

May 29, 2022

# Northcrest News

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

LAND of the FREE

HOME OF THE BRAVE

## The Week at a Glance!

### Sunday, May 29

12:30 Sunday Lunch  
2:00 Hymn Sing



### Monday, May 30 Memorial Day

4:00 Watch the movie, *Denial*, Grand Rm

### Tuesday, May 31

9:30 Tuesday Coffee, Hosts —L-1  
10:30 Bus to Fareway North  
(after Coffee)

### Wednesday, June 1

10:00 Blood Pressure Clinic  
10:00 Book Club, Assisted Living  
**The Crest is open 12-2 & 4:30-7**  
3:00 Bus to ALDIs

### Thursday, June 2

9:45 Bus to O.W.L.S.  
10:00 Bible Study  
11:00 Live Workshop, PTSD, Wellness Center  
**The Crest is open: 12-2 & 4:30-7**  
6:00 Game Night, LIB  
7:00 Bus to Bandshell Concert

### Friday, June 3

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

### Saturday, June 4

12:30 Bus to *Hamilton*, Des Moines Civic Center, dinner at Olive Garden, Ankeny

## Health & Wellness

### DAILY EXERCISE

Check out the new Wellness Center!  
Additional equipment will be arriving through the summer.



All health appointments for IL and AL are held in the new Providers' Room near the Wellness Center!!

### Podiatry Clinic by appointment:

July 13      October 19



### Hearing Aid maintenance:

June 7 (1st Tuesday of every month)



## Sunday Dinner May 29, 12:30 p.m.

Grilled Steak  
Sour Cream & Chive  
Mashed Potatoes  
Key West Blend Vegetables  
Watermelon & Grapes  
Yellow Cake with  
Chocolate Frosting



## ANNOUNCEMENTS



### Tuesday Coffees

On May 31, L-1 will host. There will be a special presentation regarding the Northcrest Outreach Gift. Don't miss it!

**Please continue to bring your own mug.**

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

### Birthday Wishes

May 28: Dolores Whitehead

May 29: Beth Douglass

May 29: Don Newell

May 30: Sherry Northup

May 31: Norma Hensley

June 2: Barb Cobb

June 3: Karen Ross



### Special Anniversary Wishes!!

Vicki and Ward Leek—**50 years**, May 27!

Karsten and Sharon Smedal—**60 years**

June 2!!

Congratulations to both couples!

### Upcoming Friday Chats: 10:30 am

**May 27:** Phil Poorman and Dirk Scholten on I-phones, Tablets, etc. There may need to be scheduled one-on-one meetings later. Bring your device!

**June 3:** Andrew Allen from YSS will visit and share the updates.

**June 10:** Artist on exhibit, Mary Muller

### Wellness Workshops

There will be live workshops offered on **Thursdays at 11:00 am** each week in the Wellness Center. PTSD will be covered in June. Wear comfortable clothing for a bit of movement.

### Landscape Committee Report

After Tuesday Coffee on June 7, the Landscape committee will present "All you want to know about landscaping (trees, bushes, turf and ornamentals) at Northcrest". Stay for a second cup of coffee and hear! Approximately 10:15, Grand Room.

## PROPERTY TAX DECISION



The Northcrest property tax appeal court decision is in - Northcrest won the case and will maintain its charitable status for the tax assessment years of 2019, 2020 and 2021. It is yet to be determined how this will affect future years, including 2022; however, we remain optimistic that this decision will positively influence future tax years. The Judge's written conclusion stated that "Northcrest continues to deserve its charitable status. Northcrest, its residents and its employees provide many direct and indirect benefits to the community". This is great news for Northcrest and our residents!



### Massage Therapy

Our Massage Therapist, Darlene Greeley, would love to aid in your well-being. Give her a call to set up an appointment or ask questions at 515-708-1556. Be Well!



