

April 28, 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 28

- No Hymn Sing, AL
- 2:00 The Dixie Slicks in the GR



Monday, April 29

- 9:30 Jo Myers Walker painting workshop, SR
- 10:00 Bus to Fareway shopping

Tuesday, April 30

- 9:30 Tuesday Coffee, GR, Hosts: S-2

Wednesday, May 1 May Day!

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

Thursday, May 2

- 9:00 Bus to Pella Tulip time
- 10:00 Bus to O.W.L.S.
- 10:00 United Church of Christ Coffee, HC
- 1:00 Dementia Support GR
- 5:00 LaVone Newell, on piano, AL
- 7:00 Bus to Season Announcement, Stephens

Friday, May 3

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat, Resident Train Buffs

Saturday, May 4 Kentucky Derby Day

- 6:30 Bus to Central Iowa Symphony with Ames Chamber Artists, City Auditorium

*Congratulations, **Ted Tedesco**, on receiving the Historic Preservation Significant Achievement in Historic Preservation Award from the City Council and Mayor last week. The award reflects the work done on repurposing the 1937 Ames High School into the City Hall, and preserving the natural environment at Ada Hayden Park & Tedesco Park. **You have made a difference!! Congrats!***

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

Dementia Support Group: For caregivers and those with dementia, Thu, May 2, 1-2:00 pm.

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

Adrienne will be out of the office on May 3.



Sunday Lunch

12:30 p.m.

Pork Roast with Gravy
Parmesan & Herb Potatoes
Green Beans
Watermelon
Blueberry Tart





Birthday Wishes

- April 29: Dee Matthews
- April 30: Anita Coatney
- April 30: Dick Ross
- April 30: Larry Johnson
- April 30: Doris Sobottka
- May 3: Bob Bourne
- May 3: Roger Berger



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for April 30 will be S-2. Available in-person, via Zoom and Livestream (116-5 or 995).

At this Coffee, **The Landscape Committee** will share info about our grounds, especially for our newer residents who aren't familiar with it.

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.

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.

Rhubarb Wish List

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

150th Kentucky Derby Day

Watch the race together on May 4! GR

ART COMMITTEE

The photo exhibit "Through Our Eyes" is available to display again. Do you have a place in which we could exhibit? We also are considering cutting up the exhibit and returning the individual mounted photos to their photographers for a small fee. Interested? Let us know! Contact Lucinda Scholten lucinda.scholten@gmail.com.

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.

Shoes, T-Shirts and Jeans Drives

Boxes are outside Ronnie's office. **Clothing collected only till April 26th; shoes till May 3.** You've been very generous already! Thank You!!

Writers' Group notice

The Writers' Group will meet next on MAY 16, at 10 in the Founders' Room. No meeting on May 2, due to absences.

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.

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: Fried Catfish on Toasted Sourdough Bread

Soup of the Week: Potato Soup

ENTERTAINMENT

ISU Music

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



Ames Choral Society

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

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.

Movie: *Unsung Hero*

Based on a true story of a musical family of 9, relocating from Australia to the States in search for a brighter future. The dream is realized with 2 of the children going on to become 2 of the most successful acts in inspirational music history. \$5, North Grand Cinema.



Tue, April 30, Bus at 2:10 pm.

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.

O.W.L.S.

History of Lincoln Highway in words & images presented by Hank Zaletel, a retired archivist at the Iowa DOT. McFarland Park, Thu, May 2, Bus at 10:00 am.

It's Tulip Time!

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 Thu, May 2, Bus at 7:00 pm.



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.

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. Need 12 or more. Wed, May 15, Bus at 9:30 am.

