



February 25, 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 25

- 12:45 Bus to The Statesmen, MET
- 1:30 Bus to Green Hills Quilt Show
- 2:00 Hymn Sing, AL

### Monday, February 26

- 10:00 Bus to Fareway shopping
- NO Chair Yoga at 1:30 today
- 2:45 Bus to Memory Café, Northminster Presbyterian Church

### Tuesday, February 27

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 1
- 6:30 Bus to the Ames History talk, Library

### Wednesday, February 28

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 5:30 Bus to Class on Dementia, Library
- 6:15 Bus to MBB vs Oklahoma

### Thursday, February 29

- 11:30 Bus to Clouds for lunch
- 5:15 Bus to Octagon Art Show



### Friday, March 1

#### National Employee Appreciation Day

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 4:45 Bus to Kiwanis Pancake Days

### Saturday, March 2

- 9:30 Bus to Kiwanis Pancake Days, 1st Methodist
- 2:30 Bus to Ames Choral Society, St. Andrew's Lutheran Church
- 4:00 Women Composers Festival, MET



### 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

**Feb 26: NO Chair Yoga at 1:30 pm;** Leysan is unavailable.

**Wii Bowling, 1:00 pm:** March 8 & 22 

#### **Walking Challenge: March 4—April 5**

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



### Sunday Lunch

February 25, 12:30 p.m.

**Grilled Ham with Honey Mustard**  
**Roasted Potatoes**  
**Pacific Blend Vegetables**  
**Honeydew & Blueberries**  
**Fruit of the Forest Pie**





## Birthday Wishes

February 25: Joan Grabenstetter  
February 26: John Basart  
February 26; Maxine Julius  
February 28: Alyce Fanslow  
March 1: Wesley Shank

## Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for February 27 Coffee will be **Parkway, Floor 1**. Available in-person, via Zoom and Livestream.

## Happy 95th Birthday, Arlene!

Thank you from Arlene for all the cards and well wishes!! What a nice day it was!

## Friday Chats, 10:30 am, GR

- **March 8:** Andy Bartlett, DNR, Ledges Park Manager. Very enthusiastic!

## Movie Tuesday

\$5 Tuesdays at North Grand Cinema:  
Feb 27, Bus at 2:15 pm

**Ordinary Angels** (Based on uplifting true story of medical miracle). Starts at 2:30 pm

**Bob Marley: One Love**, (Celebrates life & music of an icon who inspired through his message of love and unity.) Starts at 2:40 pm.

## State Symbols of Iowa

Learn about the state symbols of Iowa. Beth Waage, our Friday Chat speaker last week, sent this link: <https://store.extension.iastate.edu/product/16129>

## NC's "Through Our Eyes" display

As you visit the Public Library the next time, be sure to notice the photo display that you, our Northcrest photographers, created last year. It will be hung in the entrance foyer of the Library starting March 1!

## OLLI Classes at Northcrest

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

## 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](http://cityofames.org) for information. Get a group together!

## SURVEY: Email your Interests

### Des Moines Symphony

Discover Gershwin, *Rhapsody in Blue* celebrates 100 years! Tickets \$35-\$65.00, Des Moines Civic Center, Sun, March 10, Bus at 1:15 pm.

### Des Moines Performing Arts



Great Shows coming to the Des Moines Civic Center this summer. Prices will vary, \$80-\$175.00. Please let me know your interest in 1 or both of these:

- *M.J.* (Michael Jackson), May 4 or 5, matinee.
- *Moulin Rouge*, August 24, 25, 31, or Sept 1, matinee.

### March Madness



We will soon start the brackets. Sign up at the Front Desk to join in the Madness!

## **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

**Soup of the Week:** Vegetable Beef & Barley  
**Special for the Week:** 2 Chicken Fajitas

## ENTERTAINMENT

### ISU Music at MET

- **Sun, Feb 25:** The Statesmen, \$5, Bus at 12:45 pm.
- **Sat, March 2,** Festival of Women Composers, Free, Bus at 3:45 pm.
- **Sun, March 3,** Iowa State Singers, \$5, Bus at 12:45 pm.

### Ames Choral Society Performs

“Choose Your Own Adventure!” Cabaret, St. Andrew’s Lutheran, \$10 at the door, Sat, March 2, Bus at 2:30 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

### 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. (Now a waiting list has started.)

### 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-crust ed 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! See the view & enjoy food with a European flair. Order off menu, Feb 29, Bus at 11:30.



### Kiwanis Pancake Days

It’s that time of year! Tickets available for \$10 at the door or from your favorite Northcrest Kiwanian! 1st Methodist Church:

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



### Mystery Tour!



Go for a short adventure close to home. Clues may be given to pique your interest, so start guessing. Weather dependent, wear old shoes, cuteness factor off the chart! Mon, March 4, Bus at 1:00 pm.

### O.W.L.S.: Iowa’s Lost Lichens

What are “lichens”? How many different kinds of lichens are there in Iowa? Have we lost any lichens that were previously present in Iowa? Join guest presenter Jim Colbert, Emeritus Associate Professor at ISU, to learn about the small, but amazing, world of lichens! Thu, March 7, Bus at 10:00 am.

### BioRenewables Bldg Tour

Tour the ISU BioRenewables building with art docent Dana Schumacher and Professor & Department Chair of Agricultural & Biosystems Engineering, Amy Kaleita. \$5 fee on bill, Thu, March 7, Bus at 1:10 pm.

## SPORTS



### Women’s BB

- Sat, Feb 24, vs BYU, Bus at 5:30 pm

### Men’s BB

- Sat, Feb 24, vs Virginia, Bus at 12:15
- Wed, Feb 28, vs Ok, Bus 6:15 pm



### ISU Gymnastics 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 25**

**Lunch:** Grilled Ham with Honey Mustard, Roasted Potatoes, Pacific Blend Vegetables, Honeydew & Blueberries, Fruit of the Forest Pie

**Monday, February 26**

**Lunch:** Brat Burger with Lettuce, Tomato & Onion, Potato Salad, Pickle Slices, Mandarin Oranges, Cookie

**Dinner:** Baked Cod with Orange Sauce, Long Grain & Wild Rice, Key West Blend Vegetables, Watermelon, Custard

**Tuesday, February 27**

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

**Lunch:** Oriental Chicken Salad, Dinner Roll, Pears, Jell-O Cake

**Wednesday, February 28**

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

**Lunch:** Turkey Reuben, Fresh Cut Vegetables Salad, Pickle Spear, Fresh Fruit, Cheesecake

**Thursday, February 29**

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

**Lunch:** Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans, Peaches, Snickerdoodle

**Friday, March 1**

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

**Lunch:** Tuna Salad Sandwich with Lettuce, Sun Chips, Cherries, Lemon Cake

**Saturday, March 2**

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

**Lunch:** Tater Tot Casserole, Corn, Fruit Jell-O, Rocky Road Brownie

**Dinner:** Cheese Tortellini with Marinara Sauce, Garlic Toast, Orange Slices, Three Bean Salad, Peanut Butter Bar