

May 5, 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 5 Cinco de Mayo

- 2:00 Hymn Sing, AL
- 7:00 Good Company Concert, St. Andrew's Church, No Bus

Monday, May 6

- 10:00 Bus to Fareway shopping
- 2:00 Bus to Holub's

Tuesday, May 7

- 9:30 Tuesday Coffee, GR, Hosts: L-1
- 1:30 Hearing Aid Maintenance, Prov. Rm.

Wednesday, May 8

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 3:00 K & L Duo, HC Dining Room

Thursday, May 9

- 9:00 Bus to Senior Expo, Gateway
- **11:00 Mothers' Day Brunch Celebration, GR**
- 2:00 St. John's Episcopal Svc, AL 2nd Floor

Friday, May 10

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat, Sarah Paukert with Brooks, the Dalmation
- 2:30 Golden K Singers Spring Concert, GR



Saturday, May 11

- Reiman Gardens Plant Sale, No Bus



Health & Wellness

Hearing Aid maintenance:

May 7: 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

Spelling Bee! May 16, 1:00, GR

Music/Movie Trivia! May 30, 1:00, GR

Sign up for both of these at the Front Desk

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



Welcome to

New Residents in 2024:

Glenn & Kathy Connor,

Larry & Bernice Johnson, Sarah Terrones,

Terry & Dianne Wycoff

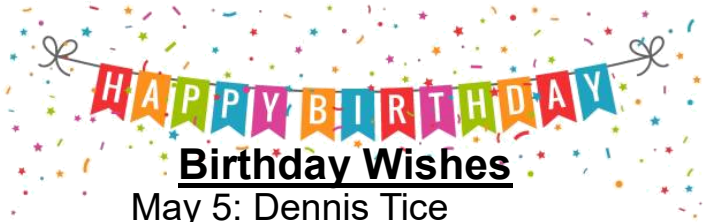
We're glad you are here!

Sunday Lunch

12:30 p.m.

Baked Ham
Sour Cream & Chive Mashed Potatoes
Peas & Onions
Fresh Fruit
Cherry Pie





Birthday Wishes

- May 5: Dennis Tice
- May 5: Leonard Tipping
- May 6: Diana Shonrock
- May 7: Marv Scott
- May 7: Linda Bowman White
- May 8: Pete Boysen
- May 8: Zee Kroeschell
- May 8: Al Talkington
- May 10: Paul Nelson
- May 10: Diana Stumpf
- May 10: Linda Woodworth
- May 11: Roberta Ridley
- May 11: Mary Jo Winder



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for May 7 will be L-1. Join in-person, via Zoom or Livestream (116-5 or 995).

Friday Chats, 10:30 am, GR

- **May 3:** Train hobbies galore! Bob Bourne, Dan Vos, Berne Ketchum, Bill Schmitt and Bruce Hucker will share their passion for all things railroad.
- **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.

Rhubarb Wish List

If you would like fresh rhubarb, please add your name to the Rhubarb Wish List in the Front Desk notebook. The committee will harvest it when it becomes available.

Display Case Change

The Women's items will be removed on Monday. Claim yours in Ronnie's office.

ART COMMITTEE

The photo exhibit "Through Our Eyes" is being dismantled. We will cut up the exhibit and return the individual mounted photos to their photographers for a small fee. Interested? Contact Lucinda Scholten lucinda.scholten@gmail.com.

Shoes, T-Shirts and Jeans Drives

You've been very generous! The drives are officially over on May 5. Thank You!!

Love Stories



V.V. Raman has offered to compile a book of Northcresters' stories on how they met their partner. You can email vvrsp@rit.edu to share your name, where you met, year of wedding, items of interest. Before May 31 please.

In Loving Memory
of
Don Styba
5/28/1932-4/23/2024

Margaret Borgmeyer
Passed on April 27, 2024

Norma Hensley
Passed on April 30, 2024

Services are pending for all.
Information will be shared as soon
as we have it.

