



May 7, 2023

Northcrest News



Northcrest Community
Over 58 years of service to older adults in the Greater Ames community

The Week at a Glance!

National Nurses' Week!



Sunday, May 7

2:00 Hymn Sing, GR
6:30 Bus to Good Company, St. Andrew's Lutheran Church

Monday, May 8

10:00 Fareway shopping
1:00 Bus to Holub's Garden Center

Tuesday, May 9

9:30 Tuesday Coffee, Atriums A & C
2:15 Workshop on Mental Health Focus, Wellness Center
4:15 Strength & Balance Class, Wellness
6:30 DMMO Opera Guild meeting, GR

Wednesday, May 10

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee

Thursday, May 11

11:30 Bus to Nature at Noon, Reiman Gardens
4:00 LaVone Newell, piano, Green Rm.
4:15 Strength & Balance Class

Friday, May 12

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway

Saturday, May 13

National Apple Pie Day! YUM!
Make one, or go out with friends for dessert!



Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:

June 6 (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

New classes added to the schedule:

Tuesdays, 2:15 pm, Workshops with Mental Health focus.

Tuesday/Thursday 4:15pm Strength and Balance SIGN UP!

Iowa Senior Games are June 2 through July 22.

See: iowaseniorgames.org

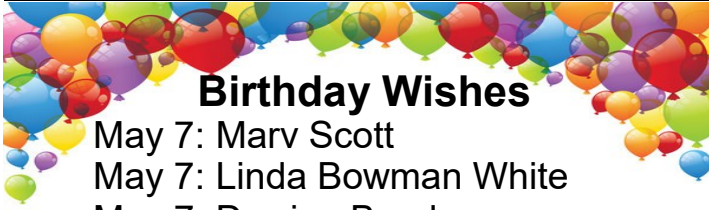


Sunday Dinner May 7, 12:30 p.m.

Pot Roast
Mashed Potatoes & Gravy
Peas
Fresh Melon Salad
Raspberry Pie



ANNOUNCEMENTS



Birthday Wishes

May 7: Marv Scott
May 7: Linda Bowman White
May 7: Dwaine Bundy
May 8: Pete Boysen
May 8: David Haynes
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

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee!!

May 9: Hosts Atrium A & C

May 16: Hosts Atrium B1 & 2

May 23 & 30: Hosts Locust Hill



Friday Chats, 10:30 am, GR

May 5: Feeding Haiti's Kids
No more Friday Chats in May.



Celebrate Nurses' Week

May 6-12 is National Nurses' Week. If you would like to pass on your own experience or thanks to our NC Nurses, drop a note at the Front Desk for our Health Services.

Onion Creek Band



Mark your calendars for music! The Onion Creek Band and Dancers practice weekly in our lower level on Sundays. On May 21, they will perform in the Grand Room for all to enjoy. You won't want to miss it! 5:00 pm.

Road Construction: 24th & Stange

Road construction continues on Stange Road, with the right-hand turn lane closed going north. That makes getting to Northcrest easiest if you come in from 20th St. depending on your route for a couple weeks.

"Northcrest Through Our Eyes"

"Through Our Eyes" will be a display of your own photos taken with your cell phone. Outside views, no people please! Submit up to 5 of your best photos to louiseaodo@gmail.com, submit a thumb drive, or text 515-321-0559.

Deadline Extended: You may submit up until May 31.

Ames History Museum Lecture

This lecture will be via **Zoom only**. *Bread For My Enemies: The Friendship Train in IA*, will be presented Wed, May 24, 7:00 pm. We will stream this in the Grand Room. You may also register yourself to view at home. Just go to Ames History Museum website.

Golden K Singers Sing for NC!



The Golden K Singers rehearse every Tuesday here, and in appreciation, they will give Northcrest our own concert! Listen on Fri, May 26, 3:00 pm, GR

Special Post Memorial Day event

Mark your calendars—*Unconditional Surrender: A Visit with Ulysses S. Grant* is part of the **Humanities Iowa** cultural programs. We will have Pete Grady perform his one man show as President Ulysses S. Grant on Wed, May 31, 3:00 pm, GR. Don't miss it!

ACAC Awards



The Ames Community Arts Council will award many Ames people and groups for their participation in the Arts in Ames on Sun, May 21, 1:30 pm at ACTORS. The Senior Variety Show will receive the Lemonade from Lemons Award!! No Bus.

