



June 23, 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 23

- 2:00 Hymn Sing, AL

Monday, June 24

- 9:30-4:00 **Hobby Tour** in Grand Room and personal homes-See Flyer
- 10:00 Bus to Fareway shopping
- 2:45 Bus to Memory Cafe



Tuesday, June 25

- 9:30 Tuesday Coffee, GR, Atriums N-2, with guest Kristin Pates of United Way
- 1:45 Bus to Movie, *Thelma*, North Grand
- 3:00 Ambassadors of Grace, AL

Wednesday, June 26

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:15 Bus to Nevada, *Arsenic & Old Lace*, Classic Movie at the Camelot theater

Thursday, June 27

- 3:00 Horizon Club Party by invitation, GR
- 7:00 Bus to Bandshell Concert

Friday, June 28

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat with Jan Beran: *From Pioneer Tilden to National Leader Forker, Physical Education at Iowa State University*

Saturday, June 29

- 1:30 -3:30 Celebration of Life for Norma Hensley, Fireside Room
- 7:00 Bus to ACTORS, *Sister Act*

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

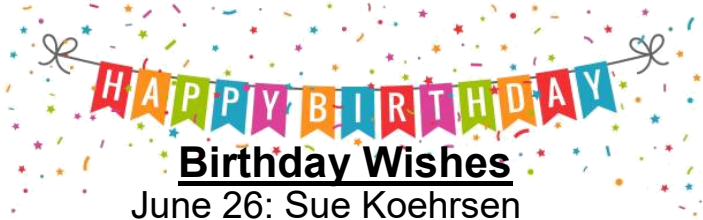
Be on the lookout for a Maternity Leave wellness schedule, which will begin July 1st. Ryan will be in charge while Adrienne is away.



Sunday Lunch 12:30 p.m.

**Baked Turkey
Mashed Potatoes & Gravy
Sunshine Carrots
Fresh Fruit
Cherry Pie**





Birthday Wishes

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



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for June 18 will be atriums N-2. Join in-person, via Zoom or Livestream (116-5 or 995). The United Way representative, Krisitn Pates will join us to give the total on the effort by you generous Northcresters!

Friday Chats, 10:30 am, GR

- **June 28:** Jan Beran with a reprise of her talk: *From Pioneer Tilden to National Leader Forker, Physical Education at Iowa State University*
- No Friday Chat on July 5



July 4 Pot Luck

A resident-run pot luck will be held again on Independence Day, July 4, 12:30 pm in the Grand Room. As usual, bring your own table service, your beverage of choice, and a dish to share. No firecrackers, though!

Black Wool Coats—GR Coat Closet

If you had a black wool winter coat, please check if you still have it. There are 3 black wool coats in the Grand Room closet that will be donated to a good home if they are not claimed in the next week.

First National Bank Note

First National Bank offers onsite, convenient banking for those living at Northcrest 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 on Friday mornings you can pick up a folder that contains infor-

mation 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.

NOTE FROM DAWN

Community's Choice/Best of Story

The Ames Tribune is taking nominations for the Community's Choice Awards for Story County.

Please log on- to amestrib.com to nominate Northcrest in the following categories:

Under the Services category:

- Assisted/Senior Living
- Non-Profit/Charity Organization
- Retirement/55+ Community

Under the Top Employers category:

- Employer 101-500 Employees
- Place to Work

JUST ADDED: Under Sports & Fitness - People category:

- Personal Trainer - Adrienne Silberstein, Northcrest Community



Thank you for taking the time to nominate Northcrest. You can nominate once per day!

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: Chicken Noodle
Special of the Week: Soft Shell Beef Tacos
served with Lettuce, Tomato, Cheese & Homemade Pico on the side

FUN THINGS TO DO

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, Pastels

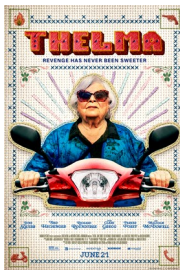
Supplies provided, although you may bring your own. \$5 supply fee for each workshop. Space is limited. Please contact Louise to sign up at louiseaodo@gmail.com or call 515-321-0559.

