

February 26, 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 26

2:00 Hymn Sing, Green Room
1:00 Bus to The Statesmen, MET

Monday, February 27

10:00 Fareway shopping
11:00 Rescheduled Lunch: Mucky Duck
7:15 Bus to MBB vs W. Virginia

Tuesday, February 28

9:30 Tuesday Coffee, Hosts: K-1, 2 & 3
2:15 Health Topic: Heart Healthy Lifestyle, Wellness Center
6:30 Bus, Ames History Lecture, Library

Wednesday, March 1

10:00 Blood Pressure Clinic
10:00 Book Club, AL
10:30 Bus to ALDIs or Hy-Vee
12:00 Walking Challenge Party, GR



Thursday, March 2 **Kiwanis Paper Pickup**

9:45 Bus to O.W.L.S., Story Co. Center
10:00 Writers' Group, FNDR's Room
2:00 Game Time in AL, 2nd Floor

Friday, March 3

National Employee Appreciation Day
8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
2:00 Wii Bowling, Wellness Center
4:30 Bus to Kiwanis Pancakes, FUMC.
6:30 Bus to Ames Choral Society, St. Andrew's Church
7:00 Bus to LVIV Symphony, Stephens

Saturday, March 4

9:00 Bus to Kiwanis Pancakes, 1st Methodist Church (FUMC)
2:30 Bus to WBB vs Texas Tech



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

Sign up for Wii Bowling!

Fri, March 3, 2:00 pm, Wellness Center

New Class in March!

Body & Mind Circuit, taught by Chris Mondak
Mondays in March, 1-1:40 pm, Limited to 6

Wellness Weekly Workshop: Tuesdays, 2:15 *A HEART HEALTHY LIFESTYLE*

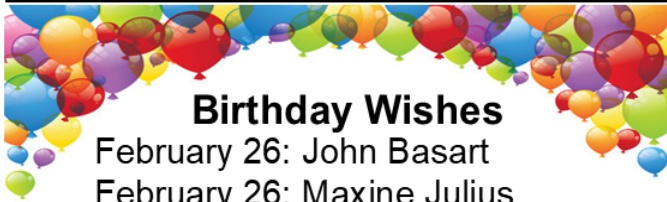
Your lifestyle has the biggest impact on your cardiovascular health. Heart health is largely within your control and earned through your lifestyle.

Sunday Dinner February 26, 12:30 p.m.

Pot Roast
Mashed Potatoes & Gravy
Peas & Onions
Fresh Fruit
Fruit of the Forest Pie



ANNOUNCEMENTS



Birthday Wishes

February 26: John Basart
February 26: Maxine Julius
February 28: Alyce Fanslow
March 1: Wesley Shank
March 4: Larry Carsrud
March 4; Sherry Lin

Name Tag Reminder

It has been pointed out how nice it is to see a person's name tag in group events. Please try to wear yours to Tuesday Coffees and other gatherings. It's a great way to get to know each other!

Walking Challenge Lunch!

The Walking Challenge is complete Tue, Feb 28! To celebrate your many strides, we'll have Walking Tacos and Rocky Road ice cream on Wed, March 1, Noon, GR. This is a chance to congratulate each other!



Body & Mind Circuit Class

A trial run for a new class starts on Mon, March 6. Chris Mondak, whom you know as a top-notch driver, is offering this class for up to 6 people on Mondays in March, 1:00 –1:40 pm. You may not know that Chris is certified as a Personal Trainer through the American College of Sports Medicine, and is a Senior Fitness Specialist through the American Council on Exercise!!

Step by Step Painting Class

Please let me know if you would be interested in a painting class with step by step instructions. Kipp Davis has taught us before and led us in an hour class to create small 6" square paintings. He provides all the supplies and guidance. Class size needs a minimum of 12. \$25 per person. Email Ronnie if you would like a future class.

"Pi" Day is coming!

March 14, or known as 314, is of course "Pi" in mathematical circles. So why not have a Pie Baking contest to mark the day? We'll be asking for volunteers to bring their best homemade pie to Tuesday Coffee on March 14. Start picking out recipes! Rules & details to come!



LIBRARY NOTES

Browser needs a Missing Book!

We are missing an Ames Public Library book that was not signed out and the library has someone waiting for it. Please check your shelves for the APL book "The Warmth of Other Suns" by Wilkerson. It is about American migration. The call number on the spine is 304.8 WIL 2010. Please return to the NC Library as soon as possible.

The CREST

The Crest will remain closed next week, March 1-3. Our Dietary Staff are gallantly covering all meals necessary for our HC/HWH and AL residents with the extra attention required for covid protection. Give them a little moral support if you pass them in the halls!



