



July 2, 2023

Northcrest News

Northcrest Community
Over 58 years of service to older adults in the Greater Ames community

The Week at a Glance!

Sunday, July 2

2:00 Hymn Sing, GR

Monday, July 3

10:00 Bus to Fareway shopping

Tuesday, July 4

NO Tuesday Coffee this week
11:00 Parade on Main Street, No Bus

Wednesday, July 5

10:00 Blood Pressure Clinic
10:00 Book Club, AL
10:30 Bus to ALDI or Hy-Vee
1:30 Hearing Aid Maintenance, Providers
1-2:30 Wellness Assessment by Appointment
6:00 Second Chair Brass, HC Patio
(Please bring lawn chair to sit on grass)

Thursday, July 6

10:30 ISU's Jamie Pollard, GR
10:30 Chair Yoga
11:30 Gentle Yoga
1-2:00 Wellness Assessment by appointment
5:00 LaVone Newell on piano, AL
7:30 Bus to Bandshell Concert

Friday, July 7

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
11:30—2:00 Slide Show of Exploring Experiences, Wellness Center
2:00 Bus to Marmalade Moon, Downtown

Saturday, July 8

3:30 Miles Morgan on Guitar, AL

Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:

July 5: Date changed due to holiday
(usually 1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

No In-Person classes July 3 or 4.

We will have a 30 Days of Exploring Slideshow in the Wellness Center on July 7th from 11:30am -2:00pm available to anyone for a drop-in visit.

Wellness Assessments: Wednesday 1-2:30pm and Thursday 1-2pm (15 minute time slots). Sign up at the Wellness Center with Adrienne.

Sunday Dinner
July 2, 12:30 p.m.



Baked Turkey
Mashed Potatoes & Gravy
Peas
Watermelon & Grapes
Cherry Cake

ANNOUNCEMENTS



Birthday Wishes

July 3: Diane Oppedal
July 3: Lorelee Graham
July 4: Gary Walling
July 6: Bob Stumbo
July 8: Del Bluhm



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! .

***Please note: **There will be no Tuesday Coffee on July 4** . S-1 will host July 11.

Friday Chats, 10:30 am, GR

July 6 (Thursday!): ISU's Jamie Pollard

July 14: Carolyn Abbott on textile art

Hair Salon Holiday Hours

Deb and Lori Lynn plan to close over the Independence Day holiday. Please note they will not be in July 3 through the 7th.



Missing Lawn Chair?

Are you missing your lawn chair? There was a blue one left on the bus after the trip to the Arboretum on June 13. You will need it for the Bandshell Concerts!! Stop at the Front Desk to retrieve it.

LIBRARY NOTES

Browser needs your help!

Browser would like everyone to check their book shelves for a LARGE PRINT copy of Tom Clancy's "Red Winter." Someone here has had it out for over 2 months and we need to return it to the Ames Public Library.

KNUT'S KNOTES

Crystal Clean Windows will be starting window cleaning on the townhome and Parkway units next week. Someone from Crystal Clean will contact residents to set up a time to clean the interiors.

*In Loving Memory
of*

Duane Bundy

May 7, 1943—June 27, 2023

There will be a private family service

LANDSCAPE COMMITTEE

Enjoy the Pergola!

Did you know that the Pergola can be reserved like other locations and rooms at Northcrest? It has a water feature, grill, tables, benches and chairs. There is a shed near to it that has additional large tables and chairs. Reservations and shed information are available at the Front Desk.

The Garden is Looking Better!

The Landscape Committee wants to thank Ida Johnson and another Mystery Person for the weeding done in the unclaimed garden. It is looking much better, but still needs more attention. If you are interested in adopting this garden, please contact Judy Amfahr.

And don't forget the **Grand Room Patio** is lovely to use. The most northern door is open to the Grand Room from 9am-7:30pm.



Happy 4th of July!

The Grand Room is available for any informal gathering that day.

Grab your neighbors and share some good food and laughter!



The CREST

OPEN: Wed–Fri, July 7-9

12-2:00 pm and

4:30-7:00 pm

Soup of the Day:

Cheeseburger Soup

THINGS TO DO!

Harp Duo

Enjoy lovely harp music offered by teacher Kristen Maahs and student Chloe Lee. They will be in the Grand Room Sat, July 1 at 4:00 pm.



Marmalade Moon Ice Cream

We'll visit the Marmalade Moon ice cream shop on Main Street to beat the summer heat. Time will be given to wander Dog-Eared Books next door, the Octagon, Chocolaterie Stam, or other shops in downtown Ames. Fri, July 7, Bus at 2:00 pm. Home by 4:00 pm.



Wine Tasting and Pool Party

John Miranowski of Red Barn Wines has rescheduled a wine tasting event for us. He will bring some of his own wines to sample, and to help us learn about qualities and characteristics to watch for. We'll create a fun pool side "vibe", so plan to wear your beach-bum clothes and we'll pretend we are at a resort! Mark your calendar for July 14, 4:00 pm. GR.



PLACES TO GO

Waterfront Seafood Market

By request—another visit to Ankeny for Seafood. Tuesdays are Catfish Night, as well as all their other great choices. Pay on your own. Sign up! Tue, July 11, Bus at 4:45 pm.

Baseball Game in Des Moines

Tickets (non-refundable) will be purchased next week for the ball game at Principal Park in Des Moines. Cancellation deadline is July 4. \$1 Hot Dogs, Baseball Bingo while you watch!! Indianapolis Indians vs Cubs. Ticket and Bus \$25. Tue, July 18, 5:00 Bus.



