

May 12, 2024

# Northcrest News

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



## The Week at a Glance!

### Sunday, May 12

- 2:00 Hymn Sing, AL

### Monday, May 13

- 10:00 Bus to Fareway shopping
- 2:00 NC Stitches meeting, GR



### Tuesday, May 14

- 9:30 Tuesday Coffee, GR, Hosts: L-2
- 4:30 Second Chair Brass at the Fire Pit
- 6:00 Gather for DMMO Opera Meeting, GR
- 7:00 Bus to *Chicago* at Stephens Auditorium

### Wednesday, May 15

- 9:30 Bus to Ankeny for shopping & lunch
- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 2:00 Low Vision Support Group meeting, Bethesda Lutheran Church, No Bus
- 6:45 Guided Prairie Walk, Ames High School

### Thursday, May 16

- 10:00 Writers' Group, Founders' Room
- 11:00 Alzheimer's Education Series, GR
- 1:00 Spelling Bee, GR
- 5:00 LaVone Newell on piano, AL



### Friday, May 17

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat, Toastmaster Steve Wessman, GR
- 1:00 Wii Bowling, Wellness Center

### Saturday, May 18

- 3:00 Ames Children's Choir, 1st Baptist Church, No Bus

## 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

Alzheimer's Education Series; Thu, May 16, 11:00am, GR

Spelling Bee! Thu, May 16, 1:00, GR

Music/Movie Trivia! Thu, May 30, 1:00, GR  
*Sign up for both of these at the Front Desk*

Wii Bowling, 1:00 pm: May 17 and 31

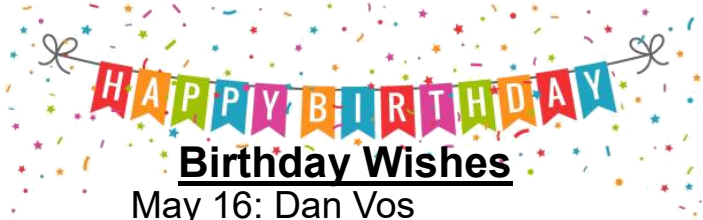


## Sunday Lunch

12:30 p.m.

**Broccoli Cheese Chicken**  
**Garlic & Cheddar Mashed Potatoes**  
**Key West Blend Vegetables**  
**Fresh Fruit**  
**Strawberry Rhubarb Pie**





### Birthday Wishes

- May 16: Dan Vos
- May 17: Betty Strub
- May 17: Anna Johnson



### Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for May 12 will be L-1 again. Join in-person, via Zoom or Livestream (116-5 or 995).

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

- **May 10:** NC's own Sarah Paukert (Human Resources) will bring her Dalmation, Brooks, who has won awards in many competitions. She will talk about what is involved in competing, and show us some of Brooks' training.
- **May 17:** Have you ever considered what it takes to speak in front of audiences? Steve Wessman tells us about the Toastmasters program.

### Display Case Change

Thanks to Al Johnson for sharing his wonderful wood working projects with us. Please let me know if you have a collection or hobby that could be showcased there.

### NC Photo Exhibit

The photo exhibit "Through Our Eyes" is now dismantled. The individual mounted photos will be at Tuesday Coffee for their photographers to pick up, if interested, for a small donation.

### Fire Pit Party: Second Chair Brass

Join Bill & Rick as they serenade us with their tuba & euphonium. Gather by the fire pit near the bus parking. **Bring your own lawn chair.** A great way to celebrate the spring weather! (Please note, the time was wrong on the May calendar.) Tue, May 14, 4:30 pm. (Rain Date will be May 31.)

### Contests

The **Wisteria Contest** is heating up! It is beginning to bud at the Pergola. There are guesses submitted for 16 dates in May and 5 in June that are still potential winners of the Travelling Wisteria Prize! Do you even remember the date you guessed?




### **Adrienne's Baby Boy: Name & Birth Date**

You are invited to submit your guess on the weight and actual arrival date of Adrienne's little firecracker (the official due date is July 4!). She is also asking for name suggestions; something that pairs well with Silberstein! She and Mitch have rights of refusal though!

A box at the Front Entry will take all the guesses.

### **SPECIAL NOTICE**

Postage rates are increasing July 14, from 68 cents to 73 cents. Forever stamps are valid for the new rate if bought now at 68 cents. (Remember the nickel stamp?!) 

*In Loving Memory*  
of

**Margaret Borgmeyer**  
July 2, 1932 —April 27, 2024

A Celebration of Life will be held  
Tuesday, May 21, 1-4:00 pm  
In the Fireside Room

### **The CREST**



**Tuesday through 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: Wisconsin Cheese**  
**Special for the Week: Lemon Peppered**  
**Grilled Tilapia with your choice of 2 sides**

## FOOD, FRIENDS & FUN

### Shopping and Lunch in Ankeny

Let's explore Christopher Banks, Shops at the District, lunch at Olive Garden. \$10 Bus fee, Lunch and shopping on your own dollar. Need 12 or more. Suggestions for stops taken that day. Wed, May 15, Bus at 9:30 am.

