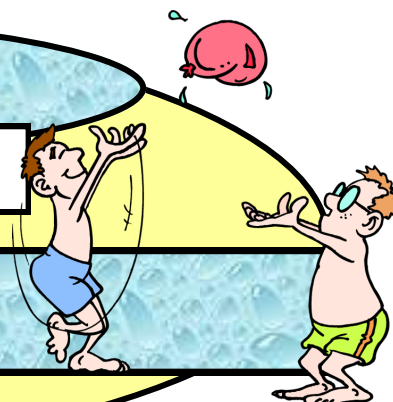


June 26, 2022

Northcrest News

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



The Week at a Glance!

Sunday, June 26

12:30 Sunday Lunch
1:30 Bus to ACTORS
2:00 Hymn Sing



Monday, June 27

10:00 Bus to Fareway North
1:00 Bus to tour the ATRB on Campus
3:00 Memory Café, Northminster
Presbyterian Church, No Bus
4:00 Tap-Fit Class, Wellness Center

Tuesday, June 28

9:30 Tuesday Coffee, Atriums A & C
10:30 Tap-Fit Class, Wellness Center


Wednesday, June 29

10:00 Blood Pressure Clinic
10:00 Bus to ALDIs
The Crest is open 12-2 & 4:30-7
4:00 Tap-Fit Class, Wellness Center

Thursday, June 30

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

Friday, July 1 Wear Red, White & Blue today!

8:30-10:30 1st National Bank, Founders'
10:00 Bus to WalMart
The Crest is open: 12-2 & 4:30-7
1:30 Tap-Fit Class, Wellness Center 
4:00 Pergola Concert, 2nd Chair Brass

Saturday, July 2

Happy Independence Day Weekend!



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:

July 13 October 19



Hearing Aid maintenance:

July 5 (1st Tuesday of every month)



Sunday Dinner June 26, 12:30 p.m.

Pork Roast
Mashed Potatoes & Gravy
Key West Blend Vegetables
Melon Salad
Peach Crisp



ANNOUNCEMENTS



Tuesday Coffees

On June 28, Atriums A & C will host.

Please continue to bring your own mug.

If you prefer to join via Zoom, watch for an email invitation.

Please note: July 5 will have Hosts B1 & 2, followed by Northcrest Circle, N-1,2,& 3.

Birthday Wishes

June 26: Sue Koehrsen

June 27: Gary Magoon

June 28: Willie Struss



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.

Greeting Card Project

Jessica, the Activities Director, is gathering used greeting cards to repurpose for a Heartwood House project. (They would like to avoid Christmas cards for the time being, but may make a request for those in the future.) Please save your prettiest cards with the greetings and turn them in to the Front Desk. Thank You!



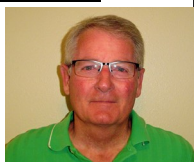
Personal PA System

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!

Randy Atwood has joined the Driver team. Give him a big welcome when you see him!



Memory Cafe

Memory Café will meet June 27, 3:00 to 4:30 pm at Northminster Presbyterian Church, 1416 20th Street. This monthly gathering of individuals with memory loss and their care givers provides a welcome break from the disease and an opportunity to enjoy being together with new and longtime friends.

For more information, contact Jan Beran at 515-357-6432 or gberan54@gmail.com.