### Shopping in June

We will move the shopping trips to **10 am** for the summer **starting June 8**. We appreciate your patience when trips are adjusted due to medical appointments. Sign up 24 hours in advance, please!

Mon: Fareway, Wed: ALDI, Fri: N Walmart

### Housewares Loan Closet

Do you need something for that special dinner? Check out the Loan Closet: electric roaster, crock pots, skillets, etc! The list is posted on the bulletin boards in the Mail Room and Parkway Community Rooms.

*In Loving Memory  
of*

**Ted Solomon**

May 28, 1932—May 18, 2022

Memorial Service on Fri, June 17, 11:00 am  
Collegiate Methodist Church  
Bus at 10:00 am.



## THINGS TO DO!

### Holocaust Movie

Watch Movie: *Denial* (a true story about author Dr. Deborah Lipstadt who battles for historical truth when a renowned Holocaust denier sues her for libel. View together on Mon, Memorial Day, 4:00 pm, Grand Rm.

### O.W.L.S. in June

Learn about the *Raptors of Iowa*, from giant bald eagles to the petite American kestrel. Thu, June 2, Bus at 9:45 am.



### The Jordan House, Des Moines

Not only will we learn about the house's history with the Underground Railroad, they are hosting an exhibit of modern and antique quilts called "Stitches of Time". We'll find lunch in Valley Junction area. Bus and Tour will be \$15 on your monthly bill, plus lunch. Sign Up!!

Mon, June 6, Bus at 10:30 am.



### VOTE in the Primary

There will be a bus available to go to vote at Bethesda Lutheran Church on Tue, June 7, 10:45 am. Sign up if interested.

### Ames Municipal Band Concerts

It must be summer! The first concert of the season at the Bandshell Park is Thu, June 2. Buses at 7:30 pm. (No preshow)

### Hamilton

Attention ticket holders for *Hamilton* in Des Moines: We will have dinner at Olive Garden in Ankeny after the show. Dinner will be your choice, with the cost on your monthly bill. **Don't forget your tickets!!** Bus will load at 12:30 pm, Sat, June 4.



## 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 - 0

Staff - 2

### ACTORS:

Bus available on



- Fri, June 10, 7:00 pm
- Sun, June 26, Bus at 1:30 pm.

### Northcrest Book Club

Wed, June 1, 10 am, in Assisted Living. Discuss the book *Underground Railroad*. Questions: Ask Jan Beran

### The Northcrest Art Committee Announces a New Exhibit:

Title: OUR FAVORITE ARTWORK

Residents are invited to submit one of their special collected pieces of art for everyone to appreciate. Exhibit June 30 - Aug 31 in the Grand Room. Flyers will be distributed with detailed information on how to participate. Questions: Cindy Scholten: 515-520-3391 or Barb Cobb: 515-292-4647.



## The CREST!

**The Crest is open every  
Wednesday, Thursday & Friday  
12:00--2:00 pm, 4:30—7:00 pm**

### June 1-3 Specials

**Happy Hour, 4:30—6:00**

**All Drinks: \$3.50**

**Select Appetizers: \$5.00**

*New menu items: Pot Roast Dinner,  
Salmon Club, and more!!*

**Soup of the Day**

Steak and Potato



### Wed, June 1: Fried Catfish Day

**Noon—2:00: Fried Catfish & French  
Fries, \$9.00**

**Dinner starting at 4:30: Fried Catfish,  
Rice Pilaf & Garlic Green Beans, \$10.25**

The Crest menus are on the  
Northcrestcommunity.org website,  
**and on NC Channel 116-3 or 992!**  
Remember you can order take out!  
515-232-6760, ext. 7140.

