

February 12, 2023

Northcrest News

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



The Week at a Glance!

Sunday, February 12

2:00 Hymn Sing, Green Room

Monday, February 13

10:00 Fareway shopping

2:00 NC Stitchers' Meeting, GR

5:30 Bus to WBB vs Texas

7:00 Bus to *My Fair Lady*,
Stephens Auditorium



Tuesday, February 14

9:30 Tuesday Coffee,

Hosts: J-1, 2 & 3

2:15 Health Topic: "Combat Brain Fog"

1:00 Dave Swenson on violin, GR

6:30 DM Metro Opera Guild meeting with
The Drake Singers, GR

Wednesday, February 15 The Crest is Open

10:00 Blood Pressure Clinic

10:30 Bus to ALDIs or Hy-Vee

12:30 Bus to The Knoll for tour

7:15 Bus to MBB vs TCU

Thursday, February 16 The Crest is Open

10:00 Writers' Group, Founders' Rm

2:00 Game Time in Assisted Living

5:00 ZUMBA class for residents & staff,
Wellness Center

Friday, February 17 The Crest is Open

8:30—10:30 1st National Bank, Founders

10:30 Bus to Walmart & North Fareway

10:30 Friday Chat with Marcus Johnson
of the Mucky Duck

Saturday, February 18

6:30 Bus to Town & Gown Fundraiser
Musicale, St. John's

Health & Wellness

Podiatry: Interested in signing up for your first podiatry clinic appointment? Stop at the Front Desk to add your name to the list.

Hearing Aid maintenance:

March 7 (1st Tuesday of every month, 1:30)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

ZUMBA! A special one-time class offered by a volunteer Adrienne recruited. Sign up for this fitness program involving cardio & Latin dance. Thu, Feb 16, 5-5:45 pm.

Wellness Weekly Workshop: Tuesdays, 2:15 "Combat Brain Fog"

Brain fog is a word used to describe sluggish or fuzzy thinking. Brain fog can make cognitive tasks like concentration & focus more difficult. If left unaddressed it can lead to stress and anxiety which further perpetuates brain fog. How do you escape the fog? Your lifestyle will be the greatest defense against the fog.

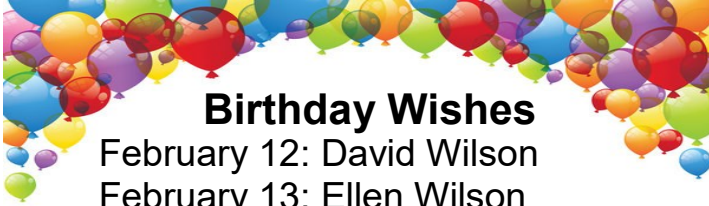
This class is a 'first come, first serve' basis.

Sunday Dinner **February 12, 12:30 p.m.**

Pork Roast
Mashed Potatoes & Gravy
Pacific Blend Vegetables
Fresh Fruit
Cherry Pie



ANNOUNCEMENTS



Birthday Wishes

February 12: David Wilson
 February 13: Ellen Wilson
 February 14: Louise Ward
 February 16: Anne Walden
 February 17: Lenny Mangold

GAME SHOW, NC Style

Plan to attend! Refreshments starting at 6:00 pm, Game will start promptly at 6:30 pm, Fri, Feb 10, GR. We are going to have a grand time!!





February 14 is for everyone!

Celebrate friendship at morning Tuesday Coffee and afternoon music in the GR: 1:00 with violinist, Dave Swenson 6:30 with the Drake Singers

Drake Singers at Northcrest!

The Des Moines Metro Opera Ames Guild will meet at Northcrest again. The 12-14 Drake Voice Program Singers will sing classical opera arias, appropriately romantic for St. Valentine's Day. The students have been selected for their excellence, some of whom have been in the DMMO's apprentice's Summer Opera Program. Other's are also in graduate level training in preparation for graduate programs at major voice schools. This event is open to the public. Tue, Feb 14, 6:30 p.m., GR

March is Month of the Woman

We are planning to put up photos of our women residents in early March. These should be solo images that represent you at any age. Please note that small photos do not enlarge well. Please submit by Feb. 20 to the Front Desk.

Northcrest Stitchers

Learn about the group project to make arm chair organizers for HC and HWH residents. The date will be set for a work session. All are welcome to get more info on Mon, Feb 13, 2:00 pm, GR.

Low Vision Support Group

Attend in person on Wed, Feb 15, 2:00 pm at Bethesda Lutheran Church, or via phone at 712-432-5610, access code 782#. Janet Anderson Hsieh will lead the discussion on how a person adapts to vision loss from the earliest stage to the present. No Bus.

OLLI members

Members, please note: you got a coupon for buy 1, get 1 free ticket with your membership for events at Stephens Auditorium. You might consider *Ireland with Michael* on March 5. See Diana Shonrock if questions.

Trash Disposal

As a follow up to last Tuesday Coffee's stimulating discussion....Please use **purchased** trash bags to dispose of garbage in the Parkway building due to the force of the drop down the chute. Grocery bags from HyVee, Target, Walmart etc. break open and cause a mess. 13 gallon bags fit in the chute.