Schoolhouse Spelling Bee

Sunday, June 26, 2:00-4:00 pm

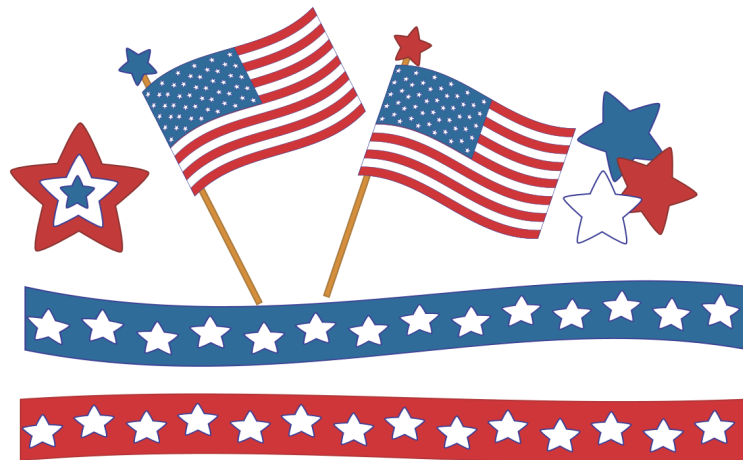
Hoggatt School, 18th & Burnett

Is spelling one of your strengths? Test your skills in the Great Hoggatt School Spelling Bee at Ames's first school!

Hoggatt School is open Sundays, June 5 - July 31, 2-4pm (closed July 3). No Bus

Wear Red, White and Blue!

Join the staff and show your patriotic colors on Friday, July 1 to start our July 4th weekend! Wear the colors of the flag and acknowledge how lucky we are to live here!



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—2

Staff - 0

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

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!!

Choral Society

Ames Choral Society, \$5 tickets at the door. Sat, June 25, 7 pm, St. Andrew's Lutheran, No Bus.

Tour ISU's newest building—ATRB

Tour of Advanced Teaching & Research Building on Campus. Mon June 27, Bus at 1:00 pm. This event is limited to 15 attendees by the Research Department at ATRB, and all **attendees will be asked to wear a mask inside the building.**

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.

Flippin' Jacks for Brunch

Who doesn't love breakfast any time of the day? Go to the southeast side of Ames to Flippin' Jacks. Pay on your own. Thu, July 7, Bus at 10:00 am.

Tour ISU Molecular Biology Bldg.

Our own Bernie White will show us around his old stomping grounds! Mon, July 11, Bus at 1:30 pm.

THINGS TO DO!

Upcoming Friday Chats: 10:30 am

June 24 or July 1: No Friday Chat

July 8: Ames Climate Action Plan Project Team



Outdoor Concert at the Pergola

Get in the patriotic spirit with our favorite tuba and euphonium players, Rick Ennis and Bill Buttermore: **2nd Chair Brass!** Enjoy summer in the shade at the Pergola. **Bring your own lawn chair!**

Tap-Fit Classes

Additional Tap-Fit classes are being added: Mon & Wed, 4 pm, Tue & Thu, 10:30, and Friday at 1:30. You can attend 2 or 3 a week. 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.

Those using the machines during these times, will get a little rhythm added to their workout!



The CREST!

The Crest is open
Wed-Fri, June 29-July 1
12:00--2:00 pm, 4:30—7:00 pm

Wednesday, June 29
Pulled Pork Sandwiches,
Potato Salad & Watermelon \$9.25
Root Beer Floats \$2.00!



Remember:
Happy Hour, 4:30—5:30
All Drinks: \$3.50
Select Appetizers: \$5.00

Soup of the Day
Tomato Basil 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 26

Lunch: Pork Roast, Mashed Potatoes & Gravy, Key West Blend Vegetables, Melon Salad, Peach Crisp

Monday, June 27

Lunch: Bacon Cheeseburger, French Fries, Pickle Spear, Peaches & Bananas, Peanut Butter Bar

Tuesday, June 28

Lunch: Chef Salad with Ham & Turkey, Sliced Egg & Cheese, Ranch Dressing, Dinner Roll, Cantaloupe, Chocolate Cake

Wednesday, June 29

Lunch: Breaded Chicken Breast Sandwich with Lettuce, Tomato & Mayo on the Side, Pasta Salad, Apple Slices, Chocolate Chip Bar

Thursday, June 30

Lunch: Turkey Reuben, Cucumber, Tomato & Broccoli Salad, Bread & Butter Pickles, Grapes, Apple Cheesecake Bar

Friday, July 1

Lunch: Soft Shell Taco, with Lettuce, Tomato, Sour Cream & Salsa, Spanish Rice, Honey Dew & Blueberries, Blondie

Saturday, July 2

Lunch: Spinach & Bacon Quiche, Muffin, Orange Slices, Cottage Cheese, Cherry Vanilla Parfait