



February 11, 2024



Northcrest News

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



The Week at a Glance!

Sunday, February 11 Super Bowl Sunday

- 1:00 Bus to Orchid Fest, Reiman Gardens
- 2:00 Hymn Sing, AL
- **3:00—8:30 GR open for Super Bowl fun!**

Monday, February 12

- 10:00 Bus to Fareway shopping
- 2:00 NC Stitches meeting, GR

Tuesday, February 13 Mardi Gras!

- 9:30 Tuesday Coffee, GR, Hosts K 1-3
- 6:00 DMMO Opera Meeting, GR

Wednesday, February 14 Valentine's Day

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:00 Discussion on the Blue Zones, WC
- **2:00 Speed Friending, GR**
- 6:00 Bus to WBB vs Kansas State

Thursday, February 15

- 10:00 Writers' Group, Founders' Rm.
- 11:00 Alzheimer's Education Series, *Healthy Habits for Your Brain*, GR
- 3:30 Bus to Senior Variety Show Social
- 5:00 LaVone Newell, piano, AL

Friday, February 16 Great Backyard Bird Count

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat, Beth Waage, IA Symbols
- 10:30 Bus to Memorial for David Haynes
- 12-1:00, Bring paper for shredding, GR
- 1:00 Wii Bowling, Wellness Center

Saturday, February 17 Backyard Bird Count

- 10:15 Bus to MBB vs Texas Tech
- 6:30 Bus to Town & Gown Musicale, St. John's Episcopal Church

Health & Wellness

Podiatry: Contact Kathy at ext. 7220 for information.



Hearing Aid maintenance:

March 5: 1st Tuesday of every month, 1:30pm

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Wii Bowling, 1:00 pm: Feb 23



Wed, Feb 14, 1 pm: Blue Zones Discussion Group

Wed, Feb 21, 1:00 pm, "The Greatest Night in Pop", Documentary on making *We Are the World*, Yoga Room



Sunday Lunch February 11, 12:30 p.m.

Chicken Cordon Bleu
Rice Pilaf
Key West Blend Vegetables
Fresh Fruit
Cherry Tart





Birthday Wishes

- February 11: Bob Rust
- February 13: Ellen Wilson
- February 14: Louise Ward
- February 16: Anne Walden
- February 17: Lenny Mangold

Tuesday Coffees



Back to normal, Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for February 13 Coffee will be K 1-3. Available in-person, via Zoom and Livestream.

Friday Chats, 10:30 am, GR

- **February 9:** Artist on exhibit, Clark Colby will share his inspiration with us.
- **February 16:** Learn about the state symbols of Iowa. Some you know, others you don't! Beth Waage, Extension

Great Backyard Bird Count



Join your friends or go solo to count how many species of bird, and how many of each you see during Feb 16 & 17. Record the time span and where you counted. You can send the information to Ronnie or send to Amber at APiatt@storycountyiowa.gov to help record bird populations in Iowa. Let's have a count at Northcrest!

Shred It!

You may bring your confidential papers in plastic or paper bags to shred. If you bring in a box, you will need to empty, and take the box home with you. Remove staples. Fri, Feb 16, 12 to 1:00 pm, GR.

Volunteer Hours, Blue Sheets

Last call to turn in your 2023 volunteer hours to the Main Desk. Your hours matter whether they are spent at Northcrest or volunteering in the Ames community. This helps maintain our non-profit status. Thank you for all you do!!

SPEED FRIENDING!

You've heard of Speed Dating?
Same idea, just open to all who want to have some fun with your fellow Northcresters!

Get to know each other through provided questions to spark 2- 3 minute conversations.

Or come with your own leading question!



**Wed, Feb 14, 2:00 pm, GR
Giggles are Guaranteed!**

A Sign-Up Sheet will be available, but drop-ins will be encouraged!

In Loving Memory

David Haynes

5/8/1944—1/30/2024

Memorial Service: Fri, Feb 16
Collegiate Presbyterian Church
Bus at 10:30 am.

Netflix Documentary

Check out the making of the song, *We Are the World*. Search Netflix for "The Greatest Night in Pop". Recommended by Dawn!

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



**Soup of the Week: Wisconsin Cheese
Special for the Week: Pork Tenderloin
with choice of one side**

LIBRARY NOTES

Brouser has noticed that the Northcrest library magazine rack is a bit sparse. He would enjoy some monthly magazines, new within the last 4 months and some weeklies, new within the last 2 months. Puurrrfect....

