

June 2, 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 2

- 2:00 Hymn Sing, AL

### Monday, June 3

- 10:00 Bus to Fareway shopping

### Tuesday, June 4

- 9:30 Tuesday Coffee, GR, Atriums E & H
- 10:30 ISU's Abbie Berryhill on "Walk With Ease" program, GR
- 11:00 Bus to VOTE at Bethesda Lutheran
- 1:30 Hearing Aid Maintenance, Providers'
- 2:15 Bus to movie at North Grand Cinema

### Wednesday, June 5

- 10:00 Blood Pressure Clinic
- 10:00 Book Club, AL
- 10:15: Bus to Cubs Ball Game, Des Moines
- 10:30 Bus to ALDI or Hy-Vee



### Thursday, June 6

- 10:00 Writers' Group, Founders' Room
- 10:00 Bus to O.W.L.S.
- **12:00 BBQ Lunch, GR**
- 1:00 Dementia Support Group, Conference/Private Dining Room and HC Conference
- 4:00 LaVone Newell on piano, AL
- 7:00 Bus to Bandshell Concert



### Friday, June 7

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat with Lisa Brix of the Ames Animal Shelter

### Saturday, June 8

Enjoy a summer day!



## Health & Wellness

### Hearing Aid maintenance:

June 4: 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.**



**Wii Bowling**, 1:00 pm: May 31, Last time for the Spring!

**Dementia Support Group:** Thu, June 6, 1-2 p  
Caregiver: Conference/Private Dining Rm  
Resident Support: Health Center  
Conference Room



*Thank you so much for all of the suggestions on names and guesses for Baby Silberstein. We look forward to sharing his information when he is born!*

## Sunday Lunch

**Baked Ham**  
**Mashed Sweet Potatoes**  
**Green Beans**  
**Fresh Fruit**  
**Cherry Cake**





### **Birthday Wishes**

- June 3: Karen Ross
- June 5: Barbara Gurganus
- June 5: Barbara Schendel
- June 5: Brent Pearce
- June 5: Richard Strub
- June 7: Marlys Potter



### **Tuesday Coffees**

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for June 4 will be atriiums E & H. Join in-person, via Zoom or Livestream (116-5 or 995).

### **“Walk With Ease” speaker: June 4**

Hang around after Tuesday Coffee to hear Abbie Berryhill from ISU. She will talk about the benefits of the program “Walk With Ease”, starting about 10:30 am.

### **Vote in the Primary**

A vehicle will be available to take you to Bethesda Lutheran Church to vote on Tue, June 4. Sign up for a ride at 11:00 am. This time allows you to attend the Tuesday Coffee and the speaker at 10:30 am.

### **Friday Chats, 10:30 am, GR**

- **May 31:** If you do not drive, what is the best way to get to appointments or meetings in Ames? HIRTA may be an excellent fit for you! Danny Schnathorst will tell us of all the options.
- **June 7:** Lisa Brix with the Ames Animal Shelter will bring a couple 4 legged “friends” to visit and pet!

### **Tom McGee’s 99th Birthday!**

All Northcrest residents, staff, family and friends are invited to attend an open house in honor of Tom McGee’s 99th birthday. Enjoy refreshments and celebrate with Tom! Sun, June 9, 1-3:00 pm, GR

### **New Staff Accountant**

Please welcome our new Staff Accountant, Debra Carroll to Northcrest. Her email is [dcarroll@northcrestcommunity.org](mailto:dcarroll@northcrestcommunity.org) and her extension is 7225 should you need to reach out to her with any billing inquiries.

### **Stylist Lori Lynn**

Make your hair appointments early to work around Lori Lynn’s vacation, July 1-9. She’ll be back on July 10 to give you full attention!

### **Wisteria Contest**

The **Wisteria** is blooming at the Pergola! The winner of the Travelling Wisteria Prize was Donna Elvik with a guess of May 25! Be sure to go see the blooms!!



### **It’s Herb Season**

Sage is this week’s featured herb. Read about its characteristics and uses in the accompanying flyer. Thank you to Karen Ross and the Poormans for their input on herbs each week.

### **Garden Tour**

The plentiful rain and hardworking Northcrest volunteers are making our gardens lush and beautiful. A lovely tour was led by Jan Beran, Ida Johnson and Jane Lohnes on Wednesday. “Don’t hurry; don’t worry. Take time to smell the flowers!”



### **The CREST**



**Tuesday, Wednesday & Friday**  
12-2:00pm and 4:30-7:00pm

**Thursday: closed for lunch; open 4:30—7**

**Open Saturday 9:30 am –1:00 pm**

9:30-11: Morning Goodies

11:00-1:00: Limited Lunch Menu

**Soup of the Week: Pizza Soup**

## FUN THINGS TO DO

### Harpist in Concert in GR

Stop in Sat, June 1 at 2:00 pm to hear Kristin Maahs and her student share beautiful harp music!

