



June 16, 2024

# Northcrest News

Northcrest Community  
Over 59 years of service to older  
adults in the Greater Ames Community



## The Week at a Glance!

### Sunday, June 16 Happy Father's Day

- 2:00 Hymn Sing, AL

### Monday, June 17

- 10:00 Bus to Fareway shopping
- 11:15 Bus to Dublin Bay & Ames Airport Tour
- 6:30 Mixed Bridge

### Tuesday, June 18 World Picnic Day

- 9:30 Tuesday Coffee, GR, Atriums N-1
- 10:30 Bus to Tedesco Park with Box Lunch

### Wednesday, June 19

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 2:00 Low Vision Support Group, Bethesda Lutheran Church, Bus if requested.
- 3:00 Tom Box in concert at the Pergola

### Thursday, June 20 First Day of Summer

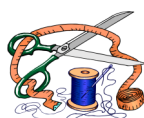
- 11:00 Alzheimer's Education Series, on Managing Money, GR
- 5:00 LaVone Newell, piano, AL
- 7:00 Bus to Bandshell Concert

### Friday, June 21

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway

### Saturday, June 22

*Get ready for the Hobby Tour on Monday!*



## Health & Wellness

### Hearing Aid maintenance:

July 2: 1st Tuesday of every month, 1:30pm

Podiatry: Contact Kathy at ext. 7220 for information.

Massage Therapy: Darlene, 515-708-1556

**Wellness Program News by Adrienne**  
**See the Wellness Schedule for updates.**

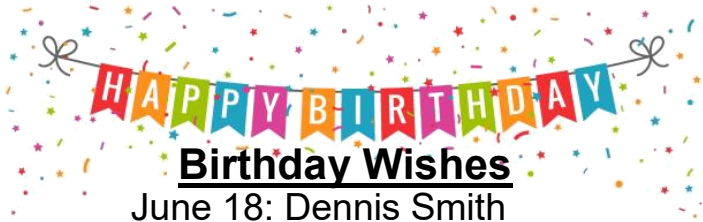
Ryan will be teaching the Friday 6/21 morning Dance, Men's & Women's classes.



## Sunday Lunch 12:30 p.m.

**Pork Roast with Gravy**  
**Parmesan & Herb Potatoes**  
**Capri Vegetables**  
**Cantaloupe & Grapes**  
**Blueberry Tart**





## Birthday Wishes

June 18: Dennis Smith

June 22: Mary Wirth

## Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for June 11 will be atriums N-1. Join in-person, via Zoom or Livestream (116-5 or 995).

## Jim Sassaman Memorial Service

There will be a memorial for Jim Sassaman on Sat, June 15 at 11 am, with a lunch following. First Baptist Church, Bus 10:30 am.

## Friday Chats, 10:30 am, GR

- **June 14:** Andrea Groneau with new development at the Bridges Home
- **June 28:** Jan Beran with a reprise of her talk: *From Pioneer Tilden to National Leader Forker, Physical Education at Iowa State University*

## New Trip Input Requested

Clear Lake and Mason City have SO much to see: The Surf Ballroom, Lady of the Lake cruise, Music Man Square, MacNider Museum, etc. It is too much to do all in one day. Who is interested in staying overnight at the Historic Park Inn, the last of architect Frank Lloyd Wright's hotels in the world? Pricing and tours are being worked on, but we need to know the interest level. Please sign up to indicate that for a July 15/16 trip. No obligation at this point.

## Community Choice Awards

Nominate Northcrest for the 11th time as Best of Story County! Go to [amestrib.com](http://amestrib.com) to nominate us in categories under Services: Assisted/Senior Living, Non Profit Organization, Retirement Community. Also under: Top Employer (101-500 employees) and Best Place to Work. You can nominate every day until June 24. We VOTE later.

## First National Bank Note

First National Bank offers onsite, convenient banking for those living at Northcrest Community on Friday's from 8:30-10:30am. This has been particularly valuable for individuals with limited mobility, who no longer drive, and still want in-person banking assistance. Since we offer on-site banking, we often get asked about the products and services we provide, so if you stop by during our banking hours on Friday mornings you can pick up a folder that contains information on Wealth Management and Financial Management & Trust services. This folder is for informational and educational purposes only, if you have questions or wish to speak to someone, we are happy to connect you with the appropriate person.



## Pergola Party

Mark you calendar for a fun outdoor concert on Wed, June 19, right here at our own Pergola. Bring a lawn chair and enjoy the vocals and guitar of Tom Box. He was well received the last time he played by the firepit. 3:00 pm at the Pergola. (GR if poor weather).

## Unlocking Brain Fitness - Keys to Dementia Prevention Course

New classes at Mary Greeley start June 24 on Monday afternoons. Reach Jane at [rettig@mgmc.com](mailto:rettig@mgmc.com) or call at 515-239-6730.

