

May 19, 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 19

- No Hymn Sing today, AL

### Monday, May 20

- 10:00 Bus to Fareway shopping
- 6:30 Mixed Bridge, Founders' Room

### Tuesday, May 21

- 9:30 Tuesday Coffee, GR, Atriums A & C
- 12:00 Robison Acres hike (Bus cancelled unless 12 are signed up to go)
- 1-4:00 Margaret Borgmeyer Memorial, Fireside Room

### Wednesday, May 22

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 6:30 Bus to Ames History Talk with Jan Beran on History of Women's PE, Library

### Thursday, May 23

### Friday, May 24

- 8:30-10:30 1st National Bank, Founders'
- 9:30 Residents' Council meeting, GR
- 10:00 Bus to Walmart & North Fareway

### Saturday, May 25

Happy Memorial Day weekend! Plan what to bring to the PotLuck on Monday!

**Monday, May 27 Memorial Day Potluck**  
**12:30 pm, Grand Room**

*Bring your own table service, beverage,  
and a dish to share!*  
*Resident planned  
and run.*



## 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**  
**Adrienne will be out of the office on Wed, May 22. See the Wellness Schedule for updates.**

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

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



## Sunday Lunch

12:30 p.m.

**Baked Turkey**  
**Mashed Potatoes & Gravy**  
**Peas**  
**Fresh Fruit**  
**Fruit of the Forest Pie**





### Birthday Wishes

- May 19: Dee Dreeszen
- May 19: Phil Poorman
- May 21: Polly Gilbert
- May 22: George Beran
- May 22: Joe Traylor



### Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for May 21 will be atriiums A & C. Join in-person, via Zoom or Livestream (116-5 or 995).

### **NOTE FROM DAWN**

On **Tuesday, at 11:00 am**, you should receive a phone call asking you to opt in to receive text messages from One Call. One Call is Northcrest's mass communication system for important and emergency information. However, we need your permission to send these text messages to you, please opt in when you receive a request. You can also initiate your authorization by texting the word Alert to 22300. We will try this together during Tuesday Coffee.

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

- **May 17:** Have you ever considered what it takes to speak in front of audiences? Steve Wessman tells us about the Toastmasters program.
- **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.

### Closet Capers

If you have set up a closet in your apartment or townhome to accommodate a hobby, please send Jane Farrell-Beck a sentence or two about it for the upcoming Northcrest article about clever closets.

### Rhubarb Sharing

The rhubarb committee and those enjoying it would like to thank residents who shared rhubarb this week: Jane Lohnes (and Karen Klaiber for delivering for Jane), Mary Jo and Al Talkington, and Linda and Bernie White for sharing, as none was harvested from the Northcrest patch. Our patch is enjoying a week's vacation from harvest for needed time to grow. Remember, if you've signed up for rhubarb, please come to Tuesday coffee for pick-up. We'll share what's available there as we prefer not to deliver or call.

### Contests

The **Wisteria** is beginning to bud at the Pergola. There are guesses left for 10 dates in May and 5 in June that are still potential winners of the Travelling Wisteria Prize!

### **Baby Boy: Name & Birth Date X 2**

Receptionist **Vera Rabe** is also expecting a baby boy around July 4, as well as Adrienne! You are invited to submit your guess on the weight and actual arrival date of BOTH! Name suggestions welcome for both Adrienne's and Vera's baby boy.. A box at the Front Entry will take all the guesses. Submit by May 24th.



### Summer Bandshell Concerts

Summer is starting! A bus will be scheduled for band concerts at Bandshell Park each Thursday through July at 7:00 pm.

### **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: Minestrone**  
**Special for the Week: Grilled Pork Medallions with Balsamic Glaze**

## FOOD, FRIENDS & FUN

### Resident Holiday Potlucks

A group of residents are planning on sharing food and fun during Memorial Day, 4th of July and Labor Day this year. You are invited to bring a dish to share, your own table service and beverage on Mon, May 27, at 12:30 pm to the Grand Room. Start summer with a fun potluck!

### 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.

### O.W.L.S.

Learn about the Woodpeckers of Iowa! Story County Conservation Center, Thu, June 6, Bus at 10:00 am.

## ENTERTAINMENT

### 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!!



## 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 the final deadline to cancel.

GO  
TEAM

### Des Moines Performing Arts:

#### *Moulin Rouge, The Musical*

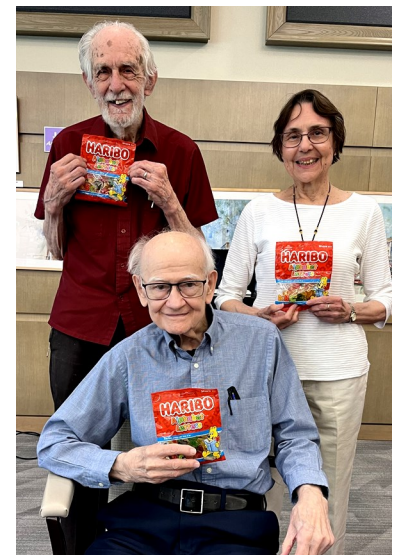
Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! Sat, August 31, 12:45pm Bus or Sun, September 1, 11:45am Bus to Des Moines. Tickets are \$70 or \$150. Sign up to show your preference for dates. Need 12 or more to commit to one of these dates for a bus. Sign 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! (Clever Closets could be a future part of our hobby tours too if you are interested!)

### Spelling Bee

Eight residents tried to out-spell each other with words like "bumptious" and "hypertrophy"! Jane Farrell-Beck, Kathy Ketchum, Park Woodle, Johnie Hammond, and Susan Zawacky were bested by **Winner Ken Jolls** and Runner-Ups Marilu Raman & Roger Berger! Congrats to all on using your brain power!



**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 19**

**Lunch:** Baked Turkey, Mashed Potatoes & Gravy, Peas, Fresh Fruit, Fruit of the Forest Pie

**Monday, May 20**

**Lunch:** Spaghetti with Meat Marinara, Breadstick, Orange Slices, Cucumber & Onion Salad, Sherbet

**Dinner:** Creamy Pesto Chicken, Roasted Potatoes Medley, Carrots, Honeydew, Monster Cookie

**Tuesday, May 21**

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

**Lunch:** Quiche Lorraine, Muffin, Strawberries, Cottage Cheese, Yogurt Parfait

**Wednesday, May 22**

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

**Lunch:** Salmon Club on Croissant, Sun Chips, Bread & Butter Pickles, Mandarin Oranges, Peanut Butter Bar

**Thursday, May 23**

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

**Lunch:** Western Burger, French Fries, Peaches, Spice Cake

**Friday, May 24**

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

**Lunch:** Chef Salad, Dinner Roll, Grapes, Sugar Cookie

**Saturday, May 25**

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

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

**Lunch:** White Cheddar Macaroni & Cheese, Broccoli, Fruit Salad, Black Forest Pudding

**Dinner:** Chicken Pot Pie with Biscuit, Vegetable Medley, Watermelon, Lemon Cream Pie