### Lecture on Rookwood Pottery

Riley Humler, an appraiser from Antiques Roadshow, will present on the "The Glorious Gamble" and more on the Brunnier's collection of Rookwood Pottery. Brunnier Museum, Sun, June 2, Bus at 1:30 pm.

### Summer Camp Movie

Silly shenanigans with Diane Keaton and others, reliving childhood camp adventures. \$5 N. Grand, Tue, June 4, Bus at 2:15 pm.

### ACTORS Musical: Sister Act

SOLD OUT! There is a waiting list available for tickets on the ACTORS website. Buses on June 14, 29, & 30.



### NEW! Suite at Cubs Game!

Enjoy suite seating at the baseball game! This special is limited to 15 people. Wed, June 5. Tickets: \$12 plus bus fee of \$10. Bus at 10:15 am, Home late afternoon.

### 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!**



### Noce Jazz Club with Vibraphonist

Journey to Des Moines for an evening of music with Vibraphonist Peter Schlamb & his Trio, a national act. Tickets range from \$30 to \$57 at this downtown jazz club. \$10 bus fee. Beverages for sale there. Fri, June 7, Bus at 6:00 pm.



### O.W.L.S.

Learn about all the various Woodpeckers of Iowa and their unique anatomy! Story County Conservation Center, Thu, June 6, Bus at 10:00 am.

### Iowa Arboretum Tunes in the Trees

Summer outdoor concerts are starting. The Iowa Arboretum near Madrid will showcase Singer/Songwriter Carter Guse. A food truck will be available at 5:00. Lawn chairs are a must. \$5 members/\$10 for non-members at the gate. \$7 Bus. Tue, June 11, Bus at 4:30 pm. Music plays 6-8:00 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.

### Resident Hobby Tour

Let's plan on June 24 & 25 to have a tour of your hobbies! Showcase in your own home, or bring some items to the Grand Room for a group show. Please email Ronnie with your interest to be a part of the show and what hobby you are willing to share! Sign up sheet also available at the Front Desk.




### Love Stories

V.V. Raman has offered to compile a book of Northcresters' stories on how they met their partner. You can email [vvrps@rit.edu](mailto:vvrps@rit.edu) to share your name, where you met, year of wedding, items of interest. Before May 31 please.

## ART COMMITTEE

The next exhibit in the Grand Room will be art from residents' collections entitled, "In the Good Old Summertime." Check the art on your walls (photos, pictures, memorabilia) that remind you of summer. Art must be able to be hung on the gallery wall. Other specifics listed on flyers available at the main desk. Deadline for submissions: June 7th. Questions: Cindy Scholten [lucinda.scholten@gmail.com](mailto:lucinda.scholten@gmail.com) or Louise O'Donnell, [louiseaodo@gmail.com](mailto:louiseaodo@gmail.com).