The CREST

OPEN Wed–Fri, May 10-12
12-2:00 pm and 4:30-7:00 pm

Soup of the Day:
Chicken Noodle



Please Note: The Crest will be closed
Friday, May 19

ENTERTAINMENT

Central Iowa Symphony

Suite Dancing Voices, City Auditorium, \$20 at the door, Sat, May 6, Bus at 6:30 pm.

Good Company Concert

Spring Concert *True Colors*, \$15 tickets at the door, St. Andrew's Lutheran Church, Sun, May 7, Bus at 6:30 pm.

Ames Chamber Artists

The Song Continues, \$12 at the door, Collegiate Presbyterian, May 19, 7 pm & May 20, 3 pm. Bus on Sat, May 20, 2:15 pm.

PLACES TO GO, THINGS TO DO

Holub's

Plan to get a spring-fix at Holub's. Mondays are Senior Citizen Days with 10% off! Go Mon, May 8, Bus at 1:00 pm.



Nature at Noon: Reiman Gardens

Climate Change Conversations will be presented by Naturalist Rebekah Beall. Bring your own lunch. Thu, May 11, Bus 11:30 am.

Movies in May!

Book Club: The Next Chapter

Our four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Jane Fonda, Diane Keaton star. \$5, North Grand Cinema, Tue, May 16, Bus time TBD.

Sculpture of the 4 Seasons

Attend a lecture on the Christian Peterson sculpture, the 4 Seasons, at the Brunner Museum. Sun, May 21, Bus at 1:30 pm.

Water Pollution Control Tour

Let's tour the plant south of Ames that is in charge of keeping toxic chemicals out of our state's water sources, such as the Skunk River. Some outdoor walking and standing involved. We'll be home by noon. Wed, May 24, Bus at 10:00 am.



ACTORS Summer Musical



Pump Boys and Dinettes

Tickets available on-line now. June 8-25. \$25 plus fees. Buses available on:

- Fri, June 9, 7:00 pm
- Sun, June 25, 1:30 pm



Wisteria Contest

The dates submitted for "Full Bloom" were spread between late April, and mid June.

Word is, that the later the better this year! Names will be shared as we get close...



Ruth Hiatt Thompson

The memorial service for Ruth Hiatt Thompson will be held at Grandon Funeral and Cremation Care, on May 11, at 10 AM. There will be no bus; carpooling is recommended. For more information, contact Carolyn Abbott, Ruth's stepdaughter.



In Loving Memory

Of

Jerry Parsons

7/7/1931–4/30/2023

Celebration of Life will be held
Friday, May 12, 2:00 pm (Bus at 1:30)
Northminster Presbyterian Church

Kiwanis Shoe Fund-Raiser

Ames Noon Kiwanis is conducting a shoe collection fundraiser. WOW!

We've filled the box outside Ronnie's office 5 times, and more keep coming! Shoes can be brought to Ronnie's office or given to Cynthia Gaunt. Drive runs through May 20.

***Thank you from the Ames Noon Kiwanis!
Our club turns 100 years old this year!!!***



Pick-up times for Regular Daily Meals at the 2300 Front Desk:

Lunch, Monday- Saturday: Sign up by 10:00am

Dinner, Monday, Tuesday & Saturday: Sign up by 2:30pm

Lunch is Ready For Pick Up at 2300 entry at 12:00 pm, Dinner at 5:00 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 7

Lunch: Pot Roast, Mashed Potatoes & Gravy, Peas, Fresh Melon Salad, Raspberry Pie

Monday, May 8

Lunch: Fish Sandwich, French Fries, Creamy Coleslaw, Pears, Pecan Bar

Dinner: Bourbon Glazed Meatballs, Hash Brown Casserole, Corn, Cantaloupe, Monster Cookie

Tuesday, May 9

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Mandarin Oranges, Sherbet

Dinner: Marinated Pork Chops, Scalloped Potatoes, Key West Blend Vegetables, Pineapple & Blueberries, Cream Puff Dessert

Wednesday, May 10

Lunch: Chef Salad, Dinner Roll, Honeydew & Grapes, Jell-O Cake

Thursday, May 11

Lunch: Bacon Cheeseburger, Curly Fries, Pickle Spear, Peaches, Pistachio Pudding

Friday, May 12

Lunch: Soft Shell Taco, Refried Beans, Fresh Fruit, Peanut Butter Cookie

Saturday, May 13

Lunch: Hot Ham & Cheese on Croissant, Potato Chips, Strawberries, Cucumber & Onion Salad, Chocolate Cake

Dinner: Beef Stroganoff with Egg Noodles, Capri Vegetables, Fruit Salad, Coconut Cream Pie