



June 30, 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 30

- 1:30 Bus to ACTORS, *Sister Act*
- 2:00 Hymn Sing, AL

### Monday, July 1

- 10:00 Bus to Fareway shopping
- 4:00 Valerie Wedgeworth, Patriotic Flute, Pergola (Grand Room in case of rain)

### Tuesday, July 2

- 9:30 Tuesday Coffee, GR, Atrium N-3
- Burger Tuesday at the Crest!
- 1:30 Hearing Aid Maintenance
- 2:30 HIRTA test run to Hickory Park

### Wednesday, July 3

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:00 Visit the Horses at Mortensen Road
- 5:00 LaVone Newell piano, AL (Changed)

### Thursday, July 4 Independence Day

No Mail

The Crest is Closed

Administration Offices Closed

- **12:30 NC Pot Luck, GR**
- 7:00 Bus to Bandshell Concert

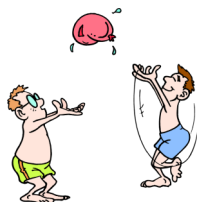


### Friday, July 5

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- No Friday Chat

### Saturday, July 6

*Roll out those lazy, hazy, crazy days of summer...*



### 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 Ryan

New class added:

Monday 8:30-9am Movement and Music in the Green Room

Monday 9:30-10:00am Resistance Bands in the Wellness Center

Other than July 4th: Thursdays 8:30am-9am Shadow Boxing in the Wellness Center

4pm classes will be cancelled during Adrienne's maternity leave.

Ryan will be in charge while Adrienne is away.

*Happy Maternity Leave to Adrienne!*

### Sunday Lunch

12:30 p.m.

Pot Roast  
Mashed Potatoes & Gravy  
Key West Blend Vegetables  
Fresh Fruit  
Dutch Apple Pie





### Birthday Wishes

- July 3: Diane Oppedal
- July 3: Loralee Graham
- July 4: Gary Walling
- July 6: Les Gummert
- July 6: Bob Stumbo

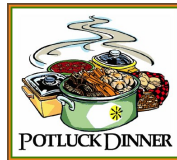


### Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for July 2 will be atrium N-3. Join in-person, via Zoom or Livestream (116-5 or 995).

### 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!



### Alzheimers & Dementia groups

In July we are not holding the dementia and Alzheimer's support groups since our normal meeting falls on the holiday in July, and Adrienne will be out on maternity leave. We will start back up with our monthly meetings on Aug. 1st.

### Writers Group—take note!

We are taking a summer vacation from meeting as a group, and will next meet SEPTEMBER 19, 10 AM, Founders' Room.

### Glass Recycling

Friendly reminder: Please remove caps from glass bottles or jars. Cardboard does not go in the recycling buckets marked for glass. Thank you for your observance!

### A Note from Driver Chris



*To all Residents and Staff—  
Life changes and I must move along. I will be doing part-time fitness training and circuit classes at Ames Fitness for the “well-seasoned adult” population. My experiences & things learned at Northcrest are guiding how I plan my fitness sessions. I’ve appreciated the chance to serve you as a Northcrest driver these past 5 years. But in truth, you gave to me more than I gave to you. Thank You, and best wishes.  
Chris Mondak*

We bid Chris a fond farewell and hope she will visit often to say hello to her many friends here! If you would like to drop a card off at the Front Desk for her, we will make sure she gets it.

## The CREST

**Burger Tuesdays!**  
Starting July 2 and every Tuesday of Summer  
Join us for an All American Cheeseburger with your choice of Kettle Chips, Ruffles or Sun Chips for **only \$6.95!**

**Bingo Night**  
Wednesday July 10  
Come to the Crest & join us for Bingo!  
Minimum purchase of an entrée to join.  
Doors will open at 4:30 pm;  
Bingo starts at 5:15 pm.



 **Tuesday, Thursday, Friday**  
**12-2:00pm and 4:30-7:00pm**  
**Closed on July 4th**

**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: Black Bean & Corn**  
**Special of the Week: Maid-Rite served on a bun with choice of one side**

## FUN THINGS TO DO

### 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. We will go to the Mortensen Road location this time. Wed, July 3, 1:00 pm.

### Pizza Ranch Lunch

How about going for a buffet lunch at Pizza Ranch? \$15 gives you many choices! Or order off the menu. Pay on your own. Mon, July 8, Bus at 1:00 pm.

### Summer Dance at Northcrest

Put it on your calendar—Our next Northcrest Dance will be July 10. Polkas, waltzes, reels, and early American music will be featured. We even have a larger dance floor to accommodate line dances and such! Larry Northup will be playing old time music including the music to the Virginia Reel. Jan Beran invites you to come and practice this very simple music at the main building Green Room (downstairs) at 11:00 am on July 2. Bring others who might enjoy it. Then you'll be ready to join in on Wed, July 10 in the Grand Room, 6:30 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 including a box breakfast! 7 tours including the Surf Ballroom, MacNider Museum, Music Man Square, etc. Monday evening meal at the Park Inn restaurant. July 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!

## THE GARDEN SPOT

### Herb Update

Remember to pick up herbs by the mailboxes in the Main building and Parkway to treat yourself to summer's garden delicious bounty. Currently being harvested, as plants are ready, include: dill, basil, thyme, chives, oregano, sage, mint, tarragon, lemon balm, parsley, lavender. For delicious recipes using thyme to amp up veggies, soups, and chicken, copy & follow this link:

<https://www.tasteofhome.com/collection/recipes-with-fresh-thyme/>

Please do not harvest any herbs yourself. If you have questions or a special request contact:

Margie or Phil Poorman @515-232-5447  
Karen Ross @ 515-231-8656

*In Loving Memory*  
of

**Marilyn Curry**

Passed June 20, 2024

Services Pending in August

*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 30**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Key West Blend Vegetables, Fresh Fruit, Dutch Apple Pie

**Monday, July 1**

**Lunch:** Ham & Provolone Sub Sandwich with Lettuce, Tomato, Onion & Sweet Chili Mayo on the Side, Pasta Salad, Fruit Salad, Orange Float

**Dinner:** Baked Salmon with Creamy Dill Sauce, Long Grain & Wild Rice, Peas, Pineapple & Grapes, Cookie

**Tuesday, July 2**

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

**Lunch:** Grilled Chicken on Romaine with Cherry Tomatoes, Cheddar Cheese, Sliced Egg, Diced Bacon & Raspberry Vinaigrette, Dinner Roll, Cantaloupe, Cheesecake

**Wednesday, July 3**

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

**Lunch:** Cheeseburger with Lettuce, Tomato & Onion, BBQ Potato Chips, Fresh Fruit, Turnover

**Thursday, July 4 Happy Independence Day!**

**The Crest Is Closed Today**

**Lunch:** Pulled Chicken Sandwich, Potato Salad, Grapes, Pepperslaw, Ice Cream Sandwich



**Friday, July 5**

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

**Lunch:** Fish Tacos, Black Bean & Corn Salsa, Honeydew & Blueberries, Chocolate Chip Cookie

**Saturday, July 6**

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

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

**Lunch:** White Cheddar Macaroni & Cheese, Broccoli, Peach Slices, Jell-O Cake

**Dinner:** Chili, Cornbread Muffin, Watermelon, Oreo Pie