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Wellness Center</b> Lots of Choices for Exercise!</p> <p><b>Game Night, LIB</b> Thursdays, 6 pm</p> <p><b>1st National Bank</b> Fridays: 8:30—10:30 am</p>						<p><b>1</b> 2:00 Harpist Kristin Maahs and student, GR</p>
<p><b>2</b></p> <p>1:30 Bus to Lecture on Rookwood Pottery, Brunner Museum</p>	<p><b>3</b> 10:00 Fareway</p>	<p><b>4</b> 9:30 Coffee, Atriums E &amp; H 10:30 Abbie Berryhill on "Walk With Ease", GR 11:00 Bus to VOTE 1:30 Hearing Aid Maintenance Providers' Room 2:15 Bus to <i>Summer Camp</i>, North Grand Cinema</p>	<p><b>5</b> 10:00 BP Clinic 10:00 Book Club, AL 10:30 ALDI's &amp; Hy-Vee 10:15 Bus to CUBS game, Principal Park SUITE</p>	<p><b>6 Art Walk Downtown</b> 10:00 Writers' Group 10:00 Bus to O.W.L.S. <b>12:00 BBQ Lunch, GR</b> 1:00 Dementia &amp; Alzheimer's Support Group 4:00 LaVone Newell, AL 7:00 Bus to Bandshell Concert</p>	<p><b>7 National Donut Day</b> 10:30 Friday Chat: Ames Animal Shelter with Lisa Brix 10:30 N Walmart &amp; Fareway</p> <p>6:00 Bus to Noce, DM? Vibraphonist trio</p>	<p><b>8</b></p>
<p><b>9</b></p> <p>Classic Car Show, Iowa Arboretum, 12-2 pm, No Bus</p> <p>1-3:00 Tom McGee, 99th Birthday Open House, GR</p>	<p><b>10</b> 10:00 Fareway</p> <p>2:00 Bus to Octagon Art Show with ice cream at Marmalade Moon</p>	<p><b>11</b> 9:30 Coffee, Atriums F-1 &amp; 2</p> <p>4:30 Bus to Iowa Arboretum 5:00 Food Truck, 6:00 concert, with Carter Guse</p>	<p><b>12</b> 10:00 BP Clinic 10:30 ALDI's &amp; Hy-Vee 1:00 Meditation Event, Wellness Center</p> <p>6:45 Ames High Prairie Walk</p>	<p><b>13</b></p> <p>7:00 Bus to Bandshell Concert</p>	<p><b>14</b> 10:30 N Walmart &amp; Fareway 10:30 Friday Chat: Bridges Development, Andrea Groneau, 515-708-0072 1:00 Bus to Button Show, Quality Inn &amp; Suites 7:00 Bus to ACTORS, <i>Sister Act</i></p>	<p><b>15</b></p> 
<p><b>16 Father's Day</b></p> 	<p><b>17</b> 10:00 Fareway 11:15 Bus to Dublin Bay and Ames Airport Tour</p> <p>6:30 Mixed Bridge</p>	<p><b>18 World Picnic Day</b> 9:30 Coffee, Atrium N-1 10:30 Bus to Tedesco Park, Stroll and Box Lunch</p>	<p><b>19</b> 10:00 BP Clinic 10:30 ALDI's &amp; Hy-Vee</p> <p>3:00 "Dukes of Haggard" perform at the Pergola</p>	<p><b>20 First Day of Summer</b> 10:00 Writers' Group 11:00 Alzheimer's Education Series, GR</p> <p>4:00 LaVone Newell AL 7:00 Bus to Bandshell</p>	<p><b>21</b> 10:30 N Walmart &amp; Fareway</p>	<p><b>22</b></p>
<p><b>23</b></p> <p>ACTORS 1:30 Bus to <i>Sister Act</i></p> <p><b>30</b></p>	<p><b>24</b> 10:00 Fareway</p> <p><b>10-4 Hobby Tour, including GR</b> 2:45 Bus to Memory Café, Northminster Presbyterian</p>	<p><b>25</b> 9:30 Coffee, Atrium N-2</p> <p><b>1-4 Hobby Tour in homes only</b></p>	<p><b>26</b> 10:00 BP Clinic 10:00 ALDI's &amp; Hy-Vee</p> <p>1:15 <i>Arsenic &amp; Old Lace</i> Camelot Classic Movies Nevada</p>	<p><b>27</b></p> <p>3:00 Horizon Club Patio Party with the Kaizers, GR</p> <p>7:00 Bus to Bandshell Concert</p>	<p><b>28</b> 10:30 N Walmart &amp; Fareway</p>	<p><b>29</b> 1:30—3:30 Celebration of Life for Norma Hensley Fireside Room</p> <p>7:00 Bus to ACTORS, <i>Sister Act</i></p>

**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 2**

**Lunch:** Baked Ham, Mashed Sweet Potatoes, Green Beans, Fresh Fruit, Cherry Cake

**Monday, June 3**

**Lunch:** Boneless Chicken Bites, French Fries, Orange Slices, Cucumber & Onion Salad, Root Beer Float

**Dinner:** Meatloaf, Twice Baked Mashed Potatoes, Normandy Blend Vegetables, Honeydew, Banana Cream Pie

**Tuesday, June 4**

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

**Lunch:** Brat Burger, Potato Salad, Pickle Slices, Watermelon, Blondie

**Wednesday, June 5**

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

**Lunch:** Reuben, Asparagus Tomato Vegetable Salad, Cantaloupe, Cupcake

**Thursday, June 6**

**By Reservation Only- BBQ Lunch: Noon in the Grand Room**

The Crest Is Open 4:30pm-7:00pm

**Lunch:** Turkey & Cheese on Croissant, Cranberry Mayo on the Side, Sun Chips, Grapes, Cookie

**Friday, June 7**

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

**Lunch:** Grilled Chicken on Lettuce with Dried Apple Chips, Pecans, Red Onion, Feta Cheese & Apple Vinaigrette, Muffin, Fruit Salad, Lemon Bar

**Saturday, June 8**

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

**Lunch:** Flounder, Potato Chips, Creamy Coleslaw, Fresh Fruit, Cake

**Dinner:** Roasted Corn & Black Bean Chili, Cornbread, Peaches, Chocolate Cream Pie