The CREST



Tuesday, Wednesday, & Friday
12-2:00pm and 4:30-7:00pm
Thursday, May 9, Closed all day

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 Noodle

MORE THINGS TO DO at NC

150th Kentucky Derby Day

Watch the race together on May 4 in the GR! The 150th Run for the Roses is actually the 12th race of the day. Post time is 5:57 pm Central Time. Coverage on NBC. Wear a crazy hat or bring your own Mint Juleps!

Senior Expo

A full day of education, good food and friends, Free, Northcrest is a sponsor. Thu, May 9, Gateway Hotel, Bus at 9:00 am. Home after 3:00 pm.

Golden K Singers in Concert

The Golden K Singers rehearse every week in our Grand Room. Now we get to hear the result of all that practice! Join them for a concert on Fri, May 10, 2:30 pm, GR.

ENTERTAINMENT

Good Company Concert

Fiesta of Life, held on Cinco de Mayo, May 5, 7:00 pm. St. Andrew's Church. No Bus

Stephens Performances

Chicago, Tue, May 14, Bus at 7:00 pm
Tickets can be purchased on-line, or in advance at the Box Office. Ronnie can help you, with the personal shopping fee added.

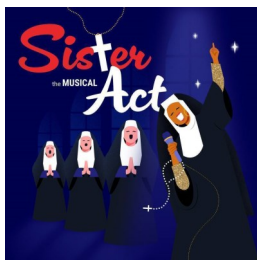
Central Iowa Symphony

The Symphony and Ames Chamber Artists join forces for an evening of music. Ames City Auditorium, Sat. May 4, Bus at 6:30 to catch the preshow conversation.

ACTORS Musical: Sister Act

Tickets are available now for the summer blockbuster, *Sister Act*, based on the movie with Whoopie Goldberg. June 13-30. \$25 + fees online at Actorsinc.org
Buses will be available for 2 shows:

- Fri, June 14, Bus at 7:00 pm
- Sun, June 30, Bus at 1:30 pm



FOOD, FRIENDS & FUN

Get your spring fix at Holub's

Go check out the flowers and plants at Holub's on their Senior discount Day. Mon, May 6. Bus at 2:00 pm.



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.

FirePit 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.)

KITCHEN KORNER

Brunch

Celebrating ALL Mothers
(Come if you had a mother!)

Thursday, May 9

11:00 am, Grand Room

\$18.50

*Egg Stuffed Crepes, Sausage,
Bacon, Waffles, Quiche,
Mimosas, Bloody Mary's
& more!*

By Reservation Only,
Please sign up by Monday, May 6
Call the Main Kitchen
515-232-6760, EXT 7212



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 5

Lunch: Baked Ham, Sour Cream & Chive Mashed Potatoes, Peas & Onions, Fresh Fruit, Cherry Pie

Monday, May 6

Lunch: Cheeseburger with Lettuce & Tomato, Onions Straws, Pickle Slices, Cantaloupe, Oreo Pie

Dinner: Baked Salmon with Creamy Dill Sauce, Long Grain & Wild Rice, Carrots, Fruit Salad, Oatmeal Raisin Cookie

Tuesday, May 7

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

Lunch: Grilled Chicken on Romaine with Cherry Tomatoes, Sliced Egg, Bacon, Cheddar Cheese & Ranch Dressing, Dinner Roll, Apricots, Orange Float

Wednesday, May 8

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

Lunch: Ham & Provolone Sub Sandwich, Potato Chips, Mandarin Oranges, Lemon Bar

Thursday, May 9

Mother's Day Brunch, By Reservation, ALL ARE WELCOME TO SIGN UP!

11:00am in the Grand Room,

The Crest is closed for the Day, Both Lunch & Dinner

Lunch: Hot Chicken Salad, Key West Blend Vegetables, Watermelon, Turnover



Friday, May 10

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

Lunch: Fish Tacos, Corn Salsa, Grapes, Chocolate Chip Cookie

Saturday, May 11

The Crest is Open- **9:30am-11:00am:** Morning Goodies

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

Lunch: BBQ Pulled Chicken Sandwich, Potato Salad, Orange Slices, Carrot Sticks, Yellow Cake with Chocolate Frosting

Dinner: Swedish Meatballs, Parmesan & Herb Potatoes, Green Beans, Fruit Salad, Coconut Cream Parfait

