

June 9, 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 9

- 1-3:00 Open House for McGee's 99th Birthday, GR
- 2:00 Hymn Sing, AL



Monday, June 10

- 10:00 Bus to Fareway shopping
- 2:00 Northcrest Stitchers' meeting, GR
- 2:00 Bus to Octagon Art Show

Tuesday, June 11

- 9:30 Tuesday Coffee, GR, Atriums F-1 & 2
- 4:30 Bus to Iowa Arboretum, Tunes in the Trees

Wednesday, June 12

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:00 Meditation Event, Wellness Center

Thursday, June 13

- 7:00 Bus to Bandshell Concert

Friday, June 14

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Bridges Home
- 1:00 Bus to Iowa Button Society Show, Quality Inn & Suites
- 7:00 Bus to ACTORS, *Sister Act*

Saturday, June 15

- 10:00 Bus to Des Moines Opera Luncheon



Health & Wellness

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

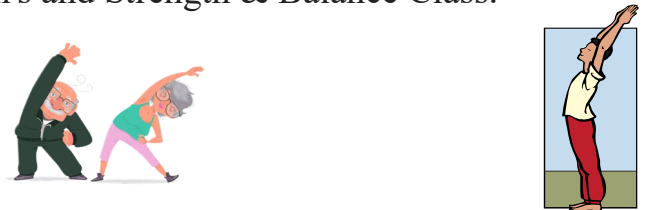
Podiatry: Contact Kathy at ext. 7220 for information.

Massage Therapy: Darlene, 515-708-1556

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

Attend a **Meditation Event** to find your inner **Zen** on Wed, June 12th from 1-2pm in the Wellness Center

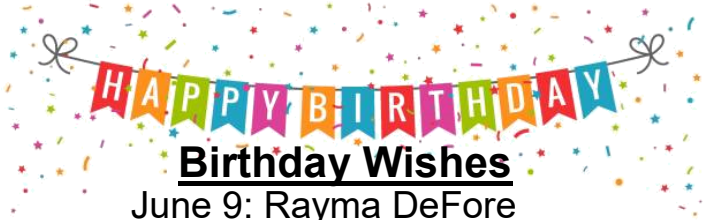
Ryan will be teaching the Tuesday Morning Men's and Strength & Balance Class.



Sunday Lunch 12:30 p.m.

Chicken Cordon Bleu
Sour Cream & Chive Mashed Potatoes
Key West Blend Vegetables
Fresh Fruit
Raspberry Pie





Birthday Wishes

- June 9: Rayma DeFore
- June 9: Tom McGee
- June 10: Don Zytowski
- June 13: Jane Lohnes
- June 14: Jacque Zbaracki
- June 15: Linda Doyle
- June 15: Marilla Fox
- June 15: Jane Smith



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for June 11 will be atrioms F-1 & 2. Join in-person, via Zoom or Livestream (116-5 or 995).

Friday Chats, 10:30 am, GR

- **June 7:** Lisa Brix with the Ames Animal Shelter will bring a couple 4 legged “friends” to visit and pet!
- **June 14:** Andrea Groneau with new development at the Bridges Home
- **June 28:** Jan Beran with a reprise of her talk on Women’s Fitness at ISU

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

Community Choice Awards

It’s time to nominate Northcrest for the 11th time as Best of Story County! Go to 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. Then later we get to VOTE for the Best.

New Staff Accountant

Please welcome our new Staff Accountant,

Debra Carroll to Northcrest. Her email is 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!



Garden Tour

The plentiful rain and hardworking Northcrest volunteers are making our gardens lush and beautiful. Judy Amfahr was missed in the list of those leading the tour last week. Thanks to Judy, and all of you who make our campus such a wonder!

Baby Boy for Receptionist Vera!

Surprise! Vera delivered a healthy baby boy on Mon, June 3 at 2:23 am. His name is Oliver and he weighed 7 lbs 6 oz!



That means that Dee Dreeszen came closest with a delivery date guess of June 19, Ted Tedesco came closest without going over weight of 7 lbs 1 oz, and Linda Woodworth had suggested Oliver as a name (though Vera had already chosen that awhile ago!) Congrats to all and welcome to Baby Oliver!

The CREST



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

Open Saturday 9:30 am –1:00 pm
9:30-11: Morning Goodies
11:00-1:00: Limited Lunch Menu

Soup of the Week: Chicken Tortilla
Special of the Week: Summer Chicken Salad with Pecans & Grapes, Served on Leaf Lettuce with choice of one 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 Exhibit at the Octagon

One of our own artists, Lorelee Graham, has an entry in the Octagon Members Show on exhibit now! And right around the corner on Main Street is Marmalade Moon for ice cream! Treat yourself! Go to view the art on Mon, June 10, Bus at 2:00 pm.



Iowa Arboretum Tunes in the Trees

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.

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. We will start with an optional lunch at Dublin Bay. If you prefer just the tour, we can have you join us at 1:00 at 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 only 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 Herb

Oregano is a fragrant culinary and medicinal herb, used for its earthy, subtly sweet flavor. It can be used in many dishes, either as a dried or fresh herb. We are lucky to have fresh oregano here at Northcrest. Read about its uses in the accompanying flyer.

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 9

Lunch: Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Key West Blend Vegetables, Fresh Fruit, Raspberry Pie

Monday, June 10

Lunch: French Dip with Au Jus, Green Beans, Watermelon, Cookie

Dinner: Pork Loin with Demi Glaze, Roasted Sweet Potatoes, Normandy Blend Vegetables, Grapes, Lemon Cake

Tuesday, June 11

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

Lunch: Fish Sandwich, French Fries, Creamy Coleslaw, Peaches, Frosted Brownie

Wednesday, June 12

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

Lunch: Ham & Cheese Quiche, Honey Oat Bran Muffin, Strawberries, Cottage Cheese, Oatmeal Bar

Thursday, June 13

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

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Carrots, Pears, Coconut Cream Parfait

Friday, June 14

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

Lunch: Tuna Salad on Croissant, Fresh Cut Vegetables Salad, Pickle Spear, Fruit Salad, Carrot Cake

Saturday, June 15

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

Lunch: Sloppy Joe Sandwich, Orange Slices, Corn Chips, Carrot Sticks with Ranch, Chocolate Chip Cookie Bar

Dinner: Beef Stroganoff with Egg Noodles, Green Beans, Honeydew & Pineapple, Oreo Pie