SPECIAL NOTICE

Use of Fireside and Rose Rooms

Please remember to follow the directions posted in the Community Rooms regarding cleaning after use. You are responsible for taking your trash out, vacuuming and washing dishes you've used. Please leave it clean for the next group! Thank You!!

*In Loving Memory
of
Regina Rasmussen*

8/4/1934 – 2/18/2023

Funeral Mass at St Cecilia's Church
Friday, February 24, 10:30 am
Bus at 10:00 am

PLACES TO GO, THINGS TO DO

Mucky Duck Lunch rescheduled

Due to the poor weather last Wednesday, the lunch at the Mucky Duck was rescheduled for **Mon, February 27**. Bus at 11:00 am to beat their lunch rush. Sign up!

Friday Chats, 10:30 am, GR

March 3: No Friday Chat

March 10: Ames Mayor John Haila will give us a "State of Ames" overview.



O.W.L.S.

Since 1979, Iowa Natural Heritage Foundation has helped protect over 185,000 acres of Iowa prairies, woodlands, lakes and rivers. Communications Specialist Erica Place will cover this statewide nonprofit's main areas of focus. Thu, March 2, Bus at 9:45 am.

Ames History Museum Lecture

Notable Women In Ames History will be presented by Kathy Svec. Ames Public Library, Tue, Feb 28, Bus at 6:30 pm.

Kiwanis Pancake Days

After an absence of 2 years, the annual Pancake Days will be back at 1st United Methodist Church on March 3 & 4.

Get \$10 advance tickets from your favorite Kiwanian!

Buses available:

- Fri, March 3, 4:30 pm
- Sat, March 4, 9:00 am



Nature at Noon at Reiman Gardens

Take your own lunch and learn about feeding the hungry from Patty Yoder, Director of Food at First. Room open at 11:30, program at 12:10 to 12:50 pm. Bus if enough interest. Thu, March 9, Reiman Gardens.

Lunch at DMAAC Bistro

Sign up for a special lunch at the Bistro in Ankeny. \$15 lunch and \$7 bus fee charged to your monthly bill. Wed, March 22. Bus at 11:00 am.

ENTERTAINMENT

ISU Music: www.music.iastate.edu/

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

- Symphonic Band, Feb 24, 7:30 pm
- BUSES AVAILABLE** if 6 sign up for these:
- Shadow Puppet theater, "Somber Knight of Don Quixote", Feb 24, Free, Fisher, No Bus
 - Statesmen, Feb 26, \$5, MET, Bus, 1 pm

Central Iowa Symphony

Young Artists Concert, City Auditorium, \$20 at the door, Stage Talk at 2:15pm, Sun, March 5, Bus at 2:00 pm.



Ames Choral Society

Cabaret: It's a Magical World, held on Fri, March 3, 7 pm and Sat, March 4, 3:00 pm. St. Andrew's Lutheran, 209 Colorado. \$10 at the door. Bus available **only** on Fri, 6:30 pm.

Upcoming Shows at Stephens

- Fri, March 3, National Orchestra of Ukraine, Bus at 7:00 pm
- Sat, March 4, *R.E.S.P.E.C.T.*, 7:30 pm. No Bus.
- Sun, March 5, *Ireland with Michael*, (That's Michael Londra!) Bus at 6:30 pm

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



ACTORS

Tickets on sale for *Always a Bridesmaid*. \$20 on line, ACTORS Studio, Bus available:

