

June 19, 2022

Northcrest News

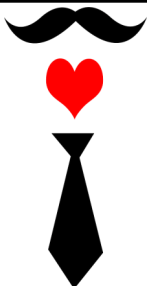
Northcrest Community
Over 55 years of service to older adults
in the Greater Ames Community



The Week at a Glance!

Sunday, June 19 Fathers' Day

12:30 Sunday Lunch
2:00 Hymn Sing



Monday, June 20

10:00 Bus to Fareway North
6:30 Mixed Bridge

Tuesday, June 21 **First Day of Summer!**

9:30 Tuesday Coffee, Hosts —S-2
10:30 Tap-Fit Class, Wellness Center

Wednesday, June 22

10:00 Blood Pressure Clinic
10:00 Bus to ALDIs
The Crest is open 12-2 today!
4:00 Tap-Fit Class, Wellness Center

Thursday, June 23

10:00 Bible Study, LIB
The Crest is open: 12-2 & 4:30-7
6:00 Game Night, LIB
7:30 Bus to Bandshell Concert

Friday, June 24

8:30-10:30 1st National Bank, Founders'
10:00 Bus to WalMart
The Crest is open: 12-2 & 4:30-7

Saturday, June 25

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



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: 10:30 Tuesdays
4:00 Wednesdays



Podiatry Clinic by appointment:

July 13 October 19



Hearing Aid maintenance:

July 5 (1st Tuesday of every month)

Sunday Dinner June 19, 12:30 p.m.



Sautéed Chicken Breast
Long Grain & Wild Rice
Peas & Onions
Fresh Fruit
Apple Pie



ANNOUNCEMENTS



Tuesday Coffees

On June 21, S-2 will host.

Please continue to bring your own mug. If you prefer to join via Zoom, watch for an email invitation.

Birthday Wishes

June 21: David Fox

June 22: Mary Wirth

June 24: Wallace Sanders

June 26: Sue Koehrsen



BEST of STORY COUNTY 2022

Instructions available at Front Desk. You can vote once a day until **June 19!** Nominate Northcrest in these categories:

Home and Homes Services

Assisted Living

Retirement/Senior

Senior Living Community

Services

Non-Profit/Charity Organization

Top Employers

Employer: 1-100 Employees

Places To Work



Northcrest Book Club

Northcrest Book Group invites you to join! You can find the month's book on the second shelf on your right as you enter the Northcrest Library. Take a book, sign your name on the tablet list, write the call number of the book, read it, and join the discussion on the first Wednesday of the month, July 6, 10:00 am, in the living room just inside the west entrance of Assisted Living.

In Loving Memory

of

Donald Young

April 27, 1928—June 10, 2022

A private graveside service will be held at a later date.

NOTE FROM DAWN

Parkway Building Entrance Update

On Friday, June 17th, the front entrance to the Parkway building will be updated by removing the COVID-19 screening supplies in the vestibule. Going forward, please have your visitors screen at the Main Entrance or screen them when they arrive at your apartment (must wear masks while walking from the front door to your unit). For screening, please ensure visitors are not symptomatic or have not had exposure with someone with COVID-19 in the past 10 days. If yes, please have them leave the building.

Also, the bench by the elevator will be moved closer to the doors for sitting while waiting for a ride. Additionally, a couple of chairs will be added to the mailbox area.

Personal PA System



Did you know the Grand Room has personal hearing amplification devices for use? Ask Joe or Ronnie if you would like to use one during Tuesday Coffee!

Meet Randy, our newest Driver!

We have a new member on our Transportation Team: Randy Atwood. He has many years of experience driving large heavy vehicles. He is excited to join his wife, Cindy, in working for the wonderful residents of Northcrest. Give him a big welcome when you see him!



COVID UPDATES

There are Covid-19 Home Tests available if you would like one. Ask Joe for help.

Current status of Northcrest Community:

New Cases within the past seven days:

Residents—5

Staff - 0

PLACES TO GO

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!!

ACTORS:

Bus available on

- Sun, June 26, Bus at 1:30 pm.



Upcoming Outings!

- Sun, June 19, Car Show at Iowa Arboretum, 11:00—2:00, Need 12 for a Bus.
- Sat, June 25, **Ames Choral Society**, \$5 tickets at the door. Bus at 6:30 pm, St. Andrew's Lutheran.

Tour ISU's newest building—ATRB

Tour of Advanced Teaching & Research Building on Campus. Scientist & art docent led for an insider's view! Mon June 27, Bus at 1:00 pm. Sign up 24 hours in advance.

Ames History Museum

Lecture: *Ames Does Its Homework: Public Schools Meet the Next Century*

Speaker Douglas Biggs will explore the time from 1890 to 1900 when the Ames public school district was growing. Public Library, Wed, June 29, Bus at 6:30 pm.

THINGS TO DO!

Upcoming Friday Chats: 10:30 am

June 17: Mark Edge with the IA Dept. for the Blind will share new methods to cope with low vision.

June 24: No Friday Chat



Tap-Fit Classes starting

Introductory schedule for Tap-Fit classes: Tuesdays at 10:30, and Wednesdays at 4:00. Interest will dictate how often and when the classes meet. You should wear flat bottomed fitness shoes for the taps to stretch over. We have a limited number of

taps in each size, so those who come late, may be in stocking feet on the rubber floor. Missing a class is not a problem—just start moving!!

Wisteria Contest Winner

Kathy Ketchum is the winner of the Travelling Wisteria Prize! She guessed the wisteria would be at 80% of full bloom on Sunday, June 5, as determined by our anonymous resident committee!



The CREST!

The Crest is open

Wed, June 22 & Fri, June 24
12:00—2:00 pm, 4:30—7:00 pm

Closed on Thursday, June 23
due to a Northcrest Foundation Event

Remember:

Happy Hour, 4:30—5:30

All Drinks: \$3.50

Select Appetizers: \$5.00



Soup of the Day
Broccoli & Cheese Soup

Menu available on
northcrestcommunity.org
Resident Portal, Resources & Links

Gift Cards make lovely gifts!

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, June 19

Lunch: Sautéed Chicken Breast, Long Grain & Wild Rice, Peas & Onions, Fresh Fruit, Apple Pie

Monday, June 20

Lunch: Tuna Melt, Sun Chips, Pickle Spear, Carrot Salad, Frosted Sugar Cookie

Tuesday, June 21

Lunch: Oriental Chicken Salad, Dinner Roll, Watermelon, Lemon Bar

Wednesday, June 22

Lunch: Turkey Chili, Cornbread Muffin, Fruit Salad, Jell-O Cake

Thursday, June 23

Lunch: Cheese Tortellini with Marinara Sauce, Breadstick, Grapes, Three Bean Salad, Monster Cookie

Friday, June 24

Lunch: 1/4lb. All Beef Hot Dog with Minced Onions & Dill Relish, Baked Beans, Peach Slices, Root Beer Float

Saturday, June 25

Lunch: Chicken Salad on Croissant, Potato Chips, Apple Slices, Fresh Cut Vegetable Salad, Rocky Road Brownie