

June 18, 2023

Northcrest News



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

The Week at a Glance!

Sunday, June 18 Happy Fathers' Day!

2:00 Hymn Sing, GR

Monday, June 19

10:00 Bus to Fareway shopping
1:30 Livestream on "How Iowa Met Base
ball" from Terrace Hill, GR
6:30 Mixed Bridge, Founders' Room

Tuesday, June 20

9:30 Tuesday Coffee, Atriums N-3
10:45 Chair Yoga
11:45 Gentle Yoga
6:30 Bus to Doolittle Prairie



Wednesday, June 21

First Day of Summer!!

9:30 Bus to Arboretum, Ledges, & Lucky
Pig in Ogden
10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee
2:00 Low Vision Group meeting,
Bethesda Lutheran Church, No Bus

Thursday, June 22

Kiwanis Paper Pick-Up Moved to Today!

10:00 Writers Group
10:30 Chair Yoga
11:30 Gentle Yoga
5:00 LaVone Newell, piano, AL
7:30 Bus to Bandshell Concert

Friday, June 23

8:30—10:30 1st National Bank, Founders
9:30 NO Resident Council
10:30 Bus to Walmart & North Fareway

Saturday, June 24

6:30 Bus to Ames Choral Society concert,
St. Andrew's Lutheran Church

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

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.

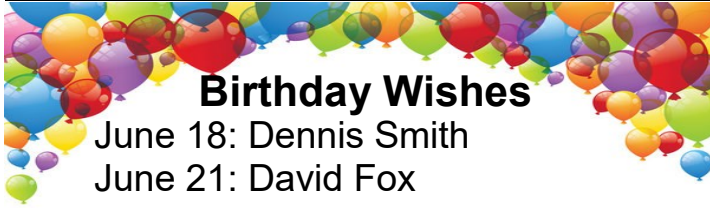


Sunday Dinner June 18, 12:30 p.m.

Chicken Cordon Bleu
Long Grain & Wild Rice
Carrots
Fresh Fruit
Apple Pie



ANNOUNCEMENTS



Birthday Wishes

June 18: Dennis Smith
 June 21: David Fox
 June 22: Mary Wirth
 June 24: Wallace Sanders



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! Hosts this week are **N-3**.

***** There will be a visiting DMAAC Student who is writing a paper on the 1950's. She would love to gather your memories and experiences being a teenager in those years! Stay after Coffee if you are interested.**

*****Please note: The week of July 4 there will be no Tuesday Coffee. S-1 will host July 11.**

Friday Chats, 10:30 am, GR

June 16: Dean Sayre from the Ames City Public Works Department will speak about the 24th St project that is in our near future.

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

Terrace Hill Livestream Program

This presentation explores the myths of baseball's origins, the early history and evolution of the game, baseball's journey to Iowa, and the role of the Civil War in spreading its popularity. Watch on Terrace Hill's Facebook page. We will play it in the Grand Room starting at 2:00 pm. Mon, June 19. (Bring your own CrackerJacks!)



Wallace Sanders 90th Birthday!

The family of Wallace Sanders is inviting you to partake in a card shower to mark Wallace's birthday on June 24th. You can drop a card at the Main Desk, or mail in care of:

David Sanders, 2223 227th Place, Ames, 50014. Please include a memory to share with Wallace if you have a fun one!



A Garden Needs Your Care!

This garden on the south side of the north garages (numbers 27 - 30) is badly in need of care. If you are interested in adopting a garden, please contact Judy Amfahr.



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!



RAGBRAI VISITORS

Northcrest welcomes RAGBRAI guests who may be visiting or staying with a resident. Please let Kathy Kent know if you are expecting visitors, so we have an idea of who will be on campus during this event. If your guest is needing a place to park a camper or bus, please reach out to Knut for space availability.

Community's Choice Award (Best of Story County)



With input from you, we will utilize our marketing dollars with opportunities other than the Community Choice Award Contest. If you would still like to still nominate Northcrest Community, Assisted Living at Northcrest and Best Place to Work, please go to Amestrib.com/contests.

These are the 3 areas that apply to us.