Green Hills Trip to Omaha

Green Hills has invited Northcresters to join on a 3 day trip to see sites in Omaha including the Old Market and Lauritzen Gardens on August 29– 31. The information will be emailed in a separate email. Or ask Ronnie.

SPECIAL NOTICE

Herb Garden

Hope you are enjoying the herbs! They are growing so well, looking and smelling so good!. Continue to pick up the bags of herbs provided for you near the mailboxes in Parkway or the Main Building Mail Room. At the end of the day, take whatever is left. Please refrain from cutting your own.

If occasionally you'd like larger quantities or a different herb, call Margie Poorman (515 290 2712) and she will cut for you.

Let's keep the Housekeepers COOL

The housekeepers try to work quickly and efficiently. Please lower the thermostat before you are expecting them in your home, to help them as they hustle about.

Thank You for this consideration!



Special Honor for our Residents

In 1975, four families of disabled children began planning a facility that would provide more opportunity for their children. Those four families founded Mainstream Living, which for 48 years has provided services for hundreds of special needs children and adults. At a recent celebration, Mainstream Living honored those founding families, including **Marvin and Maxine Julius and Bob and Jan Samuelson.**






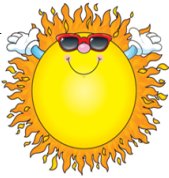

Thank you, Maxine and Jan, for making Story County a more caring place.



Indoor Walking Ideas

Due to the poor air quality in our area right now, Adrienne is suggesting walking indoors for exercise. She is also willing to show how to use equipment in the Wellness Center anytime there is not a class being held. Check your email for a list of routes inside our buildings to set goals for distances. Don't let that smoky air slow you down!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30						1 4:00 Harp Concert, GR
2	3 10:00 Fareway	4 No Mail or Tuesday Coffee 11:00 Ames July 4th Parade, Main Street 	5 10:00 BP Clinic 10:00 Book Club, AL 10:30 ALDI's & Hy-Vee 1:30 Hearing Aid Maintenance, Provider's Room 6:00 Second Chair Brass, HC North Patio (bring your lawn chair)	6 10:00 Writers' Group 10:30 ISU's Jamie Pollard to speak, GR 5:00 LaVone Newell, AL 7:30 Bus to Bandshell Concert	7 World Chocolate Day! 10:30 N Walmart & Fareway 11:30—2, Photo Slide Show in Wellness Center 2:00 Bus to Marmalade Moon and wandering on Main Street	8  3:30 Miles Morgan on guitar, AL
9 10-4:00 Reiman Gardens Garden Art Fair, No Bus	10 10:00 Fareway	11 9:30 Coffee, Atrium S-1 2:00 Hymn Sing with Baptist Pastor Jim Mead, HC 4:45 Bus to Waterfront Seafood Market, Ankeny	12 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	13 2:00 St. John's Episcopal Church Service, AL 2nd Fl. 7:30 Bus to Bandshell Concert	14 10:30 Friday Chat with Carolyn Abbott 10:30 N Walmart & Fareway 4:00 Pool Party, GR Patio with wine tasting, Red Barn Wines, John Miranowski	15
16 	17 10:00 Fareway 6:30 Mixed Bridge	18 9:30 Coffee, Atrium S-2 3:00 Ambassadors of Grace, Gospel Music, HC 5:00 Bus to Cubs Game, Des Moines	19 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	20 10:00 Writers' Group 5:00 LaVone Newell, AL 7:30 Bus to Bandshell Concert	21 10:30 N Walmart & Fareway 4:00 2nd Chair Brass, Pergola	22
23	24 10:00 Fareway 3:00 Memory Café Northminster	25 9:30 Coffee, Atrium F-1 & 2 7:00 Prairie Walk at Doolittle Prairie, Story City, No Bus Register at mycounty-parks.com	26 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	27  7:30 Bus to Bandshell Concert	28 10:30 N Walmart & Fareway	29
30 Friendship Day!	31					

NC Hair Salon Closed July 3rd-7th

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, Dinner at 5:00 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?

After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

Sunday, July 2

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Peas, Watermelon & Grapes, Cherry Cake

Monday, July 3

Lunch: Fish Tacos, Black Bean & Corn Salsa, Fresh Fruit, Cookie

Dinner: Bruschetta Chicken, Roasted Rosemary Potatoes, Key West Blend Cookies, Pears, Peach Melba Crisp

Tuesday, July 4

Lunch: 1/4lb. All Beef Hot Dog with Minced Onions & Relish, Baked Beans, Watermelon, Magic Bar

Dinner: Cheese Tortellini, with Marinara Sauce, Breadstick, Strawberries, Three Bean Salad, Mini Vanilla Swirl Cone

Wednesday, July 5

Lunch: Turkey & Roast Beef Sub Sandwich with Provolone, Lettuce, Tomato & Onion, Potato Chips, Fruit Salad, Coconut Cream Parfait

Thursday, July 6

Lunch: Reuben, Tomato, Cucumber & Cauliflower Salad, Pickle Spear, Pineapple, Peanut Butter Bar

Friday, July 7

Lunch: Western Burger with Lettuce, Fried Onions, & BBQ Sauce on the Side, Curly Fries, Honeydew & Blueberries, Spice Cake

Saturday, July 8

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Mandarin Oranges, Sherbet

Dinner: Bourbon Glazed Meatballs, Hashbrown Casserole, Carrots, Cantaloupe, Lemon Pie