

April 21, 2024

Northcrest News

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

The Week at a Glance!

Sunday, April 21

- 2:00 Hymn Sing, AL

Monday, April 22 Shoe & Jeans Drive starts

- 10:00 Bus to Fareway shopping
- **Textiles Museum Tour CANCELLED**
- 2:30 Bus to the Memory Cafe

Tuesday, April 23

- 9:30 Tuesday Coffee, GR, Hosts: S-1
- 11:30 Bus to ISU Tea Room
- **1:30 Horizon Club Educational event, GR**
- 6:30 Bus to History Talk, Ames Library

Wednesday, April 24

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:30—4:00 Final Wellness Assessment times available with Adrienne

Thursday, April 25

- Health & Safety Fair for Staff, GR
- No Balance & Strength Class today

Friday, April 26

- 8:30-10:30 1st National Bank, Founders'
- 9:30 Residents' Council meeting, GR
- 10:00 Bus to Walmart & North Fareway
- 4:00 Volunteer Party, GR



Saturday, April 27

- 1-4 ISU Farm House Open House, No Bus
- 3:30 Tentative Bus to Art Exhibit Reception for Louise O'Donnell, UUFA Gallery



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

Final Assessment times available 1:30—4:00 on Wed, April 24. All future assessments will need to be scheduled one on one with Adrienne.

Thur, April 24: NO 4 pm Balance & Strength class due to the Health & Safety Fair for Staff.

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



Sunday Lunch 12:30 p.m.

**Chicken Cordon Bleu
Sour Cream & Chive Mashed Potatoes
Sunshine Carrots
Fresh Fruit
Fruit of the Forest Pie**



Birthday Wishes

- April 23: Harold LaWare
- April 23: Lyman "Stoney" Stoneking
- April 25: Kay Puttock
- April 27: Franklin Ahrens



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for April 23 will be S-1. Available in-person, via Zoom and Livestream (116-5 or 995).

Friday Chats, 10:30 am, GR

- **April 19: CANCELLED due to a conflict for the Animal Shelter! We'll re-schedule.**
- **May 3:** Train hobbies galore! NC Residents share their passion.



Spring Dance is April 19!

Enjoy a fun evening of music with Larry Northup! There will be country, folk, movie, Broadway, and pop, mostly 60's music. We will also have 3 or 4 numbers for line dancers, so get ready! Fri, April 19, 6:30, GR

Horizon Club Educational Event

The Northcrest Foundation and Horizon Club invite you to attend the second event in the 2024 charitable giving educational series. On **April 23 at 1:30pm** in the Grand Room, Daryle Vegge, Director of Donor Relations and Development, will provide a presentation about the Story County Community Foundation. This foundation is a philanthropic organization serving all of Story County, awarding grants, while they promote and facilitate philanthropy with people, organizations, and communities of Story County. This will be a great opportunity to learn more about charitable giving within the Ames and Story County community.

Volunteer Appreciation Party

If you have turned in your hours on the infamous blue sheets, we know how hard you work at volunteering in our community. Invitations were handed out to those who reported. We will celebrate you on Fri, April 26, 4:00 pm with entertainment and treats. GR.



The Oak Leaves have DROPPED!

The contest to guess when the NC Drive oaks lost 80% of their leaves is over.

April 10 was the winning guess by Judy Brooks! Runner up was Rayma DeFore on April 9!! Prizes to be awarded soon.

What do YOU have in your closet?

Have you made an innovative use of one of your closets? We welcome examples of Northcrest creativity. Send your innovation to jfarrell@iastate.edu. This will be material for a future Northcrest article.

Speaking of Closets..

Shoes, T-Shirts and Jeans Drives

Kiwanis will have another shoe drive and "Clothing that Works" needs your T-shirts and jeans. Questions? Ask Cynthia Gaunt for Kiwanis, and Karen Klaiber for Clothing that Works. **We start Monday, April 22**, outside Ronnie's office. Clothing collected only till April 26th; shoes till May 3. Thank You!!

The CREST



Tuesday—Friday
12-2:00pm and 4:30-7:00pm

Open Saturday 9:30 am –1:00 pm

9:30-11: Muffins, Mini Cinnamon Bites, Toasts, English Muffins, Yogurt Parfait with Granola
Coffee, Hot Tea

11:00-1:00: Limited Lunch Menu

Special for the Week: Cheese Tortellini with Marinara Sauce & choice of 1 side

Soup of the Week: Tomato Basil Soup

Textile Museum Tour CANCELLED!