## The CREST



**Tuesday thru Friday**  
**12-2:00pm and 4:30-7:00pm**

**Open Saturday 9:30 am –1:00 pm**  
9:30-11: See Breakfast Menu on NC TV Channel  
11:00-1:00: Saturday Lunch Menu

**Soup of the Week: Tomato Basil**  
**Special of the Week: Tuna Melt**  
Grilled on Sourdough Bread with Cheddar  
Cheese & choice of 1 side

## FUN THINGS TO DO

### Des Moines Performing Arts:

#### *Moulin Rouge, The Musical*

Sun, September 1, has been chosen to attend this extravagant musical. Bus at 11:45 am. Tickets are \$70 or \$150. **Need 12 or more for tickets to be ordered! We have 9 now.**

### Art Workshops

Louise O'Donnell will lead 2 workshops in July creating 8x8 canvas art.

- Wed, July 10, 1:30—4pm, Acrylic Painting with brushes and imagination!
- Wed, July 24, 1:30—4 pm, Pastel Painting.

Supplies provided, although you may bring your own. \$5 supply fee for each workshop. Space is limited. Please contact Louise to sign up at [louiseado@gmail.com](mailto:louiseado@gmail.com) or 515-321-0559.

### Iowa Button Society Show



Something different—a gazillion buttons! Beautiful, vintage, unique, and valuable buttons. Open to the public in the afternoon at Quality Inn & Suites, Fri, June 14, Bus at 1:00 pm.

### DMMO Threads & Trills Luncheon

Want to go to the Threads & Trills Costume Show & Luncheon in West Des Moines? \$55 tickets, Questions? Talk to Berne & Kathy Ketchum. Sat, June 15, Bus at 10:00 am, home around 3:00. \$10 Bus fee on your monthly statement.

### KHOI Event at Stephens Auditorium

Go hear The Weary Ramblers, Chad Elliott and Kathryn Fox, as they showcase award-winning songwriting and great storytelling. Proceeds support the local community radio station KHOI. General admission tickets start at \$20 each plus \$5 processing fee. Tue, June 18, Bus at 6:30 pm.

### Ames Airport Tour

with optional lunch at Dublin Bay

Take a guided tour complete with a chance at a flight simulator, AND a look at Dirk Scholten's own 1946 airplane. There is a waiting list for the bus, but you can drive on your own at 1:00 to the airport. Mon, June 17, Bus at 11:15 for lunch.



### Stroll at Tedesco Park & Picnic

In honor of World Picnic Day, we will go to Tedesco Park for a stroll. You are encouraged to bring your own sack lunch, or order a boxed lunch for \$12. (Ham or Turkey) Tue, June 18, Bus at 10:30am.

### Resident Hobby Tour

Showcase your hobbies in your own home, or bring some items to the Grand Room on Monday for a group show. Sign up at the Front Desk to show your intention of participating. June 24, 10 am-4:00 pm.

### Ice Cream with HIRTA

We had a great presentation on HIRTA, the transit company last Friday. Let's go for a joint adventure utilizing their service, to get ice cream on a warm summer day. Sign up to go for \$2.50 each way (cash in hand) to Hickory Park on Tue, July 2. (Actually, the destination can be altered if you have suggestions.) Pick up at 2:30 pm.

## ART COMMITTEE

The next exhibit in the Grand Room will be art from residents' collections entitled, "**In the Good Old Summertime.**" If you have a 3-D piece that evokes summer, please contact Ronnie to display in the case. It will be changed June 18.

## KITCHEN KORNER

### This Week's Featured Herbs

Cilantro is over for the season, but the dill, basil oregano and others are doing well. Read the accompanying flyer for a recipe. Please do not harvest any herbs yourself. If you have questions or a special request contact Margie or Phil Poorman @515-232-5447 or Karen Ross @ 515-231-8656

**Pick-up times for Regular Daily Meals at the 2300 Front Desk:**

**Lunch, Monday- Saturday: Sign up by 10:00am**

**Dinner, Monday & Saturday: Sign up by 2:30pm**

**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?** After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

**Sunday, June 16**

**Lunch:** Pork Roast with Gravy, Parmesan & Herb Potatoes, Capri Vegetables, Cantaloupe & Grapes, Blueberry Tart



**Monday, June 17**

**Lunch:** Mushroom & Swiss Burger with Garlic Aioli, Onion Straws, Pickle Spear, Mandarin Oranges, Cookie

**Dinner:** Baked Cod, Rice Pilaf, Key West Blend Vegetables, Pineapple, Banana Bar

**Tuesday, June 18**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Soft Shell Taco, Refried Beans, Tropical Fruit Salad, Oreo Parfait

**Wednesday, June 19**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Gyro, Tater Tots, Honeydew, Magic Bar

**Thursday, June 20**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Chicken Salad on Leaf Lettuce with Diced Apples, Sliced Grapes & Pecans, Dinner Roll, Strawberries, Broccoli Salad, Brownie

**Friday, June 21**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Hot Ham & Cheese on Croissant, Doritos, Carrot Sticks, Grapes, Cookie

**Saturday, June 22**

The Crest is Open 9:30am-11:00am Coffee, Muffins, Eggs, Toast, Bacon & More- (11:00am-1:00pm) Saturday Lunch Menu

**Lunch:** Sweet & Sour Chicken over Rice, Stir Fried Vegetables, Egg Roll, Pear Slices, Mini Vanilla Swirl Cone

**Dinner:** Seafood Pasta Bake, Garlic Toast, Apple Slices, Three Bean Salad, Peanut Butter Mousse