



March 17, 2024

# Northcrest News

Northcrest Community  
*Over 58 years of service to older adults in the Greater Ames Community*



## The Week at a Glance!

### Sunday, March 17 Happy St. Patrick's Day!

- 2:00 Hymn Sing, AL



### Monday, March 18

- 10:00 Bus to Fareway shopping
- 12:30 Bus to Shopping on So. Duff Ave
- 6:30 Mixed Bridge, Founders' Room

### Tuesday, March 19

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 2
- 12:00 Tuesdays with Friends, Conference Rm

### Wednesday, March 20 Spring is Here!!!!

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 11:15 Bus to ISU Tea Room
- 2:00 Low Vision Support Group, Bethesda
- 5:30 Bus to Class on Dementia, Library

### Thursday, March 21

- 10:00 Writers' Group, Founders' Room
- 11:00 Alzheimers Education Series, GR
- 2:00 Slater Museum Presentation on Aprons
- 5:00 LaVone Newell, piano, AL
- 6:30 Bus to *Swan Lake*, Stephens Auditorium

### Friday, March 22

- 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

### Saturday, March 23

- 10:00 Bus to Animal Learning Day, ISU Hansen Center
- 7:00 Bus to Town & Gown, MET



## Health & Wellness

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



**Hearing Aid maintenance:**

April 2: 1st Tuesday of every month, 1:30pm

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

### Wellness Program News by Adrienne

*Adrienne will be out of the Wellness Center until March 20.*

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



**March 25, 9:30 am: Mindfulness Workshop**  
led by James Kellerman, GR

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

Submit your weekly totals on Mondays.



## Sunday Lunch March 17, 12:30 p.m.

Chicken Kiev  
Parmesan & Herb Potatoes  
Peas & Onions  
Fresh Fruit  
Apple Pie





## Birthday Wishes

March 22: Joanne Frederiksen

## Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for March 19 Coffee will again be **Parkway, Floor 2**. Available in-person, via Zoom and Livestream (116-5 or 995).

## Friday Chats, 10:30 am, GR

- **March 15:** Jessica Butters, Prairie Rivers of IA, on Pollinator Conservation
- **March 29:** John Swegle, son of Margaret Noble, "Hot Topics in the Pharmaceutical World"

## Presentation on Apron Display

The folks from the Slater Historical Association will give a presentation on the Apron exhibit in our Grand Room. **It is suggested you should wear your favorite apron that has a story! Oh, the memories!**

Thu, March 21, 2:00 pm, GR.

## **SPECIAL NOTICES**

### Spring Contests

The weather is so different this year—that could really change the "usual" timing of spring events. Submit your guess for the date of the Columnar **Oaks** on the NC Drive to lose the majority of their leaves. (That means the new leaves are pushing them off!) Also, guess the date of the near full-bloom of the wisteria at the Pergola. Win the travelling **Wisteria** Prize!

Both of these dates are determined by impartial, anonymous residents...that is so no bribery is attempted!

Place your guesses in the box in the Front Entry. Deadline to submit dates is April 1.

### Irish Music and Dance

Don't miss the Robert Thomas Irish Dancers, Fri, March 15, 4:00 pm! GR



## Special Movie Showing in Nevada

The Camelot Theater in Nevada is showing *Easter Parade* with Fred Astaire and Judy Garland. We can add lunch at Gatherings to make it a day! \$10 includes bus and movie.

Popcorn and lunch are separate.

Tue, March 26, Bus at Noon, home by 5.



## ISU Musicale at the Wendell Home

Fundraiser for ISU Music & Theatre Musicale, Must reserve and pay in advance, \$50 tickets, available at 515-294-6441.

Questions, ask receptionist Larry Curry.

Sun, March 24, Bus at 2:30 pm.

## SURVEY: Email your Interests

### Des Moines Performing Arts Ctr.

Prices will vary. Please let me know your interest in these:

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

There have been only a few requests—please consider so we can get group tickets. No obligation until date and ticket price narrowed down.

### Beginner Line Dance classes:

Class Mar 25-Apr 29, 4:30—5:15 pm, Ames City Gym, \$38 for Ames resident. Anyone interested? Register through Ames Parks & Rec or ask Ronnie. Get ready for the spring dance in April!



## **The CREST**



**Tuesday—Friday**

**12-2:00pm and 4:30-7:00pm**

**Open Saturday 9:30 am –1:00 pm**

9:30-11: Muffins, Mini Cinnamon Rolls,

Coffee, Hot Tea

11:00-1:00: Limited Lunch Menu



**Soup of the Week: Leek & Potato**  
**Special for the Week: Irish Egg Salad**  
**Sandwich**

## ENTERTAINMENT

### Stephens Performances

Transportation to these events has been requested. Sign up if you agree!

