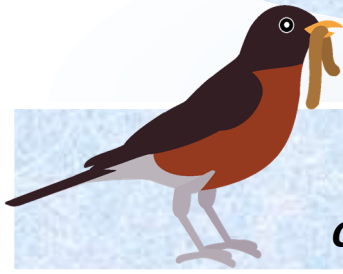


April 7 - 20, 2024

Northcrest News

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



The Week at a Glance!

Sunday, April 7

- No Hymn Sing, AL
- 1:30 Bus to Brunnier Museum, Artist Talk

Monday, April 8

- 10:00 Bus to Fareway shopping
- 2:00 NC Stitchers' Meeting, GR

Tuesday, April 9

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 4
- 6:00 Opera Guild Meeting, Fireside Room

Wednesday, April 10

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

Thursday, April 11

- 11:30 Walking Challenge Party, GR

Friday, April 12

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Chad Sonka & ISU Opera
- 1:00 Wii Bowling
- 7:00 Bus to Town & Gown, MET

Saturday, April 13

- 12:30—4 Senior Variety Show Auditions, Northminster Presbyterian Church (2nd time)

Sunday, April 14

- 1:30 Bus to *The Farnsworth Invention*, ACTORS
- 2:00 Hymn Sing, AL

Monday, April 15

- 1:30 Mark Making Workshop, RSVP, Social

Tuesday, April 16

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 4
- 1:30 Mark Making Workshop, RSVP, Social
- 7:00 Playmakers Meeting, GR, all welcome

Wednesday, April 17

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

Thursday, April 18

- 10:00 Writers' Group
- 11:00 Alzheimers Mtg: *10 Warning Signs*, GR
- 5:00 LaVone Newell, piano, AL

Friday, April 19

- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Animal Shelter & friends
- 1:00 Wii Bowling
- 6:30 Spring Social & Dance, GR

Saturday, April 20

Don't hurry, don't worry, take time to smell the flowers!



Health & Wellness

Hearing Aid maintenance:

May 7: 1st Tuesday of every month, 1:30pm

Wellness Program News by Adrienne

Wii Bowling, 1:00 pm: April 19



Walking Challenge Party: April 11, 11:30 am.

For those that participated!



Sunday Lunch

12:30 p.m.

April 7:

Baked Turkey, Mashed Potatoes & Gravy
Capri Vegetables, Watermelon & Grapes
Raspberry Pie

April 14:

Pot Roast, Mashed Potatoes & Gravy, Pacific
Blend Vegetables, Cantaloupe & Blueberries,
Apple Pie



Birthday Wishes

- April 11: Jan Heuss
- April 13: Kay Zytowski
- April 14: Anita Roti
- April 14: Kay Berger
- April 16: Marilu Raman
- April 17: LeRoy Ornberg
- April 18: Bruce Hucker
- April 18: Jan Samuelson
- April 18: Bill Schmitt
- April 19: Tania Tipton



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for April 9 & 16 Coffee will be **Parkway, Floor 4**. Available in-person, via Zoom and Livestream (116-5 or 995).

Friday Chats, 10:30 am, GR

- **April 5:** Driver Mike Lazere and the Ames Community Academy
- **April 12:** Chad Sonka & the ISU Opera Studio will present opera arias & musical theater favorites spanning 400 years
- **April 19:** Ames Animal Shelter with a few animals to pet!

What do YOU have in your closet?

Have you made an innovative use of one of your closets? Beyond storing clothes and other household goods, much can be done with a closet. We welcome examples of Northcrester creativity. Send your innovation to jfarrell@iastate.edu. This will be material for a future Northcrester article.

Speaking of Closets..

Shoes, T-Shirts and Jeans Drives

Start saving your shoes, T-shirts and jeans! 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 will start April 22. **PLEASE do not bring them before that date!**

NC Stitchers' Meeting

We will create original designs through simple paper cutting exercises. Bring a scissors that you can use for cutting paper (not your good sewing scissors). If you have a glue stick, bring it, but the paper and a few glue sticks will be provided. Join in on Mon, April 8, 2:00 pm, GR

The 8x8 Project

8 X 8 Mark Making workshop, April 15 or April 16, 1:30 - 3:30 in the Social Room. \$5 materials fee paid to Carolyn. Contact Carolyn at c2tabbott@gmail.com or 218-251-0859 to register. Space limited.

DMMO Opera Guild Meeting

Please note the April 9 meeting will be held at the Fireside Room on Northcrest Court. 6:00 pm and all are welcome!

Spring Dance is coming: April 19!

Save the date for 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! Refreshments too! Fri, April 19, 6:30, GR



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 Rolls,
Coffee, Hot Tea

11:00-1:00: Limited Lunch Menu

April 9-12:

Soup of the Week: Broccoli & Cheese

Weekly Special: Mandarin Orange Salad:
Romaine topped with Mandarin Orange Slices,
Parmesan, Dried Cranberries, Slivered Almonds,
Poppy Seed Dressing

April 16-19: Note: Crest open Thu, only 4:30—7

**Special: Thursday, 18th, Lunch in GR,
Soup & Salad Bar by reservation:** Call Kitchen
to sign up by Wednesday, April 17,
515-232-6760, extension 7212

ENTERTAINMENT

Stephens Performances

- Chanticleer, Fri, April 5, Bus at 7:00 pm
 - *Golden Girls*, Wed, May 1, Bus 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.

