

148th
Kentucky Derby

May 8, 2022

Northcrest News

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



The Week at a Glance!

Sunday, May 8 Happy Mother's Day

12:30 Sunday Lunch
2:00 Hymn Sing
7:00 Bus to Town & Gown, MET


Monday, May 9

9:00 Bus to Fareway North
2:00 NC Stitches Meeting, Grand Room

Tuesday, May 10

9:30 Tuesday Coffee, Hosts —Parkway
Floor 3, Part 2


Wednesday, May 11

10:00 Book Club, LIB
10:00 Blood Pressure Clinic in NEW
Providers' Room in Wellness Area.
 **The Crest is open 12-2 & 4:30-7**
3:00 Bus to ALDIs

Thursday, May 12

10:45 Bus to Downtown for shopping
and/or lunch at Sweet Caroline's
 **The Crest is open: 12-2 & 4:30-7**
6:00 Game Night, LIB

Friday, May 13

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

Saturday, May 14

Last 2 days to submit your guess on
the Wisteria hitting full bloom!!
Pick a date and drop at the Front Desk
or email:
RLindeman@northcrestcommunity.org



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 8, 12:30 p.m.

Chicken Cordon Bleu
Sour Cream & Chive
Mashed Potatoes
Key West Blend Vegetables
Melon Salad
Strawberry Rhubarb Pie



ANNOUNCEMENTS

Tuesday Coffees

On May 10, Parkway, Floor 3 will host.

Please continue to bring your own mug.

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

Birthday Wishes

May 6: Diana Shonrock

May 7: Louise O'Donnell

May 7: Marv Scott

May 7: Linda Bowman White

May 8: Pete Boysen

May 8: Zee Kroeschell

May 8: Al Talkington

May 10: Paul Nelson

May 10: Diana Stumpf

May 10: Linda Woodworth

May 11: Roberta Ridley

May 11: MaryJo Winder

May 12: Barb Adams

(Please let us know if we miss anyone!)



Northcrest Stitches Group

This month, Evonn Walling will talk about Fidget Quilts and share the benefits to those with dementia for relieving stress & boredom. She will show examples and how to make them. All are welcome to attend!
Mon, May 9, 2:00 pm, in the Grand Room.

Northcrest Outreach Gift



The Community Outreach funding campaign continues. Northcresters may contribute until May 20th. Your contribution is tax deductible so make your checks out to "Heartland Senior Services or Heartland Senior Center or HSS" and leave your donation at the Reception Desk in the Main Building. Thank you for your kind donation.

Beverage Station RETURNS!

Come and enjoy a hot cup of coffee or tea with all of your friendly neighbors in the Wellness Area. Monday-Friday 8:30 am - 4:00 pm. Don't forget to bring your own cup to be environmentally aware!



Green Light / Red Light

Have you noticed the little cube light at the Front Desk? If it is green, the receptionist is free to speak to you. If it is flashing or red, the receptionist is on the phone using her earpiece, that you can't see. She is able to do many things at once, but not talk to more than 1 person at a time! Go check out the light!

Upcoming Friday Chats: 10:30 am

May 6: Learn about 2 Ames organizations that serve our under-housed population in Ames with 2 different approaches. Habitat for Humanity and the Bridge Home.

May 13: Meet Cindy Atwood, our new Staff Accountant. She works with Mary Chindlund keeping the accounts in order!

Free CD's for the taking!

Northcrest has received a large collection of music CD's - come take a look and pick up some new tunes! The collection is available on the Give & Take Table in the 1801 building, lower level hallway.

Hobby Tour

There has been limited interest in a Hobby Tour for Spring, so we will postpone that until fall. If you are interested in showcasing your collection, craft, or hobby please contact Ronnie for details.

Wisteria Contest

Who will get the Traveling Wisteria Prize this year? **Pick your date** for the "full bloom" at the Pergola as determined by an impartial anonymous committee. Email or drop at Front Desk by Sun, May 15.



LANDSCAPE COMMITTEE

Northcrest encourages the donation of trees to the campus, with a review by the Landscape Committee and administration for final approval. For info, contact Dennis Smith or Larry Koehrsen .

