



March 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, March 12 *Daylight Savings Time!*

2:00 Hymn Sing

Monday, March 13

9-3:00 Northcrest Stitches Work Day,
GR

10:00 Fareway shopping

12:30 Bus to Perkins for lunch

5:00 Video: Henry Wallace, GR



Tuesday, March 14 **Pi Day!**

9:30 Tuesday Coffee, Hosts Parkway 1

2:15 Health Topic: *Sleep Fit Training*

6:30 Des Moines Metro Opera Guild mtg,
GR

Wednesday, March 15

10:00 Blood Pressure Clinic

10:30 Bus to ALDIs or Hy-Vee

2:00 Low Vision Support Group,
Bethesda Lutheran Church

Thursday, March 16 **Kiwanis Paper Day**

10:00 Writers' Group, Founders' Rm

2:00 Game Time in AL, 2nd Floor

5:00 Robert Thomas Irish Dancers, GR

Friday, March 17 **St. Patrick's Day!**

Wear Green Today!

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

10:30 Bus to Walmart & North Fareway

3:00 Irish Treats at Wellness Coffee bar

Saturday, March 18

2:30 Bus to Four Shillings Short,
Unitarian Fellowship



Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:

April 4 (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

New Classes; sign up at Wellness Center
Body & Mind Circuit, taught by Chris Mondak
Mondays in March, 1-1:40 pm, Limited to 6

Wellness Weekly Workshop: Tuesdays, 2:15
Sleep Fit Training Reprised: Learn why quality
sleep is SO important.

**Line Dancing needs to be rescheduled. Watch
for the new date.**

The **Iowa Senior Games** sign-up is open and
available. The events are June 2 through July 22.
Find more information at iowaseniorgames.org

Sunday Dinner March 12, 12:30 p.m.

Chicken Cordon Bleu
Sour Cream & Chive Mashed Potatoes
Carrots
Watermelon & Grapes
White Cake

ANNOUNCEMENTS



Birthday Wishes

March 12: Herb Wright
March 17: Pat Johnson

American Dreamer: Henry Wallace

Terrace Hill in Des Moines is offering to livestream the Humanities Iowa presentation of *The Life & Times of Henry A. Wallace*, performed by Tom Milligan. We will watch this one act play together in the Grand Room. Mon, March 13, 5:00 pm, GR

“Pi” Day Contest

The Pie Baking Contest is cancelled for this year. We will try it another time when we might have more bakers interested. The Tuesday Coffee treats on 3-14 will still be pie, so please come and enjoy!

DM Metro Opera, Ames meeting

This month's presentation is “Wagner Without Fear” by Chad Sonka, ISU professor of Music, Applied Voice and Opera. Sonka, a baritone, has an impressive list of accomplishments as a singer and as a teacher. The meeting is free and open to the public. Tue, March 14, 6:30 pm, GR

Low Vision Support Group

The next meeting of the Ames Low Vision Support Group will be Wed, March 15 at 2:00pm at Bethesda Lutheran Church or via phone at 712-432-5610, access code 782#.

Northcrest Annual Meeting

Mark your calendars!! Hear what is new at Northcrest. Wed, March 22, 7:15 pm, GR

Record Your Memories

What would you want your grandkids to know about your parents? Write a story or 2 recalling your memories. Send it to: vvrsps@rit.edu before March 31. The collection will be published in Book Format, edited by Dr. V. V. Raman.

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. A few have responded, but we need more!

The CREST

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

Soup of the Day:

Beer Cheese Soup

Friday, March 17

St. Patrick's Day Special, 12-2 pm

Reuben Sandwich or

Irish Egg Salad Sandwich

With choice of Beer Cheese Soup, Fries or House Made Chips

Guinness, Green Beer & Green Rivers available All Day

Please note: The Crest will be closed on March 22

CALLING OUR ARTISTS

THE ART COMMITTEE ANNOUNCES THEIR NEW EXHIBIT

‘NORTHCREST OFF THE WALLS’

Featuring Art Created by Our Residents!

Have you created something you would like to share with us? Something original, not a copy or a kit? Has it been hiding under the bed? Now is its chance to shine!

Wall pieces and small 3-dimensional pieces accepted.

This show runs from the first week in April until the first week in June.

Find more information and a form to register your art piece at the Front Desk. For questions, contact Louise O'Donnell, Carolyn Abbott, or Jane Farrell-Beck. Please submit the form by March 27.