In the 1801 apartments, you may use grocery sacks if they are tied tightly and put in the trash container that has a liner. Please do not directly dump garbage from your trash can into the large can. It causes odor, and can attract insects or even rodents.

The CREST

OPEN Wed-Fri, Feb 15 – 17
12:00—2:00 pm and 4:30—7:00 pm

Soup of the Day:
Lasagna Soup



Specials: 4:30-5:00 pm

All Drinks: \$3.50, Select Appetizers: \$5

PLACES TO GO, THINGS TO DO

Tour the Knoll, ISU President's Home

There is now a waiting list due to space being limited on this informative tour. \$5 on your monthly bill.

Bus on Wed Feb 15, 12:30 pm.

Tour the Ames Water Plant

Interested in learning something new? Tour the Ames Water Plant on East 13th St. Private tour just for Northcrest! Tue, Feb 21, Bus at 1:00 pm.

ENTERTAINMENT

Town & Gown

The annual Musicale is at St. John's Episcopal, Sat, Feb 18, Bus at 6:30 pm.

ISU Music: www.music.iastate.edu/

The schedule is posted on the home page. All Music Department events are now webcast. **Go to the website listed above**, and click on the grand piano to view the show.

- Organ Studio Recital: Sat, Feb 11, 1:30 pm, No Bus

BUSES AVAILABLE if interest for these:

- Jazz Band: Wed, Feb 22, \$5, MET
- Symphonic Band, Feb 24, \$5, MET
- Shadow Puppet theater, "Somber Knight of Don Quixote", Feb 24, Free, Fisher
- Faculty Recital, Feb 25, Free, MET
- Statesmen, Feb 26, \$5, MET



Noce Night Club in Des Moines

I'm looking for input on interest in attending evening shows at Noce, an intimate night club with live music. 2 choices:

- Wednesday night performance of the Des Moines Big Band which goes back to the 1950's. \$17 cover plus beverages and a \$7 bus fee.
- Thursday evening "Jazz on the House" with vocalist, no cover, drink specials. \$7 Bus fee & your own drinks..

Date to be selected according to your input.
Email: rindeman@northcrestcommunity.org

Upcoming Shows at Stephens

- Mon, Feb 13, *My Fair Lady*, Bus at 7 pm.
- Fri, March 3, National Orchestra of Ukraine, Bus at 7:00 pm
- Sat, March 4, *R.E.S.P.E.C.T.*, Bus at 7pm
- Sun, March 5, *Ireland with Michael*, Bus at 6:30 pm

Get your own tickets and remember we need 6 to take a bus.

SPORTS



Men's Basketball

- Feb 11, vs Oklahoma St, Bus at 4:15 pm
- Feb 15, vs TCU, Bus at 7:15 pm
- Feb 25, vs Oklahoma, Bus at 10:15 am
- Feb 27, vs W. Virginia, Bus at 7:15 pm

Women's Basketball

- Feb 13, vs Texas, Bus at 5:30 pm
- Feb 25, vs TCU, Bus at 4:30 pm



Friday Chats, 10:30 am, GR

Feb 17: Marcus Johnson of the Mucky Duck will tell us about tea, his British store and pub. Samples of tea will be available. Will plan lunch at Mucky Duck week of 20th.

March 3: Clothing that Works, Cathy Halverson will share information about this free clothing closet for adults.

ISU Lectures

There are interesting topics coming up on the Lectures Program. Some are virtual that you can watch at home. Check these out at lectures.iastate.edu. Let me know if you are interested in a group going to any of these.

And if you don't take the NC bus.....

Here is a link that lists all the contact information for transit in Story County:

cyride.com/Home/ShowDocument?id=9393

Here is an Uber Driver who is a past NC employee: Roxanne Knowles: 515-451-5914 (Call for pricing)



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, February 12

Lunch: Pork Roast, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Fresh Fruit, Cherry Pie

Monday, February 13

Lunch: Grilled Chicken on Romaine with Cherry Tomatoes, Bacon, Cheddar Cheese, Sliced Egg & French Dressing, Dinner Roll, Peach Slices, Chocolate Cake

Dinner: Fried Catfish, Rice Pilaf, Green Beans, Pineapple, Chocolate Chip Cheesecake

Tuesday, February 14

Lunch: Cheese Tortellini with Meat Marinara, Garlic Toast, Spiced Apple Rings, Three Bean Salad, Frosted Sugar Cookie

Dinner: Pork Loin with Raspberry Sauce, Cranberry Walnut Sage Dressing, Normandy Blend Vegetables, Fresh Fruit, Angel Food Cake Dessert



Wednesday, February 15

Lunch: Hot Beef Sandwich, Mashed Potatoes & Gravy, Broccoli, Watermelon, Lemon Krunch Pie

Thursday, February 16

Lunch: Tuna Melt, Potato Chips, Orange Slices, Fresh Cut Vegetable Salad, Grasshopper Bar

Friday, February 17

Lunch: Turkey Chili, Cornbread Muffin, Grapes, Dreamland Bar

Saturday, February 18

Lunch: Orange Chicken over Fried Rice, Stir Fried Vegetables, Egg Roll, Honeydew, Turtle Brownie

Dinner: Swedish Meatballs, Scalloped Potatoes, Sunshine Carrots, Fruit Salad, Cookie