



February 18, 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 18

- No Hymn Sing today

Monday, February 19

No Mail Today

- 10:00 Bus to Fareway shopping
- 6:30 Mixed Bridge, Founders' Room

Tuesday, February 20

- 9:30 Tuesday Coffee, GR, Hosts K 1-3
- 12:00 Tuesdays with Friends, Dementia Supportive Group
- 7:00 Playmakers Meeting, All welcome, GR

Wednesday, February 21

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:00 Documentary: *We Are the World*, Yoga Room
- 2:00 Low Vision Support Group, Bethesda Lutheran
- 5:30 Bus to Class on Dementia, Library
- 6:30 Bus to League of Women Voters talk, Library
- 6:45 Bus to ISU Jazz Band, MET

Thursday, February 22

- Check out the Crest for lunch!



Friday, February 23

- 8:30—10:30 1st National Bank, Founders'
- 9:30 Residents' Council Meeting, GR
- 10:00 Bus to Walmart & North Fareway
- 1:00 Wii Bowling, Wellness Center
- 4:45 Bus to Lenten Fish Dinner, St. Cecilia's

Saturday, February 24

- 12:15 Bus to MBB vs W. Virginia
- 5:30 Bus to WBB vs BYU



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

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

Walking Challenge: March 4—April 5

See Adrienne to Sign Up as a Solo or a Team!



Sunday Lunch February 18, 12:30 p.m.

Pork Roast with Gravy
Parmesan & Herb Potatoes
Sunshine Carrots
Watermelon & Grapes
Apple Pie





Birthday Wishes

February 20: Arlene Brandt
February 23: Marilyn Haynes

Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for February 20 Coffee will be K 1-3. Available in-person, via Zoom and Livestream.

Happy 95th Birthday, Arlene!

Help Arlene Brandt celebrate a very special birthday at Tuesday Coffee. She is providing cake and fresh flowers for us to mark 95 years! Congratulations, Arlene!

Friday Chats, 10:30 am, GR

- **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!

Plant Waste, such as Poinsettias

Any plant material should go in the yard waste containers by the vegetable gardens and east enclosure by the garages. The Resource Recovery Unit doesn't want it in the regular trash. Thank You!

OLLI Classes at Northcrest

Registration for OLLI classes start Feb 16. 2 will be offered right here at Northcrest led by V.V. Raman & Charles Kniker. Easy commute!

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.

V.V. Raman Thoughts

V.V. is offering another series of his regular postings of *Reflections on Complex Questions*. Email him if you would like to be on his mailing list. vvrsp@rit.edu

Netflix Documentary

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

Line Dance Classes at City Gym

Get prepared for the next dance held here at Northcrest by attending the Parks & Rec Line Dance class starting March 25 on Mondays, 4:30 to 5:15 pm. There is also Swing dance classes available! Fees apply. Contact cityofames.org for information.

In Loving Memory
Bob Martin
2/14/2024

Services Pending

The CREST

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

Open Saturday 9:30 am –1:00 pm

9:30-11: Small & Jumbo Muffins,
Mini Cinnamon Rolls,
Coffee, Hot Tea

11:00-1:00: Limited Lunch Menu

**Special for the Week: Chili Supreme
with Corn Chips**



ENTERTAINMENT

ISU Music at MET

- **Wed, Feb 21:** ISU Jazz Band, \$5, Bus at 6:45 pm.
- **Sun, Feb 25:** The Statesmen, \$5, Bus at 12:45 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! Need 6!

- Swan Lake, Thu, Mar 21, Bus, 6:30 pm
- Chanticleer, Fri, April 5, Bus at 7:00 pm
- ABBA Mania, Sat, April 6, Bus at 7:00 pm
- 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.

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 NC Private Dining/Conference Room, Noon to 12:45 optional chat & lunch time (bring your own), 12:45—1:30 pm topic discussion. For more information, contact Melissa, Life Care Coordinator, 515-232-6760, ext 7232.

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. Library, Wed, Feb 21, Bus, 6:30 pm

Quilt Show at Green Hills Gallery

Green Hills has invited the public to see the on-going Quilt Show in their Art Gallery, as well as the one-day show of larger quilts and other related items on Sun, Feb 25. Bus at 1:30 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.

St. Cecilia's Lenten Fish Dinners

Parmesan-crusting tilapia or breaded cod, baked potato, macaroni & cheese, green beans, coleslaw. \$12, St. Cecilia's Church.

- Fri, Feb 23, Bus at 4:45 pm
- Fri, March 8, Bus at 4:45 pm

Leap Day Lunch

Celebrate the "once every 4 years" Feb 29 with a lunch outing to Clouds! Details to come!



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 24, vs BYU, Bus at 5:30 pm

Men's BB

- Sat, Feb 17, vs Texas Tech, Bus at 10:15
- Sat, Feb 24, vs Virginia, Bus at 12:15

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 18

Lunch: Pork Roast with Gravy, Parmesan & Herb Potatoes, Sunshine Carrots, Watermelon & Grapes, Apple Pie

Monday, February 19

Lunch: Taco Salad, Muffin, Honeydew & Blueberries, Peanut Butter Cookie

Dinner: Baked Salmon with Creamy Dill Sauce, Long Grain & Wild Rice, Peas, Pears, Turnover

Tuesday, February 20

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

Lunch: Spaghetti with Meat Marinara, Breadstick, Strawberries, Three Bean Salad, Peach Melba Crisp

Wednesday, February 21

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

Lunch: Gyro with Shredded Lettuce, Tomato, Sautéed Onions, Feta Cheese & Tzatziki Sauce, Sweet Potato Fries, Mandarin Oranges, Cookie

Thursday, February 22

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

Lunch: Breaded Flounder, Potato Chips, Coleslaw, Apricots, Lemon Bar

Friday, February 23

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

Lunch: Turkey Chili, Cornbread, Cantaloupe, Confetti Brownie



Saturday, February 24

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

Lunch: Hot Ham & Cheese on Croissant, BBQ Chips, Grapes, Carrot Sticks with Ranch, Monster Cookie

Dinner: Chicken Noodle over Mashed Potatoes, Key West Blend Vegetables, Cherries, Oreo Pie