

REMEMBRANCE DAY

May 26, 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 26

- 2:00 Hymn Sing, AL

Monday, May 27

Administrative Offices
Closed

- **12:30 Resident Run**
Holiday Potluck,
GR



Tuesday, May 28

- 9:30 Tuesday Coffee, GR, Atriums B-1 & 2
- 10:30 Bus to Fareway shopping
(Rescheduled due to the holiday)

Wednesday, May 29

- 9:30 Garden Walk, meet at 1801 Door
- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee

Thursday, May 30

- 1:00 Movie and Music Trivia, GR

Friday, May 31

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

Saturday, June 1

- 2:00 Harp music, GR

Sign up for the
BBQ Lunch on June 6
Grand Room, \$16.50

By Reservation Only,
Please sign up by Tuesday June 4
Call the Main Kitchen

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.

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

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



Sunday Lunch 12:30 p.m.

Pot Roast
Mashed Potatoes & Gravy
Key West Blend Vegetables
Watermelon & Grapes
Apple Pie

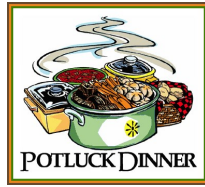
MEMORIAL DAY



Birthday Wishes

- May 23: Bion Pierson
- May 25: Bill Dreyer
- May 26: Jan Beran
- May 26: Betty Sorenson
- May 28: Dolores Whitehead
- May 28: V.V. Raman
- May 29: Beth Douglass
- May 29: Don Newell
- May 30: Sherry Northup
- May 30: Galina Spike

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



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

Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for May 28 will be atriiums B-1 & 2. Join in-person, via Zoom or Livestream (116-5 or 995).

Northcrest Garden Walk

Join Jan Beran and Jane Lohnes as they give a guided tour of the beautiful gardens! The iris and peonies are spectacular. Meet at the 1801 door (original entry) on Wed, May 29, 9:30 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.

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

It's a wrap up for the Northcrest rhubarb distribution this spring! The 27 people who signed up for receiving rhubarb were all given a portion; enough to make something tasty. Our distribution would not have been possible without the people who generously brought in rhubarb to supplement our patch. (Again, thanks to Jan H., MaryJo T., Jane L., Karen K., and Bernie W.) The Rhubarb Committee: Mary Jo and Diane



Wisteria Contest

The **Wisteria** is blooming at the Pergola! The winner of the Travelling Wisteria Prize will be announced at Tuesday's Coffee. Be sure to go see the blooms at the Pergola!!

THANK YOU Northcresters!



Thank you Northcrest for the awesome donations to **Clothing that Works**. Your generous donations of good quality clothing helped resupply their stock. Yesterday they served 65 happy clients!

The **Ames Noon Kiwanis Shoe Drive** brought in over 2000 pairs of shoes throughout Ames. Thank you Northcrest for sponsoring a collection box and being so generous! The funds that will be generated from this Drive will return to the children of Story County through grants given by Ames Noon Kiwanis to various organizations that support youth.



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: Potato
Special for the Week: Smoked Pulled
Chicken Sandwich on a Bun
with your choice of one side**

FUN THINGS TO DO

Harp Concert in the GR

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



ACTORS Musical: Sister Act

See the summer blockbuster, *Sister Act*, based on the movie with Whoopie Goldberg. June 13-30. \$25 at the Octagon, or Actorsinc.org + fees online. (By the way, you will recognize someone in the nun chorus!) Buses will be available for 3 shows:

- Fri, June 14, Bus at 7:00 pm
- Sun, June 30, Bus at 1:30 pm
- **Sat, June 29, 7:00 pm, added due to sold out tickets**

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.

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.

Noce Jazz Club with Vibraphonist

Here is something special—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. Sign up early so we can get tickets purchased before it sells out. Fri, June 7, Bus at 6:00 pm.



O.W.L.S.



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

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.

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!

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 or Louise O'Donnell, louiseaodo@gmail.com.

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 26

Lunch: Pot Roast, Mashed Potatoes & Gravy, Key West Blend Vegetables, Watermelon & Grapes, Apple Pie

Monday, May 27

Lunch: Pulled Pork Sandwich, Potato Salad, Oranges Slices, Carrot Sticks with Ranch, Oatmeal Raisin Cookie

Dinner: Goulash, Breadstick, Apple Slices, Three Bean Salad, Ice Cream Sandwich



Tuesday, May 28

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

Lunch: Grilled Chicken Sandwich, Potato Chips, Pickle Spear, Mandarin Oranges, Brownie

Wednesday, May 29

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

Lunch: Enchilada Casserole, Refried Beans, Fresh Fruit, Lemon Lime Mousse

Thursday, May 30

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

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Grapes, Cottage Cheese, Turnover

Friday, May 31

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

Lunch: ¼ lbs. All Beef Hot Dog, Baked Beans, Fruit Salad, Cookie

Saturday, June 1

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

Lunch: Orange Chicken over Rice, Stir Fried Vegetables, Egg Roll, Peaches, Pecan Bar

Dinner: Turkey ala King with Biscuit, Cauliflower, Honeydew, Oreo Pie