a holiday potluck will be Labor Day, September 5. The Grand Room is already reserved! If you'd like to volunteer, please let Ronnie know so she can put you in touch with the others!



## PLACES TO GO, THINGS TO DO

### Ames Municipal Band Concerts

Municipal Band Concerts are every Thursday through July. Bring your own lawn chair. Buses at 7:30 pm. Sign Up at least 24 hours in advance!!

### Octagon Center for the Arts

The Octagon Annual Member Art Show will soon open, with one of our own as a Featured Artist. Our new resident, Carolyn Abbott has a fiber piece entered. Let's cheer her on! Bus on Fri, July 15, 1:00 pm.

## LECTURES & LEARNING

### Upcoming Friday Chats: 10:30 am

**July 15: RESCHEDULED** for late August. Joanne Pfeiffer speaking on *Assets of Ageism*.

No Friday Chat until August 12.

### Tour ISU Molecular Biology Bldg.

Thank you Bernie & Linda White—the tour last week was well-received. A second tour, planned for **Tue, July 19, will be rescheduled for August** when we can gather as a group again! Watch for the new date.

## ENTERTAINMENT

### Big John and Connie in Concert

Friends of Stoney and Luana Stoneking, Big John & Connie Pedersen, will travel to Ames to serenade us at the end of the month. We are hoping for a nice day outdoors to enjoy their music out by the Pergola. Mark your calendar for this mix of award winning Classic Country, Rock 'n Roll & Gospel music scheduled for Fri, July 29, 4:00 pm.



*In Loving Memory  
of*

**Glenn Fanslow**

**Terry Sandvick**

Passed July 13, 2022

Services Pending

### Evening Prairie Walks

Join Dr. Thomas Rosburg on monthly prairie walks at Doolittle Prairie, the largest prairie remnant in Story County. See rare and common prairie flora. Long pants, long sleeves, sturdy, closed-toe shoes, and bug spray are recommended. You may also want sunscreen and a hat. 7-8:30 pm. These walks are free, but registration is required the day prior to each walk. No Bus. July 21 & August 18, [mycountyparks.com](http://mycountyparks.com)

### City of Ames Composting Buckets

Those of you who attended the Friday Chat last week heard about the City's efforts to curb "wet garbage" going into the landfill. They have offered 10 free buckets to our residents for personal composting, which then can be emptied into the orange waste bin at the Resource Recovery Unit on East 2nd St. For more info go to [CityOfAmes.org/FoodWasteDiversion](http://CityOfAmes.org/FoodWasteDiversion). See Ronnie if you are interested in diverting food waste and your own green bucket!

### MacuBana Food Truck

Thanks for supporting the truck! Did you know it was a vintage 1955 army van?!



## The CREST

**CLOSED**



until later in the month when we can safely gather again.

Watch for the open dates!

**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, July 17**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Green Beans, Fresh Fruit, Raspberry Pie

**Monday, July 18**

**Lunch:** Western Burger, French Fries, Pickle Spear, Watermelon, Turtle Brownie

**Tuesday, July 19**

**Lunch:** Sweet & Sour Chicken over Rice, Broccoli, Egg Roll, Pears, Magic Bar

**Wednesday, July 20**

**Lunch:** Salmon Club, Fresh Fried Chips, Bread & Butter Pickles, Mandarin Oranges, Lemon Lime Jell-O Cake

**Thursday, July 21**

**Lunch:** Salami, Turkey, Roast Beef Sandwich with Lettuce, Tomato, Onion & Italian Mayo, Pasta Salad, Grapes, Cookie

**Friday, July 22**

**Lunch:** Crispy Chicken Salad on Romaine with Cherry Tomatoes, Cheddar Cheese, Sliced Egg & Ranch Dressing, Muffin, Strawberries, Ice Cream Bar

**Saturday, July 23**

**Lunch:** Hot Chicken Salad, Normandy Blend Vegetables, Fruit Salad, Banana Cream Pie