The Rhubarb Garden is just getting established so there will be NO harvesting of rhubarb this year.

THINGS TO DO!

Reiman Garden Tulips—Reprise

The tulips are really coming into color! Go see them, Friday, May 6, Bus at 3:00 pm.

Central Iowa Symphony

“Rare Gems” includes works for strings and the xylophone! Ames City Auditorium, Sat, May 7, \$20 at the door. Bus at 6:30, (right after the Derby Race!)



Ames Town & Gown

Hui Weng on the Chinese zither joins the Telegraph String Quartet. MET, \$30 at the door. Sun, May 8, Bus at 7:00 pm

Downtown Shopping & Lunch

There is interest in a bus going downtown Main Street for leisurely shopping and lunch. Reservations will be made at Sweet Caroline's Kitchen for those who are interested in lunch together. Others may do their own thing and be picked up at 2:30 pm. Thu, May 12, Bus at 10:45 am, dropping at Sweet Caroline's. (Diners may call for earlier pick up.)



State Forest Nursery Tour

Wed, May 18 we have a tour planned of the State Nursery! We'll get an on-bus tour of the property (hopefully the nut trees will be in bloom) with a stop at their sorting and packaging warehouse! South Duff Ave. Bus at 10:00 am.



Ames History Museum lecture

“Behind the Beat”: Jenny Barnett from the African American Museum of Iowa (Cedar Rapids) will use music to explore African American history, from the African beats to the jazz of the Harlem Renaissance to the popular music of the Civil Rights movement. This is only offered as a **virtual lecture**. Go to ameshistory.org and register to view this on Tue, May 24, 7:00 pm.

Hickory Grove Park

It is time to get out to our County Parks! We will get a personal tour and update on the renovations made to Hickory Grove Park with Jerry Keys. We will walk around a portion of the lake to a picnic area and have box lunches. (Or ride in the bus for ease.) \$18 will include bus and the lunch with water. Wed, May 25, Bus at 9:15 am. Home by 1:00 pm. (Cancellations after Mon, May 23, noon, will still be responsible for the costs.)



The CREST!

**The Crest is open every
Wednesday, Thursday & Friday**

12:00--2:00 pm

4:30—7:00 pm



May 11-13 Specials

Happy Hour, 4:30—5:30

All Drinks: \$3.00

Select Appetizers: \$5.00

Fried Muenster Cheese

House Made Chips

2 Mini Shrimp Tacos

5 Piece Boneless Chicken Bites

Soup of the Day

Chicken & Wild Rice Soup

The Crest menus are on the Northcrestcommunity.org website, under Resident Login, Resources & Links!

Remember you can order take out!

515-232-6760, ext. #7140.

**The Crest Gift Cards are available
at the Front Desk**

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 8

Lunch: Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Key West Blend Vegetables, Melon Salad, Strawberry Rhubarb Pie

Monday, May 9

Lunch: Brat Burger with Lettuce, Tomato & Onion, Fried Zucchini Chips, Pickle Spear, Watermelon, German Chocolate Cake

Tuesday, May 10

Lunch: Italian Sandwich with Salami, Turkey, Roast Beef, Lettuce, Tomato, Onion & Provolone Cheese, Italian Mayo on the Side, Pasta Salad, Bread & Butter Pickles, Fresh Fruit, Blondie

Wednesday, May 11

Lunch: Soft Shell Beef Tacos, with Sour Cream & Salsa on the Side, Refried Beans, Grapes, Cookie

Thursday, May 12

Lunch: Chicken Salad with Grapes & Pecans, on Leaf Lettuce, Crostini's, Strawberries & Orange Slices, Broccoli Salad, Sherbet

Friday, May 13

Lunch: Shrimp Basket, French Fries, Corn Relish, Grape Fruit, Banana Bar

Saturday, May 14

Lunch: Cheese Tortellini with Meat Marinara Sauce, Garlic Bread, Spiced Apple Rings, Tossed Salad with Ranch Dressing, Snickerdoodle

