

June 25, 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 25

1:30 Bus to ACTORS, *Pump Boys & Dinettes*
2:00 Hymn Sing, GR
Please sign up to show interest in a July 18 Baseball Game by tonight!

Monday, June 26

10:00 Bus to Fareway shopping
12:00 Bus to Hickory Park and Shopping at Duff Plaza

Tuesday, June 27

9:30 Tuesday Coffee, Atriums E & H
10:45 Chair Yoga
11:45 Gentle Yoga

Wednesday, June 28

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee
1-2:30 Wellness Assessment by appointment

Thursday, June 29

10:30 Chair Yoga
11:30 Gentle Yoga
4:00 Horizon Club Patio Party
7:30 Bus to Bandshell Concert

Friday, June 30

8:30—10:30 1st National Bank, Founders
9:30 Bus to Glenn Fanslow's Memorial, Collegiate Presbyterian Church
10:30 Bus to Walmart & North Fareway
1-2:30 Wellness Assessment by appointment

Saturday, July 1

4:00 Harp Duo, Kristen Maahs & Student
Chloe Lee, GR

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.

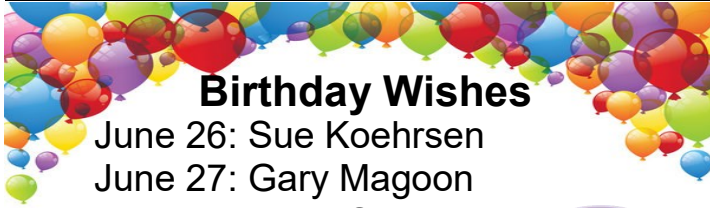
Wellness Assessments: Wednesday 1-2:30pm and Friday 1-2pm (15 minute time slots). Sign up at the Wellness Center with Adrienne.

Sunday Dinner June 25, 12:30 p.m.

**Grilled Ham with
Honey Mustard Sauce
Sour Cream & Chive Mashed Potatoes
Pacific Blend Vegetables
Fresh Melon Salad
Apple Crisp**



ANNOUNCEMENTS



Birthday Wishes

June 26: Sue Koehrsen
June 27: Gary Magoon
June 28: Willie Struss



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**.
***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

July 6 (Thursday!): ISU's Jamie Pollard
July 14: Carolyn Abbott on textile art

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!



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.



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.

In Loving Memory
of
Lois Vohs
June 21, 2023
Services are Pending

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.



Community's Choice Award (Best of Story County)



Nominations end at midnight on Fri, June 23. 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

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.

The CREST

OPEN: Wed-Fri, June
12-2:00 pm and
4:30-7:00 pm
Soup of the Day:
Chicken Velvet Soup

PLACES TO GO



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.

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.



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.



Wine Tasting Rescheduled

John Miranowski of Red Barn Wines has rescheduled a wine tasting event for us. Mark your calendar for July 14, 4:00 pm.

ENTERTAINMENT

ACTORS Summer Musical

Pump Boys and Dinettes

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



Ken Jolls at Noir Friday Night



Short notice: our own Ken Jolls and his group will be playing at Noir downtown Ames this Friday, June 23, 7-10 pm. Stop in and say hi to Ken and Cheri Henniger, our former Northcrest Clinical Director, on bass.

Ames Choral Society



Made in the USA,

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

Need more to sign up for the bus to go!

SPECIAL NOTICE

COVID-19 Booster Clinic

The booster clinic will be held on Thursday, June 29, in the Provider Room. As in the past, we will have you arrive at the Wellness Center area by last name for the four time slots. Here is the order in which we ask you to arrive. (And yes, we have equal opportunity at Northcrest so we are going backwards in the alphabet!)

2:30-2:50pm Z-S

2:50-3:10pm R-M

3:10-3:30pm L-F

3:30-4:00pm E-A



Please bring the following: Completed consent form which can be picked up at the front desk, COVID card, insurance cards if this is your first time using Medicare or have had a change in your insurance, and wear short sleeves.

Last Friday's outing to Story City!

The 18th Century home owned by Sam and Becky Senti in Story City was charming. Quite a story of dismantling and moving across the country from Connecticut! It was lovingly restored to its former glory!



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 25

Lunch: Grilled Ham with Honey Mustard Sauce, Sour Cream & Chive Mashed Potatoes, Pacific Blend Vegetables, Fresh Melon Salad, Apple Crisp

Monday, June 26

Lunch: Turkey Burger with Lettuce, Tomato & Swiss Cheese, Dijon Mustard on the Side, Onion Straws, Watermelon, Snickerdoodle Cookie

Dinner: Meatloaf, Baked Potato, Green Beans, Fresh Fruit, Lemon Bar

Tuesday, June 27

Lunch: Philly Cheese Steak Sandwich with Roasted Peppers, Onions & Monterey Cheese Sauce, Carrots, Grapes, Oreo Parfait

Dinner: Pork Loin with Raspberry Sauce, Mashed Sweet Potatoes, Key West Blend Vegetables, Fruit Salad, Dreamland Bar

Wednesday, June 28

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Fresh Cut Vegetable Salad, Yellow Cake with Chocolate Frosting

Thursday, June 29

Lunch: Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, Macaroni Salad, Pickle Spear, Ambrosia Salad, Orange Float

Friday, June 30

Lunch: Turkey, Cheddar, Cranberry on Croissant with Lettuce, BBQ Potato Chips, Pickles, Pear Half, Molasses Cookie

Saturday, July 1

Lunch: Taco Salad, Corn Muffin, Peaches, Peppermint Ice Cream

Dinner: Peppered Steak over Rice, Vegetable Medley, Honeydew, Banana Cream Pie