ENTERTAINMENT

ISU Music at MET

- **Thu, Feb 8:** Nationally Famous Flutist with piano, Free, Bus at 6:45 pm
- **Wed, Feb 21:** ISU Jazz Band, \$5, Bus at 6:45 pm.

Town & Gown Musicale

Tickets by RSVP with Town & Gown, St. John's Episcopal, Sat, Feb 17, Bus at 6:30 pm

Drake University Opera



Drake Opera Theater presents Strauss's opera *Der Fledermaus*, sung in English. For ticket information contact Berne Ketchum. \$10 bus fee on your monthly bill. Harmon Performing Arts Center. Need 12 or more. Sun, Feb 18, Bus at 1:15 pm.

Stephens Performances

Transportation to these events have been requested. Sign up if you agree!

- Swan Lake, Thu, Mar 21, Bus, 6:30 pm
- Chanticleer, Fri, April 5, Bus at 7:00 pm
- Chicago, Tue, May 14, Bus at 7:00 pm

PLACES TO GO, THINGS TO DO

Tuesdays with Friends

Join a peer-to-peer dementia support group on the 3rd Tuesday of the month. On Feb 20, the topic will be Northcrest Social Services. Meet in the Private Dining/Conference Room, Noon to 12:45 optional chat & lunch time (bring your own), 12:45—1:30 pm Tuesday Topic. For more information, contact Melissa, Life Care Coordinator, 515-232-6760, ext 7232.

Senior Variety Show Social

Thu, Feb 15, 3:30-5, N'minster Presbyterian



Orchid Fest at Reiman Gardens

\$11 Senior admission, or free to members. Need more to sign up for the bus!

Sun, Feb 11, Bus at 1:00 pm.



League of Women Voters talk

Hear Melody Stone, trained clinical therapist, discuss how society can work toward dismantling the root causes driving the sex industry. Public Library, Wed, Feb 21, Bus at 6:30 pm.



Ames History Lecture

Learn about the earliest churches in Ames. Ames Public Library, Tue, Feb 27, Bus at 6:30 pm.

Octagon Exhibit has 2 of our own!

"The Octagonal: All Media Show", will have entries by Carolyn Abbott and Louise O'Donnell on exhibit! Cheer them on by attending the opening on Thu, Feb 29, Bus at 5:15 pm.

Kiwanis Pancake Days

It's that time of year! Tickets available for \$10 at the door or from your favorite Northcrest Kiwanian! Buses will be available to go to the 1st Methodist Church:

- Fri, March 1, 4:45 pm
- Sat, March 2, 9:30 am.



SPORTS

Women's BB (30 minutes before)

- Sat, Feb 10, vs Oklahoma, 5:30 Bus
- Wed, Feb 14, vs Kansas St. 6:00 Bus

Men's BB

- Sat, Feb 10, vs TCU, 12:15 Bus
- Sat, Feb 17, vs Texas Tech, 10:15 Bus



Any interest in ISU Gymnastics?

ISU vs Iowa

Fri, March 8, Bus at 6:00 pm



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? New Extension

After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

Sunday, February 11

Lunch: Chicken Cordon Bleu, Rice Pilaf, Key West Blend Vegetables, Fresh Fruit, Cherry Tart

Monday, February 12

Lunch: Chef Salad, Dinner Roll, Mandarin Oranges, Lemon Cream Pie

Dinner: Swedish Meatballs, Au Gratin Potatoes, Peas, Pineapple & Blueberries, Bread Pudding

Tuesday, February 13 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Boneless Chicken Bites, French Fries, Orange Slices, Pepperslaw, Root Beer Float



Wednesday, February 14 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Western Burger with Lettuce, Tomato, & Fried Onions, Doritos, Fruit Salad, M& M Brownie



Thursday, February 15 The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Quiche Lorraine, Muffin, Strawberries, Cottage Cheese, Yogurt Parfait

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

Lunch: Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the Side, Fresh Fried Chips, Bread & Butter Pickles, Watermelon, Chocolate Chip Cookie

Saturday, February 17

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

Lunch: Italian Sausage Grinder with Roasted Peppers, Onions & Monterrey Cheese Sauce, Broccoli, Cantaloupe, Spiced Walnut Bar

Dinner: Chicken Pot Pie with Biscuit, Vegetable Medley, Apricots, Cherry Vanilla Parfait