**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, May 29**

**Lunch:** Grilled Steak, Sour Cream & Chive Mashed Potatoes, Key West Blend Vegetables, Watermelon & Grapes, Yellow Cake with Chocolate Frosting

**Monday, May 30**

**Lunch:** Pulled Pork Sandwich, Potato Salad, Orange Slices, Fresh Cut Vegetable Salad, Ice Cream Sandwich



**Tuesday, May 31**

**Lunch:** Szechwan Chicken over Rice, Stir Fried Vegetables, Egg Roll, Pineapple, Coconut Cream Pie

**Wednesday, June 1**

**Lunch:** Grilled Turkey & Cheddar Cheese on Sourdough with Pesto Mayo, Potato Chips, Pickle Spear, Fresh Fruit, Molasses Cookie

**Thursday, June 2**


**Lunch:** Italian Sausage Grinder, Pacific Blend Vegetables, Mandarin Oranges, Dreamland Bar

**Friday, June 3**

**Lunch:** Grilled Chicken on Chopped Romaine with Cherry Tomatoes, Bacon, Sliced Egg & Raspberry Vinaigrette, Muffin, Cottage Cheese, Yogurt Parfait

**Saturday, June 4**

**Lunch:** Turkey Tetrazzini, Vegetable Medley, Cantaloupe, Sugar Cookie

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:00 BP Clinic 10:00 Book Club, Assisted Living 3:00 ALDI's	<b>2 Kiwanis Paper Drive</b> <b>9:45 Bus to O.W.L.S.</b> 10:00 Writers' Group  5-8 Art Walk Downtown  7:30 Bus to Bandshell concert	<b>3</b> 10:30 Friday Chat, Andrew Allen, YSS 1:00 N WalMart	<b>4</b> 12:30 Bus to Hamilton, Des Moines Civic Center
<b>5</b>	<b>6</b> 9:00 Fareway  10:30 Bus to Des Moines, Jordan House for tour and quilt exhibit	<b>7</b> 9:30 Coffee, Atrium L-2 10:15 After Coffee, Landscape Committee Report, Grand  1:30 Hearing Aid Maintenance, Providers' Rm.	<b>8</b> 10:00 BP Clinic  <b>10:00 ALDI's</b> 6:30 Bus to Ames History Lecture, Public Library	<b>9</b>   7:30 Bus to Bandshell concert	<b>10</b> <b>10:00 N WalMart</b>  10:30 Friday Chat: Artist Mary Muller	<b>11</b> 
<b>12</b> 	<b>13</b> <b>10:00 Fareway</b> 2:00 NC Stitches, Grand Room	<b>14</b> 9:30 Coffee, Atrium S-1	<b>15</b> 10:00 BP Clinic  <b>10:00 ALDI's</b>	<b>16 Kiwanis Paper Drive</b>  10:00 Writers' Group  4:00 Alzheimer's Support Group, FR 7:30 Bus to Bandshell concert	<b>17</b> <b>10:00 N WalMart</b> 10:00 Bus to Memorial for Ted Solomon, Collegiate Methodist Church 10:30 Friday Chat: Mark Edge, IA Dept for the Blind	<b>18</b>
<b>19</b> 11-2 Car Show at Iowa Arboretum, Bus if interest	<b>20</b> 10:00 Fareway  6:30 Mixed Bridge	<b>21</b> 9:30 Coffee, Atrium S-2  	<b>22</b> 10:00 BP Clinic  10:00 ALDI's	<b>23</b> 10:00 Bible Study, LIB  4:00—6:00 Horizon Club Patio Party 7:30 Bus to Bandshell concert	<b>24</b> 9:30 Residents' Council 10:00 N WalMart	<b>25</b>
<b>26</b>	<b>27</b> 10:00 Fareway  1:00 Tentative tour of ISU Campus building 3:00 Memory Café, Northminster Presbyterian Church	<b>28</b> 9:30 Coffee, Atrium A & C	<b>29</b> 10:00 BP Clinic  10:00 ALDI's	<b>30</b>   7:30 Bus to Bandshell concert		<b>Wellness Center OPEN!</b> <b>Game Night, LIB</b> Thursdays, 6 pm <b>1st National Bank</b> Fridays, 8:30 -10:30