Mothers' Day Brunch

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Celebrate May Day 	1 9:30 Jo Myers Walker painting workshop, SR 10:00 Book Club, AL 10:30 ALDI & Hy-Vee	2 9:00 Bus to Pella 10:00 Bus to O.W.L.S. 10:00 United Church of Christ Coffee, HC Dining 1:00 Dementia Support GR 5:00 LaVone Newell, AL 7:00 Bus to Season Announcement, Stephens 	3 10:00 N Walmart & Fareway 10:30 Friday Chat, Resident Train Buffs 	4 6:30 Bus to Central Iowa Symphony, with Ames Chamber Artists City Auditorium
5  7:00 Good Company Concert, Fiesta of Life, St. Andrew's Church, No Bus	6 10:00 Fareway 2:00 Bus to Holub's 	7 9:30 Coffee, Atrium L-1 1:30 Hearing Aid Maintenance	8 10:00 BP Clinic 10:30 ALDI & Hy-Vee 3:00 K & L Duo, HC Dining	9 9:00 Bus to Senior Expo, Gateway 11:00 BRUNCH, GR 2:00 St. John's Episcopal Church Svc, AL 2nd Floor	10 10:00 N Walmart & Fareway 10:30 Friday Chat with Sarah Paukert and Brooks 2:30 Golden K Singers Spring Concert, GR 	11 9-6:00 Reiman Gardens Plant Sate, No Bus
12 10-3:00 Reiman Gardens Plant Sate, No Bus 	13 10:00 Fareway 2:00 NC Stitches' meeting, GR	14 9:30 Coffee, Atrium L-2 2:00 2nd Chair Brass , Firepit (Rain Date, May 31) 6:00 DMM Opera Mtg., GR 7:00 Bus to <i>Chicago</i> , Stephens	15 9:30 Bus to Ankeny for shopping & lunch 10:00 BP Clinic 10:30 ALDI & Hy-Vee 	16 10:00 Writers' Group, Fdr's 11:00 Alzheimer's Education Series, GR 1:00 Spelling Bee, GR 5:00 LaVone Newell, on piano, AL	17 10:00 N Walmart & Fareway 10:30 Friday Chat with Toastmaster Steve Wessman 1:00 Wii Bowling, Wellness	18 6:30 Bus to Ames Chamber Artists Gala, CPMI 
19	20 10:00 Fareway 6:30 Mixed Bridge, Fndrs' Rm	21 9:30 Coffee, Atrium A & C 12:00 Bus to Robison Wildlife Acres, public hike	22 10:00 BP Clinic 10:30 ALDI & Hy-Vee 6:30 Bus to Ames History Lecture with Jan Beran , Library	23	24 9:30 Residents' Council mtg 10:00 N Walmart & Fareway	25
26	27 	28 9:30 Coffee, Atrium B-1 & 2 10:30 Fareway (rescheduled)	29 10:00 BP Clinic 10:30 ALDI & Hy-Vee	30 1:00 Movie/Music Trivia, GR	31 10:00 N Walmart & Fareway 1:00 Wii Bowling, Wellness	Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30 am

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 28

Lunch: Pork Roast with Gravy, Parmesan & Herb Potatoes, Green Beans, Watermelon, Blueberry Tart

Monday, April 29

Lunch: Fish Sandwich, Potato Chips, Creamy Coleslaw, Peaches, Cookie

Dinner: Turkey Tetrazzini, Pacific Blend Vegetables, Grapes, Mini Vanilla Swirl Cone

Tuesday, April 30

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

Lunch: French Dip with Au Jus, Key West Blend Vegetables, Cantaloupe, Peach Melba Crisp

Wednesday, May 1

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

Lunch: Turkey & Cheese on Croissant, Pickles Spear, Fresh Cut Vegetables Salad, Fruit Salad, Cheesecake with Caramel Sauce



Thursday, May 2

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

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Carrots, Pears, Snickerdoodle

Friday, May 3

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

Lunch: Ham & Cheese Quiche, Muffin, Strawberries, Cottage Cheese, Chocolate Cream Pie

Saturday, May 4

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

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

Lunch: Sloppy Joe Sandwich, Apple Slices, Corn Chips, Broccoli Salad, Pistachio Pudding Parfait

Dinner: Beef Stroganoff, Vegetable Medley, Fruit Salad, Oatmeal Bar