- Fri, March 24, 7:00 pm
- Sun, April 2, 1:30 pm



SPORTS

Men's Basketball

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

Women's Basketball

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



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|--|
|  <p><i>March is Women's History Month</i></p> | | | <p>1 10:00 BP Clinic 10:00 Book Club, AL 10:30 ALDI's & HyVee</p> <p>12:00 Walking Challenge Party!! Grand Room</p>  | <p>2 Kiwanis Paper Day 9:45 Bus to O.W.L.S. 10:00 Writers' Group, Founders' Rm</p> <p>2:00 Game Time in the AL Activities Room</p> | <p>3 10:30 N WalMart & Mall</p> <p>4:30 Bus to Kiwanis Pancakes 6:30 Bus to Ames Choral Society, St. Andrew's Church 7:00 Bus to LVIV National Orchestra of Ukraine</p> | <p>4 9:00 Bus to Kiwanis Pancakes, 1st Methodist</p> <p>2:30 Bus to WBB vs Texas Tech 7:30 <i>R.E.S.P.E.C.T.</i> Stephens, No Bus</p> |
| <p>5 2:00 Bus to Central Iowa Symphony, City Auditorium</p> <p>6:30 Bus to <i>Ireland with Michael</i>, Stephens</p> | <p>6 10:00 Fareway</p>  | <p>7 9:30 Coffee, Atrium K 1, 2 & 3 1:30 Hearing Aid Maintenance</p> | <p>8 10:00 BP Clinic 10:30 ALDI's & HyVee</p> | <p>9 11:15 Bus to Nature at Noon, Patty Yoder of Food at First, Reiman Gardens</p> <p>4:00 LaVone Newell, Green Room</p> | <p>10 10:30 Friday Chat with Mayor John Haila</p> <p>10:30 N WalMart & Mall</p>  | <p>11</p> |
| <p>12 Daylight Savings Time</p>  <p>Time to Spring Ahead</p> | <p>13 10:00 Fareway 9:00-3:00 NC Stitchers' Work Day and Meeting, GR</p> | <p>14 "Pi" Day 9:30 Coffee, Hosts Pkwy 1 PIE Contest!!!</p>  <p>6:30 DMMO Meeting, GR</p> | <p>15 10:00 BP Clinic 10:30 ALDI's & HyVee</p> | <p>16 Kiwanis Paper Day 10:00 Writers' Group, FNDR's Rm</p> <p>2:00 Game Time in the AL Activities Room</p> | <p>17 10:30 N WalMart & Mall</p> <p>4:15 Line Dancing in the Wellness Center</p> | <p>18</p> |
| <p>19</p> | <p>20 First Day of Spring 10:00 Fareway</p>  <p>6:30 Mixed Bridge</p> | <p>21 9:30 Coffee, Hosts Pkwy 1</p> <p>2:00 Ken Wind, Bagpipes, GR</p>  | <p>22 10:00 BP Clinic 10:30 ALDI's & HyVee 11:00 Bus Lunch at DMAAC Bistro</p> | <p>23 4:00 LaVone Newell, Green Room</p> | <p>24 9:30 Residents' Council mtg. 10:30 N WalMart & Mall</p> <p>7:00 Bus to ACTORS' <i>Always a Bridesmaid</i></p> | <p>25 7:00 Bus to Ames Piano Quartet, MET</p> |
| <p>26 2:00 Good Neighbor Choral Concert, Collegiate Methodist Church</p> | <p>27 10:00 Fareway 3:00 Memory Café, Northminster Presbyterian</p> | <p>28 9:30 Coffee, Hosts Pkwy 2</p> | <p>29 10:00 BP Clinic 10:30 ALDI's & HyVee 6:30 Bus to Ames History Lecture, Public Library</p> | <p>30</p> | <p>31 10:30 Friday Chat with Landscape Committee</p> <p>10:30 N WalMart & Mall</p> | <p>Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30 am</p> |
| <p><i>March 27-31 is Iowa Severe Weather Awareness Week</i></p> | | | | | | |

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 26

Lunch: Pot Roast, Mashed Potatoes & Gravy, Peas & Onions, Fresh Fruit, Fruit of the Forest Pie

Monday, February 27

Lunch: Beer Battered Cod, French Fries, Creamy Coleslaw, Honeydew, Snicker-doodle

Dinner: Stuffed Bell Peppers, Corn O'Brian, Strawberries & Pineapple, Ice Cream

Tuesday, February 28

Lunch: Taco Salad with Tomato, Onion, Sour Cream & Salsa on the side, Blueberry Muffin, Mandarin Oranges, Peanut Butter Bar

Dinner: Bruschetta Baked Chicken Breast, Parmesan & Herb Potatoes, Key West Blend Vegetables, Peaches, Raspberry Chocolate Jell-O Cake

Wednesday, March 1

Lunch: Turkey & Cheddar Cheese on Croissant with Cranberry Mayo, Potato Chips, Carrot & Celery Sticks with Ranch, Black Forest Parfait

Dinner: Baked Salmon with Creamy Dill Sauce, Rice Pilaf, Green Beans, Pears, Bavarian Cream

Thursday, March 2

Lunch: Chicken Strips, Mashed Potatoes and Gravy, Broccoli, Grapes, Magic Bar

Dinner: Pork Loin with Blackberry Rum Sauce, Cornbread Stuffing, Carrots, Watermelon, Assorted Fruit Pie

Friday, March 3

Lunch: ¼ lb. All Beef Hot Dog with Minced Onion and Sweet Relish, Baked Beans, Orange Slices, Fresh Cut Vegetable Salad, Lemon Bar

Dinner: Rotisserie Chicken, Mashed Potatoes and Gravy, Normandy Blend Vegetables, Apricots, Rocky Road Ice Cream

Saturday, March 4

Lunch: Pulled Pork, Potato Salad, Orange Slices, Garden Bean Salad, Chocolate Chip Cookie

Dinner: Hungarian Goulash, Capri Vegetables, Cantaloupe, Banana Cream Pie