Resident Hobby Tour

Showcase your hobbies in your own home, or bring some items to the Grand Room for a group show. Please let Ronnie know by Friday if you are exhibiting on June 24, 9:30 am-4:00 pm. There will be a flyer for your tour guidance.

Movie *Thelma* at N. Grand Cinema

Resident requested: *Thelma*, Inspired by a real-life experience of the director's own grandmother, *Thelma* shines the spotlight on an elderly grandmother as an unlikely action hero. It is a poignant action-comedy that gives veteran Oscar® nominee June Squibb her first leading role and features the final performance of trailblazing actor Richard Roundtree (SHAFT). Squibb, who did most of her own stunts in the film, plays Thelma Post, a feisty 93-year-old grandmother who gets conned by a phone scammer pretending to be her grandson and sets out on a treacherous quest across Los Angeles, accompanied by an aging friend and his motorized scooter, to reclaim what was taken from her. \$5.35 at the door.



Tue, June 25, Bus at 1:45 pm.

Arsenic & Old Lace, Nevada

Enjoy an old classic movie at the classic Camelot Movie Theater in Nevada. \$5 at the door, \$5 bus fee. Wed, June 26, Bus, 1:15.

Patriotic Flute Music

Get in the mood for the 4th of July and celebrating our freedoms with a flute performance by Valerie Wedgeworth. We will have an outdoor Pergola concert if the weather cooperates, or indoors in the GR if too hot. Mark your calendars for 4:00 pm.

Ice Cream with HIRTA

Let's go for a joint adventure utilizing the HIRTA 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. Ronnie will organize this for you to try it out. Pick up time is being negotiated.

ISU Horse Barns

The last visit was a mystery tour. This time we are alerting you to a visit to the historic ISU Horse Barns and their horses. Wed, July 3, 1:00 pm.

RONNIE'S RAMBLES

Road Trip to Clear Lake/Mason City

Details are being worked out for this overnight trip to northern Iowa. We have special rates at the Historic Park Inn for lodging, 7 tours being planned including a cruise, Surf Ballroom, MacNider Museum, etc. Please sign up! June 15 & 16.

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 in the process of being ordered, but more can be added. Sign up!

In Loving Memory
of

Marilyn Curry

Passed June 20, 2024

Services Pending

Celebration of Life

Norma Hensley

Sat, June 29, 1:30-3:30 pm

Northcrest Fireside Room

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 23

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Sunshine Carrots, Fresh Fruit, Cherry Pie

Monday, June 24

Lunch: Italian Sausage Grinder, Key West Blend Vegetables, Pineapple & Blueberries, Yellow Cake with Chocolate Frosting

Dinner: Lemon Pepper Tilapia, Quinoa & Orzo, Peas & Onions, Tropical Fruit Salad, Coconut Cream Pie

Tuesday, June 25

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

Lunch: Taco Salad, Cornbread Muffin, Apricots, Cookie

Wednesday, June 26

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

Lunch: Bratwurst on a Bun with Sauerkraut, Baked Beans, Fresh Fruit, Dreamland Bar

Thursday, June 27

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

Lunch: Beer Battered Cod, Creamy Coleslaw, Potato Chips, Fruit Salad, Lemon Cake

Friday, June 28

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

Lunch: Quiche Lorraine, Dinner Roll, Strawberries, Cottage Cheese, Yogurt Parfait

Saturday, June 29

The Crest is Open 9:30am-11:00am: Coffee, Muffins, Eggs, Toast, Bacon & More

11:00am-1:00pm: Saturday Lunch Menu

Lunch: Tater Tot Casserole, Green Beans, Cherries, Oatmeal Raisin Cookie

Dinner: Ham Balls, Au Gratin Potatoes, Broccoli, Cantaloupe, Rocky Road Brownie