ACTORS *The Farnsworth Invention*

Who really invented the TV? ACTORS, Bus on Sun, April 14, 1:30 pm.

The Power of Tiny Art

Listen to Artist Tilly Woodward discuss her inspiration to make small paintings and other art. Brunnier Art Museum, Sun, April 7, Bus at 1:30 pm.

Ames High School Music

See the musical *Mamma Mia*, April 12 & 13 at 7 pm, April 14 at 2 pm. \$15. No Bus. The Spring **Orchestra** concert is Wed, April 24, at 5:30 pm No Bus.

League of Women Voters Meeting

Annual Member meeting and dinner at Prairie Moon Winery on Thu, April 18. \$40 tickets, must RSVP by April 14. Bus if enough interest. See Johnie Hammond for information.



Town & Gown

Nicole Cann, solo pianist, \$35 at the door. Fri, April 12, MET, Bus at 7:00 pm.

Ames Choral Society

- Sat, April 13, Messiah Singalong, 4 pm.
 - Sun, April 28, Musical Memories, 7 pm.
- St. Andrew's Church, ticket at doors, No Bus

Tour by Appointment Only!

Tour the ISU Textiles & Clothing Museum. Wait list now. Mon, April 22, Bus at 9:45 am.

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.

Ames History Talk

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



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: Can we get a dozen or more to go to Pella on Thu, May 2? 9:00 am to 5:30 pm. \$18 bus fee, details to follow. Sign up!

ISU Lectures

Many interesting topics so check them out and let Ronnie know if we need a bus! Go to <https://www.lectures.iastate.edu/events>

MORE THINGS TO DO at NC

Playmakers Program at NC

All are welcome to sit in on a presentation of A.A. Milne's "The Ugly Duckling". A fun play reading done by seasoned actors. Tue, April 16, 7:00 pm, GR

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.

April Fools Day Joke

Lots of fun conversation was held over the mention of Tiny Homes coming to Northcrest last week. One unknown resident made a Tiny Home appear—good for an elf perhaps! Sorry for any confusion caused by this light hearted fun!



Please Note: This newsletter covers 2 weeks of upcoming events. There will NOT be a new one published next week. Your editor is travelling to see family and the Solar Eclipse! Let's compare notes of what we saw!



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 7

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Capri Vegetables, Watermelon & Grapes, Raspberry Pie

Monday, April 8

Lunch: Tuna Salad Sandwich on Oat Nut Bread, Sun Chips, Pickle Spear, Honeydew, Cookie

Dinner: Cheese Tortellini & Meat Marinara, Garlic Toast, Orange Slices, Cucumber & Onion Salad, Oreo Pie

Tuesday, April 9 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Chef Salad, Dinner Roll, Pineapple & Blueberries, Carrot Cake

Wednesday, April 10 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Brat Burger with Lettuce, Tomato & Onion, Potato Salad, Cantaloupe, Strawberry Mousse

Thursday, April 11 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Boneless Chicken Bites, BBQ Sauce on the Side, French Fries, Grapes, Carrot Sticks, Root Beer Float

Friday, April 12 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Turkey Chili, Cornbread, Watermelon, Peanut Butter Cookie

Saturday, April 13 The Crest is Open 9:30am-11am Mini Cinnamon Rolls, Muffins, Limited Lunch Menu: 11-1

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Pears, Cherry Vanilla Parfait

Dinner: Chicken Pot Pie with Biscuit, Vegetable Medley, Fresh Fruit, White Cake

Sunday, April 14

Lunch: Pot Roast, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Cantaloupe & Blueberries, Apple Pie

Monday, April 15

Lunch: 1/4lb. All Beef Hot Dog with Minced Onion & Relish, Baked Beans, Pears, Sherbet

Dinner: Rotisserie Chicken, Mashed Potatoes & Gravy, Carrots, Pineapple, Banana Bar

Tuesday, April 16 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Chicken Sandwich with Lettuce, Tomato, Onion & Mayo on the Side, Pasta Salad, Mandarin Oranges, Brownie

Wednesday, April 17 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Grilled Turkey & Cheese on Sourdough with Pesto Aioli, Potato Chips, Watermelon, Chocolate Chip Cookie

Thursday, April 18 **Soup & Salad Bar-Noon in the Grand Room**, The Crest is Open only 4:30pm-7:30pm

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Cottage Cheese, Yogurt Parfait

Friday, April 19 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Enchilada Casserole with Lettuce, Tomato, Onion & Sour Cream on the Side, Refried Beans, Fresh Fruit, Cupcake

Saturday, April 20 The Crest is Open 9:30am-11:00am Mini Cinnamon Rolls, Muffins, Lunch-11:00am-1:00pm

Lunch: Orange Chicken over Rice, Stir Fried Vegetables, Egg Roll, Tropical Fruit Salad, Lemon Bar

Dinner: Turkey ala King over Biscuit, Mixed Vegetables, Honeydew, Cherry Cake