- 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, we need more for the bus to go!
- *Golden Girls*, Wed, May 1, Bus 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.

### Town & Gown

The New Century Saxophone Quartet will perform at MET, \$35 tickets available at the door. Sat, March 23, Bus at 7:00 pm.

### Shopping on South Duff Ave.

Choose Duff Plaza or Target to shop. Time length to be agreed by shoppers and driver. We need more people to sign up to go. Lunch is optional and decided by the group. Mon, March 18, Bus at 12:30 pm.



### ISU Tea Room

Glazed ham loaf, green beans, potato casserole and coconut cake at the Joan Bice Underwood Tea Room. \$9 on your monthly bill. Wed, March 20, Bus at 11:15 am.

### Lynn Cheney Lecture at Drake

Liz Cheney, will deliver the 45th installment of the Martin Bucksbaum Distinguished Lecture Series on **Wed, March 27**, in the Knapp Center on Drake's campus. Her book, *Oath & Honor*, was published in 2023. This is a free lecture, with reserved seating on the Main Floor. \$10 bus fee on your monthly bill. The lecture is 7-8:30 pm. We have a waiting list at this point. Wed, March 27, Bus at 5:45 pm.

### Ames History Lecture

Iowa's Ethnic Heritage, or "Who Do You Think We Are?". Explore Iowa's long immigration history. Public Library, Wed, March 27, Bus at 6:30 pm.

### A Day with James Kellerman

Multi instrumentalist and composer James Kellerman (saxophone, clarinet, flute and vocals) will be coming to Northcrest for 3 programs of music & wellness on March 25th. A traveling one-man band based in Minneapolis, James is also a RYT200 yoga teacher, NBC-HWC Health Wellness coach and workshop leader. This will be the second visit to the Northcrest Community for James.



- **9:30 am: Mindfulness Workshop, GR** "The Science of Contentment". We will have a sign up next week at the Well Ctr.
- **2:30 Music program, Health Center**
- **6:30 Music & Social Hour, Grand Rm.** Refreshments will be served.

### Animal Learning Day at ISU

Get up close and personal with cows, horses, and others at the Hansen Learning Center on Mortensen Road. Family friendly open house with food, fun, and yes—live animals! Sat, March 23, Bus at 10:00 am.

### Learn about the Solar Eclipse

Join the Ames Area Amateur Astronomers to learn about the upcoming solar eclipse, occurring on April 8. 6-7:30 pm, Danfoss Room, Library. Tue, April 2, Bus at 5:30 pm.

### ACTORS The Farnsworth Invention

Who really invented the TV? Buses on

- Fri, April 5, 7:00 pm
- Sun, April 14, 1:30 pm.

ACTORS

*In Loving Memory*

**Jim Sassaman**

8/20/1924—3/9/2024

**Mary Frahm**

Passed 3/12/2024

Services are pending for both.



**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, March 17**

**Lunch:** Chicken Kiev, Parmesan & Herb Potatoes, Peas & Onions, Fresh Fruit, Apple Pie

**Monday, March 18**

**Lunch:** Fish Sandwich, Creamy Coleslaw, French Fries, Cantaloupe, Banana Bar

**Dinner:** Chicken Piccata, Long Grain & Wild Rice, Carrots, Apricots, Chocolate Cream Pie

**Tuesday, March 19**

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

**Lunch:** French Dip with Au Jus, Normandy Blend Vegetables, Fruit Salad, Cheesecake

**Wednesday, March 20**

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

**Lunch:** Chicken Strips, Mashed Potatoes & Gravy, Cauliflower, Peach Slices, Chocolate Chip Cookie

**Thursday, March 21**

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

**Lunch:** Turkey & Cheddar on Croissant with Cranberry Mayo, Potato Chips, Bread & Butter Pickles, Grapefruit Segments, Yogurt Parfait

**Friday, March 22**

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

**Lunch:** Taco Chili with Tortilla Chips & Sour Cream & Cheddar Cup, Watermelon, Brownie

**Saturday, March 23**

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

**Lunch:** Sloppy Joe Sandwich, Corn Chips, Grapes, Broccoli Salad, Cookie

**Dinner:** Peppered Steak over Rice, Vegetable Medley, Mandarin Oranges, Chocolate Cake