- Home Services > Retirement Community
- Home & Home Services > Assisted/Sr Living
- Top Employers > Best Place to Work



The CREST

OPEN: Wed-Fri, June 14-16
12-2:00 pm and
4:30-7:00 pm
Soup of the Day:
Minestrone Soup

PLACES TO GO

Evening Walk on Doolittle Prairie

To honor a request for more hiking opportunities, there will be a bus offered to Doolittle Prairie, just south of Story City for the monthly Evening Walk on the Prairie with Dr. Rosburg. This is a county sponsored event in the largest prairie remnant in Story County. Long pants, long sleeves, sturdy shoes & bug spray are recommended. Ronnie will register the group in advance. 1.5 hours long. \$7 bus fee. **We Need More to Sign Up for the Bus to Go!!**

Tue, June 20, Bus at 6:30 pm.



Lunch at the Lucky Pig, Ogden

We'll visit the Northcrest Tree at the Iowa Arboretum with a guided on-the-bus tour, drive through the Ledges State Park with another on-the-bus guide, and then have lunch at the Lucky Pig in Ogden. They won Best Tenderloin a few years' back! \$15 bus & tour fee, lunch on your own. Wed, June 21, Bus at 9:30 am.

Memorial for Glenn Fanslow

A memorial service is planned for Glenn Fanslow on Fri, June 30, 10:00 a.m. A reception will follow the service. The service will be held at Collegiate Presbyterian Church, 159 Sheldon Ave.

Fri, June 30, Bus at 9:30 am.

Baseball Game in Des Moines

Sign up if you are interested in attending a ball game at Principal Park in Des Moines. We need to order tickets in advance, so let me know **by June 25**. \$1 Hot Dogs, Baseball Bingo while you watch!! Indianapolis Indians vs Cubs. Ticket and Bus \$25. Tue, July 18, 5:00 Bus.



Lunch at Hickory Park

Go for lunch at Ames' most famous restaurant while the students are out of town! And as an optional event, we'll drop shoppers off at the new Duff Plaza where there is an Old

Navy, Maurices, TJ Max, Home Goods, Buff City Soap, Skechers, and others! Explore what Ames has to offer. Mon, June 26, Bus at 12:00 Noon. Diners only will be returned to Northcrest right after lunch, and shoppers will be picked up 90 minutes later.

ENTERTAINMENT

ACTORS Summer Musical

Pump Boys and Dinettes

\$25 plus on-line fees. Bus available on Sun, June 25, 1:30 pm



Ames Choral Society

Made in the USA,
celebrating American



Music from the Rock and Swing Eras, will be presented on Sat, June 24, St. Andrew's Lutheran, \$5 at the door. Bus at 6:30 pm.

Ames Municipal Band Concerts

Buses available each Thursday night at 7:30 pm. Bandshell Park, Bring your lawn chairs!



Lovely Morning at Tedesco Park

Fresh air, bird song, and Mike Cox, director of Story County Parks along with our very own Ted Tedesco filled our morning with information and joy! (oh yeah, and donuts!)



Take a Walk with a Brown Bag

Brown bags located at doors 1801 and Parkway main entrance. When you're out for a walk, pull weeds or deadhead plants. Plant material can be emptied in trash bin beside box gardens. Then you can reuse the bag. Thank you for helping keep our campus beautiful!



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, June 18

Lunch: Chicken Cordon Bleu, Long Grain & Wild Rice, Carrots, Fresh Fruit, Apple Pie



Monday, June 19

Lunch: Fish Sandwich with Lettuce, Potato Chips, Tartar Sauce on the Side, Apple, Cranberry & Walnut Salad, Black Forest Cake

Dinner: Italian Meatballs, Garlic Toast, Key West Blend Vegetables, Watermelon, Fruit Pie

Tuesday, June 20

Lunch: Chef Salad, Dinner Roll, Cantaloupe, Turnover

Dinner: Marinated Pork Chops, Twice-Baked Mashed Potatoes, Creamed Corn, Fresh Fruit, Strawberry Ice Cream

Wednesday, June 21 First Day of Summer!!

Lunch: Cheeseburger with Lettuce, Tomato & Onion, Doritos, Pickle Spear, Pineapple, Cupcake



Thursday, June 22

Lunch: Boneless Chicken Bites, French Fries, Marinated Artichoke Salad, Honeydew, Mint Chocolate Chip Ice Cream

Friday, June 23

Lunch: Pulled Pork Sandwich, Potato Salad, Orange Slices, Pepper Slaw, Root Beer Float

Saturday, June 24

Lunch: Tuna Salad Sandwich on Oatnut Bread, Corn Chips, Pickles, Grapes, Maple Butter Blondie

Dinner: Beef Stroganoff with Egg Noodles, Baby Dill Carrots, Peach Half, Cookie