PLACES TO GO, THINGS TO DO

Friday Chats, 10:30 am, GR

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

Perkins for Lunch

Short Notice! Let’s go for lunch and have free pie! (One can never have too much pie!) Order and pay on your own. Sign up over the weekend.

Mon, March 13, Bus at 12:30 pm

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. Due to the student run lunch, be prepared for a 15 minute lag in service between tables. We will relax and enjoy each other’s company! Wed, March 22. Bus at 11:00 am.

Tour ISU Stark Performance Center

Are you curious what the newest building built near Jack Trice Stadium is all about? It is the Stark Performance Center, a multi-purpose facility for all Cyclone student athletes. It includes spaces for academic achievement, mental and physical wellness and career planning. It has a dining hall/nutrition center, player’s lounge, sports medicine center and staff offices. We get to tour on Fri, March 24, Bus at 1:30 pm.

ENTERTAINMENT

Midwest Children’s Choir

The Ames Children’s Choirs present the Midwest Children’s Choir Festival at C.Y. Stephens. Senior tickets are \$12 at Stephens box office, or ask Ronnie. Fri, March 31, Bus at 6:30 pm

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



ISU Music

The Ames Piano Quartet is always popular! Free admission, See them Sat, March 25, Bus at 6:45 pm, MET

Remember you can visit the website to learn of webcast concerts such as:

Cantamus Womens Choir, Sun, March 26, 4:30 pm. music.iastate.edu

Upcoming Shows at Stephens

- Red Hot Chilli Pipers, Bagpipes with an attitude, drums with a Scottish accent! Tue, March 21, Bus at 6:30 if interest
- *Annie*, Mon, April 17, Bus at 7:00 pm
- Les Violons du Roy, Sat, April 22, Bus at 7:00 pm



St. Patrick’s Day is Coming!

- **Robert Thomas Irish Dancers**, Thu, March 16, 5:00 pm, GR
- **Irish Treats**, Wellness Coffee Area, Fri, March 17, 3:00 pm.
- **Four Shillings Short:** music, poetry & stories from the Emerald Isle. A talented couple on tour perform at the Unitarian Fellowship, \$10 tickets online: go to 4shillingsshort.com/shows (or ask Ronnie) Sat, March 18, Bus at 2:30 pm.
- **Ken Wind**, bagpipe player from Algona, visits to give us a touch of the Highlands! Tue, March 21, 2:00 pm, GR



The Senior Variety Show is looking for folks over 60 who love to tell jokes, sing, dance, or be part of a skit. If you are tempted, come to the Social for info on Thu, March 23, 3:30-5:00, Northminster Church. Show dates are Aug 18 & 19.



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, March 12

Lunch: Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Carrots, Watermelon & Grapes, White Cake

Monday, March 13

Lunch: Breaded Flounder, Fresh Fried Chips, Creamy Coleslaw, Ambrosia Fruit Salad, Monster Cookie

Dinner: Lasagna, Breadstick, Orange Slices, Side Salad with Tomatoes & Balsamic Dressing, Cherry Cheesecake

Tuesday, March 14

Lunch: Bacon Cheeseburger with Lettuce, Tomato, and Onion, Zucchini Sticks, Pickle Spear, Peaches, Peanut Butter Mousse

Dinner: Chicken Oscar, Long Grain & Wild Rice, Peas & Onions, Honeydew & Blueberries, Oreo Pie

Wednesday, March 15

Lunch: BBQ Chicken Bites, Fried Cheese, Apple Slices, BLT Pasta Salad, Blueberry Crumble Cake



Thursday, March 16

Lunch: Chef Salad with Turkey, Ham, Cheddar Cheese, Mozzarella Cheese, Sliced Egg, & Raspberry Vinaigrette, Dinner Roll, Pears, Chocolate Chip Cookie Bar

Friday, March 17

Lunch: Turkey & Provolone Sandwich with Lettuce, Tomato, Onion, & Dijonnaise, Bread & Butter Pickles, Cool Ranch Doritos, Fruit Jell-O, Green River Float



Saturday, March 18

Lunch: Hot Ham & Cheese on Croissant, Celery & Carrot Sticks with Ranch, Grapes, Cottage Cheese, Mini Vanilla Swirl Cone

Dinner: Peppered Steak over Rice, Normandy Blend Vegetables, Cherries, Cookie