

February 4, 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 4

- 1:30 Bus to *Holmes & Watson*, ACTORS
- 1:30 Bus to Exhibit Talk, Christian Petersen Museum, ISU
- 2:00 Hymn Sing, AL
- 2:00 Ames High One-Act plays. Wander over with a friend or car pool!

### Monday, February 5

- 10:00 Bus to Fareway shopping

### Tuesday, February 6

- 9:30 Tuesday Coffee, GR, Hosts J 1-3
- 1:30 Hearing Aid Maintenance, Prov. Rm.

### Wednesday, February 7

- 10:00 Blood Pressure Clinic
- 10:00 Book Club, AL
- 10:30 Bus to ALDI or Hy-Vee
- 10:45 Bus to DMACC Bistro
- 1:00 Episode 4 of the Blue Zones, WC

### Thursday, February 8

- 1:00 Alzheimers Meeting, Conference/Dining
- 6:45 Bus to Flute & Piano Program, MET

### Friday, February 9

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat, Artist Clark Colby
- 1:00 Wii Bowling, Wellness Center

### Saturday, February 10

- 12:15 Bus to MBB vs TCU
- 5:15 Bus to WBB vs Oklahoma



## Health & Wellness

**Podiatry:** Contact Kathy at ext. 7220 for information.



**Hearing Aid maintenance:**

February 6: 1st Tuesday of every month, 1:30pm

**Massage Therapy:** Darlene, 515-708-1556

**Wellness Program News by Adrienne**

**Wii Bowling, 1:00 pm: Feb 9 & 23**



Wed, Feb 7, 1 pm: Episode 4 of the Blue Zones

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

## Sunday Lunch February 4, 12:30 p.m.

**Pot Roast  
Mashed Potatoes & Gravy  
Pacific Blend Vegetables  
Cantaloupe  
Cherry Cake**





## Birthday Wishes

February 8: Susan Scott

February 9: Karen Klaiber

## 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 6 Coffee will be J 1-3. Available in-person, via Zoom and Livestream. Next week on the 13th we will offer Zoom by request.

## Live Stream

You may need to reprogram your TV to receive Channel 116-5 or 995. You need to do an auto channel search on your TV. If you run into difficulty, put in a work order for one of the Maintenance folks to help.

## Friday Chats, 10:30 am, GR

- **February 2:** Naturalist Amber Piatt from Story Co. Conservation will talk about the Great Backyard Bird Count coming up on the 17th. Maybe NC needs to do our own? 
- **February 9:** Artist Clark Colby will share his inspiration with us. His art will be exhibited soon!
- **February 16:** Learn about the state symbols of Iowa. Some you know, others you don't! Beth Waage, Extension

## Alzheimers Assoc. Group Mtg.

Adrienne will hold Alzheimers Association support meetings at NC. This is for those with early onset dementia or Alzheimers, but caregivers are welcome to sit in and be supportive. Thu, Feb 8, 1:00 pm, Conference/Dining Room by the kitchen.

## Shred It!

Get ready to clean out those papers you've been stockpiling. A date will be announced soon for quantity shredding.

## **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!*

## Billie Hudson

Our very own Billie Hudson, LPN, Health Services Supervisor, was awarded a special designation this week through Mary Greeley Medical Center and the University of Iowa. She was named a 2024 Great Iowa Nurse! (We always knew she was!) Congratulate her the next time you see her in the halls!!



## **The CREST**

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



**NEW!**

**Open Saturday 9:30 am –1:00 pm**

9:30-11: Coffee, Hot Tea, Muffins, and Mini Cinnamon Rolls

11:00-1:00: Limited Lunch Menu

**Soup of the Week: Tomato Basil  
Special for the Week: Turkey & Cheddar Croissant with Cranberry Mayo and choice of one side**

## PLACES TO GO, THINGS TO DO

### Christian Petersen: A Sense of Place

Visit the Christian Petersen Museum on campus to enjoy a Curator's Talk about the new exhibit highlighting Petersen's work. This exhibit is curated by Jerome Thompson, Carolyn Abbott's brother!  
Sun, Feb 4, Bus at 1:30 pm.

### Holmes & Watson ACTORS It's NOT elementary...

Sherlock Holmes is dead. Or is he? Three men in an asylum all claim to be Holmes. Join Dr. Watson as he tries to identify who is lying. There are guaranteed twists and turns right up to the very end! \$20 plus \$3 fee.  
Sun, Feb 4, Bus at 1:30 pm

### Nature at Noon at Reiman Gardens

Get a Sneak Peek at 2024: *The Living Landscape*. Pack a lunch for the 40 minute program, and check out the new Garden Playhouse in the Conservatory. Wander before program starting at 12:10 pm.  
Thu, Feb 8, Bus at 11:15 am.



### ISU Music at Martha-Ellen Tye Hall

- **Fri, Feb 2:** Exclusive invitation to NC's for ISU Wind Ensemble, Free, Bus, 3:45
- **Thu, Feb 8:** Nationally Famous Flutist with piano, Free, Bus at 6:45 pm
- **Wed, Feb 21:** ISU Jazz Band, Bus 6:45

### Lunch at DMACC Bistro

Travel to Ankeny for a great lunch with friends at the Bistro! Emily Brouwer, you may know from our own Crest, is in class there and promises great desserts that day! \$24 includes bus and full menu choice. We have a waiting list! Wed, Feb 7, 10:45 am.

### Town & Gown Musicale

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

### Orchid Fest at Reiman Gardens

\$11 Senior admission, or free to members.  
Sun, Feb 11, Bus at 1:00 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.

### Ames History Lecture

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

### Stephens Performances

Is there any interest in the Langston Hughes Project, Swan Lake or other events coming up? No bus is scheduled unless we know there is interest, so talk to your NC friends and drop Ronnie a line!

## SPORTS



### Women's BB

- Sat, Feb 10, vs Oklahoma, 5:15 Bus
- Wed, Feb 14, vs Kansas St. 5:45 Bus

### Men's BB

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



**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**.

*Menus are subject to change.*

**Sunday, February 4**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Cantaloupe, Cherry Cake

**Monday, February 5**

**Lunch:** BBQ Chicken Sandwich, Sour Cream & Cheddar Potato Chips, Orange Slices, Pasta Salad, Cookie

**Dinner:** Pork Loin with Demi Glaze, Mashed Sweet Potatoes, Peas, Fruit Salad, Mini Vanilla Swirl Cone

**Tuesday, February 6**

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

**Lunch:** French Dip with Au Jus, Broccoli, Honeydew & Blueberries, Banana Bar

**Wednesday, February 7**

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

**Lunch:** Hot Chicken Salad, Sunshine Carrots, Fruit Salad, Frosted Brownie

**Thursday, February 8**

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

**Lunch:** Soft Shell Taco with Lettuce, Tomato, Onion, Sour Cream & Salsa, Corn Muffin, Watermelon, Lemon Lime Mousse

**Friday, February 9**

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

**Lunch:** Beer Battered Cod, Potato Chips, Creamy Coleslaw, Peaches, Cookie

**Saturday, February 10**

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

**Lunch:** Orange Chicken over Rice, Green Beans, Egg Roll, Grapefruit Segments, Chocolate Cream Pie