The University needs to cancel the tour of the ISU Textiles & Clothing Museum for Mon, April 22. They are suddenly remodeling! We'll try to reschedule next semester.

Lunch at the ISU Tea Room

One more lunch for the semester: Spinach Calzone with Cherry Crisp dessert, \$9.75 (on your monthly bill) includes drink. Tue, April 23, Bus at 11:30 am.

ENTERTAINMENT

Ames High School Music

The Spring Orchestra concert is Wed, April 24, at 5:30 pm No Bus.

Ames Choral Society

Sun, April 28, Musical Memories, 7 pm. St. Andrew's Church, tickets at door, No Bus

Ames History Talk

Celebrating 100 Years: Roosevelt School to Roosevelt Condos. Tue, April 23, Library, Bus at 6:30 pm.

Opera: *The Miller's Daughter*

ISU Opera Studio presents the world premiere of *The Miller's Daughter*, written by 2 faculty members, Jodi Goble and Victoria Erickson. MET, \$5, Thu, April 25, Bus at 7:00 pm.

Gallery Exhibit and Reception

Northcrest's Louise O'Donnell's art is currently featured in a solo exhibit at Gallery in the Round. Northcresters are invited to a reception for Louise on Sat, April 27, 4-6 p.m. Enjoy light refreshments and Louise's presentation. A bus driver is being pursued for a 3:30 pm bus, or carpool to the gallery, located at the Unitarian Universalist Fellowship of Ames, 1015 N Hyland.

ISU Music

Sun, April 21, Symphony Orchestra, MET, 7:30 pm, No Bus

Sat, April 27, Masterworks Concert, Stephens, \$10, 7:30 pm, No Bus



It's Tulip Time!

Reiman Gardens promises to have wonderful tulips! Go see them together on Sat, April 20, Bus at 2:00 pm. \$11 Seniors, Members Free



Pella Trip: Let's go to Pella! Thu, May 2, 9:00 am depart Northcrest. \$18 bus fee. Deadline to cancel without bus fee is April 25. Free time in Pella from 11 am to 4:00 pm. Please sign up with a buddy for safety! Visit website to make your own reservations for tours, etc.: pellahistorical.org

Stephen's Season Announcement

Are you interested in what shows are coming to Stephen's Auditorium next year? Attend the announcement party on Tue, May 2, Bus at 7:00 pm.

Stephens Performances

- *Golden Girls*, Wed, May 1, Bus is cancelled.
- *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.



The Dixie Slicks are Coming!

More good music is coming your way on Sun, April 28. Join in the fun with big band music at 2:00 pm, GR.

Jo Myers Walker Workshop

Wed, May 1, 9:30—12:30. Learn from a master watercolorist at NC! \$35. See flyer or Louise O'Donnell for more info.



In Loving Memory
of

Mary Gee

1926—April 8, 2024

No services planned at this time

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, April 21

Lunch: Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Sunshine Carrots, Fresh Fruit, Fruit of the Forest Pie

Monday, April 22

Lunch: Cheeseburger, BBQ Chips, Cantaloupe, Chocolate Cake

Dinner: Chicken Oscar, Parmesan & Herb Potatoes, Capri Vegetables, Grapefruit, Monster Cookie

Tuesday, April 23

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

Lunch: Oriental Chicken Salad, Muffin, Grapes, Lemon Lime Mousse

Wednesday, April 24

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

Lunch: Gyro, Tater Tots, Fruit Salad, Magic Bar

Thursday, April 25

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

Lunch: Italian Meatball Sandwich, Green Beans, Mandarin Oranges, Oreo Parfait

Friday, April 26

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

Lunch: Pulled Pork Sandwich, Potato Salad, Orange Slices, Cucumber & Tomato Salad, Cookie

Saturday, April 27

The Crest is Open 9:30am-11:00am Mini Cinnamon Bites, Muffins, Hot Tea & Coffee-11:00am-1:00pm Limited Lunch Menu

Lunch: Soft Shell Tacos, Spanish Rice, Honeydew, Blondie

Dinner: Hungarian Goulash with Egg Noodles, Key West Blend Vegetables, Fruit Salad, Banana Cream Pie