## ENTERTAINMENT

### Stephens Performances

*Chicago*, Tue, May 14, Bus at 7:00 pm. There is a waiting list for the bus now.

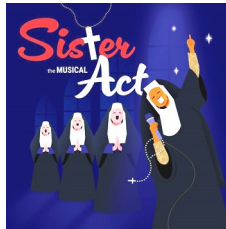
### Ames Youth Choir Concert

The Ames Youth Choir present their Spring Concert on Sat, May 18, 3:00 pm. First Baptist Church on Lynn Ave. No Bus.

### ACTORS Musical: *Sister Act*

Tickets are selling fast for the summer blockbuster, *Sister Act*, based on the movie with Whoopie Goldberg. June 13-30. \$25 at the Octagon, or [Actorsinc.org](http://Actorsinc.org) + fees online. (By the way, you will recognize someone in the nun chorus!) Buses will be available for 2 shows:

- Fri, June 14, Bus at 7:00 pm
  - Sun, June 30, Bus at 1:30 pm
- A third bus may be added for Sat, June 29 if tickets are not available for the first 2 dates. Let Ronnie know!!



## LECTURES & LEARNING

### Ames History Lecture

From 1904 to 1944 at Iowa Agricultural College, Winifred Tilden promoted physical activities for IAC's female students. Her legacy was carried forward by Barbara Forker as Department Chair of Physical Education for women and later men from 1948 to 1986, becoming a much admired national leader. Speaker **Jan Beran** will relate the stories of these forward-looking women, whose impact can easily be seen today. Wed, May 22, Ames Library, Bus at 6:30 pm.

## MORE THINGS TO DO

### It's Baseball Season!

What's better than a early summer day at the ball park? Sign up to attend an Iowa Cubs vs Toledo Mud Hens game in Des Moines on Wed, June 5. Tickets: \$12 plus bus fee of \$10. Hot dog on your own! Bus at 10:15 am, Home late afternoon. May 27 is final deadline to cancel.

### Ames High School Prairie Walks

Enjoy Pohl Prairie, the Ames High School prairie, right in our back yard. Monthly walks are led by Friends of Ames High Prairie. Wear sturdy shoes, long pants and bug spray. Meet at the west side of the high school, at the entrance of the prairie. No Bus. Wed, May 15 at 6:45 pm.

### Des Moines Performing Arts:

#### *Moulin Rouge, The Musical*

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! Sat, August 31, 12:45pm Bus **or** Sun, September 1, 11:45am Bus to Des Moines. Tickets are \$70 or \$150. Sign up to show your preference for dates. Need 12 or more to commit to one of these dates for a bus. Sign up by Tue, May 28 to order tickets.

### Hobby Tour

Let's plan a summer date to have a tour of your hobbies! Showcase in your own home, or bring some items to the Grand Room for a group show. Date to be determined. Please email Ronnie with your interest to be a part of the show and what hobby you are willing to share!

### Volun-Peers List

Are you aware that we have a list of residents willing to assist other residents with everything from cell phones to mending?! There is a copy in the Mail Room. It is also on the Resident side of our website under Resources. Just reach out directly to someone listed. You can also sign up if you would like be a volunteer to your neighbors.



**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, May 12 Happy Mother's Day!!**

**Lunch:** Broccoli Cheese Chicken, Garlic & Cheddar Mashed Potatoes, Key West Blend Vegetables, Fresh Fruit, Strawberry Rhubarb Pie

**Monday, May 13**

**Lunch:** Italian Sausage Grinder, Green Beans, Cantaloupe, Frosted Brownie

**Dinner:** Baked Tilapia, Quinoa & Orzo, Peas & Onions, Tropical Fruit Salad, Oatmeal Pie

**Tuesday, May 14**

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

**Lunch:** Taco Salad, Cornbread Muffin, Peaches, Cookie

**Wednesday, May 15**

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

**Lunch:** Tuna Sandwich on Oatnut Bread, Sun Chips, Pickle Spear, Mandarin Oranges, Dreamland Bar

**Thursday, May 16**

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

**Lunch:** Bratwurst on Bun with Sauerkraut, Baked Beans, Apricots, Carrot Cake

**Friday, May 17**

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

**Lunch:** Beer Battered Cod, Creamy Coleslaw, Potato Chips, Pears, Chocolate Chip Cheesecake Parfait

**Saturday, May 18**

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

**Lunch:** Tater Tot Casserole, Capri Vegetables, Watermelon, Banana Bar

**Dinner:** Chicken Noodle over Mashed Potatoes, Carrots, Fruit Salad, Peanut Butter Cookie

