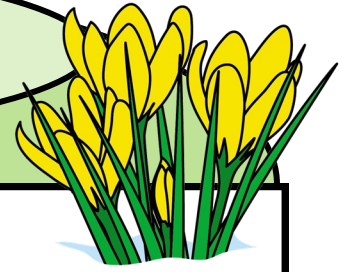




March 19, 2023

Northcrest News



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

The Week at a Glance!

Sunday, March 19

2:00 Hymn Sing
1:30—4:00 Ames Reads Leopold, Ames Public Library, No Bus

Monday, March 20 First Day of Spring!

10:00 Fareway shopping
6:30 Mixed Bridge



Tuesday, March 21

9:30 Tuesday Coffee, Hosts Parkway 1
2:00 Bagpipes by Ken Wind, GR
2:15 Health Topic: *Importance of Posture with Aging*



Wednesday, March 22

The Crest is Closed
10:00 Blood Pressure Clinic
10:30 Bus to ALDIs or Hy-Vee
11:00 Bus to DMACC Bistro, Ankeny
7:15 NC Annual Meeting, GR

Thursday, March 23

10:00 Writers' Group, Founders' Rm
3:30-5:00 Senior Variety Show Social, Northminster Presbyterian Church, no bus
4:00 LaVone Newell, Green Room

Friday, March 24

8:30—10:30 1st National Bank, Founders
9:30 Residents' Council meeting, GR
10:30 Bus to Walmart & North Fareway
12:30 Bus to Beardshear Hall tour
2:30 Bus to Stark Performance Ctr, tour
7:00 Bus to ACTORS, *Always a Bridesmaid*

Saturday, March 25

6:45 Bus to Ames Piano Quartet

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 Prime Time Alive's *The Importance of Posture with Aging*

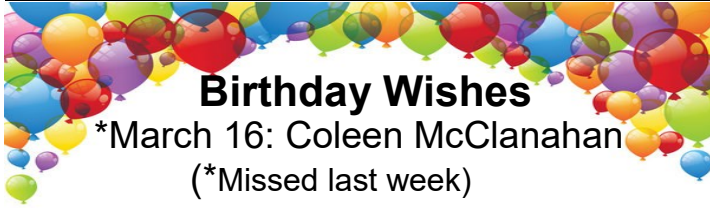
The **Iowa Senior Games** sign-up is open and available. The events are June 2 through July 22. Find more information at iowaseniorgames.org

Sunday Dinner March 19, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Green Beans
Fresh Melon Salad
Apple Pie



ANNOUNCEMENTS



Birthday Wishes

*March 16: Coleen McClanahan
(*Missed last week)
March 22: Joanne Frederiksen

Northcrest Annual Meeting

Mark your calendars!! Get a recap of 2022 at Northcrest. Wed, March 22, 7:15 pm, GR

Ames Reads Leopold

Take some time to hear the thought-provoking words of Iowa's own, Aldo Leopold, renowned conservationist. This annual event is hosted by the Library and the Outdoor Alliance of Story County among others. Although Leopold's *A Sand County Almanac* was published in 1949, his words continue to be poignant. Sun, March 19, 1:30—4:00 pm. Ames Public Library. No Bus

Two Part Special Event

The Ames City Auditorium is presenting a special event with Genevieve Salamone and Stephanie Big Eagle. Genevieve is a professional violinist, film composer and bead worker. Stephanie is head artist of Thunderbird Rising Studios.

1. An Evening of Conversation

In this interactive talk, they will discuss their artistic work and how they use their platforms to bring awareness to critical issues within Indigenous communities. Free. Thu, March 23, 7:00 pm, City Aud. No Bus

2. Concert: Healing Power of Music

Genevieve Salamone is featured with her music, art, video and fashion along with other musical artists, dancers & aerialists. \$10 tickets at Community Center front desk. Fri, March 24, 7:00 pm, City Aud. No Bus.

*In Loving Memory
of
Lester Thompson*
Passed on
Tuesday, March 14, 2023
Plans are pending

NCAA Brackets

The Grand Room TV will be turned on for watching NCAA games when the room isn't reserved for other events. Teams have randomly been assigned to residents that signed up after Tuesday Coffee. Cheer on our Iowa Teams!



Senior Variety Show Social

Interested in performing Aug 18 & 19? Learn more, Thu, Mar 23, 3:30—5:00 pm, Northminster Presbyterian Church, no bus.



Story Co. Plans Revealed

Story County Conservation is holding a preview of a new visitors center concept to be built at McFarland Park. Every one is invited to attend this meeting to be held at the Ames Public Library, March 27 beginning at 5:30 PM. If enough interest, Bus at 5:00 pm

Art Committee Request

The Summer Art Exhibit will feature 2-D & 3-D work created by our residents. 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 24. The items will be needed on April 3.



The CREST

OPEN Thu-Fri, March 23 & 24
12:00—2:00 pm and 4:30—7:00 pm
The Crest will be closed on Wed, March 22

Soup of the Day:
Potato Soup



Specials: 4:30-5:00 pm

All Drinks: \$3.50
Select Appetizers: \$5



PLACES TO GO, THINGS TO DO

Friday Chats, 10:30 am, GR

March 31: Landscape Committee

Lunch at DMAAC Bistro



We have a waiting list for this event. \$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. Wed, March 22. Bus at 11:00 am.

Back to Back Tours: Do 1 or both!

Tour ISU Beardshear Hall

Another exclusive tour offered to Northcrest from the ISU Museums! Get a tour of that grand old Beardshear Hall. You will learn about the art, the history, and peak in some unexpected places! This 1-hour tour will have some walking standing, but no stairs. \$5 per person to cover museum staff time, will be added to your monthly bill. Fri, March 24, Bus at 12:30 pm.

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 2:30 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.



Save the Date: Spring Fling

A special treat with music by Larry Northup! Fri, April 14, 6:30 pm, GR



St. Patrick's Day is Here!

- **Fri, March 17 in the Crest**
St. Patrick's Day Specials, 12-2 pm
- **Irish Shamrock Shakes**, 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! Trumpet was his first instrument, but picked up the pipes in retirement. He has played for many weddings, funerals and Senior Centers. He is marching in his 4th St. Patrick's Day Parade in Emmetsburg this weekend. **Tue, March 21, 2:00 pm, GR**



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 19

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Green Beans, Fresh Melon Salad, Apple Pie

Monday, March 20

Lunch: Soft Shell Taco, Refried Beans, Fresh Fruit, Frosted Brownie

Dinner: BBQ Chicken Drumsticks, Twice-Baked Mashed Potatoes, Corn, Apricots, Pecan Pie

Tuesday, March 21

Lunch: Fish Sandwich, Fresh Fried Chips, Creamy Coleslaw, Watermelon, Cupcake

Dinner: Grilled Steak with Steak Sauce, Au Gratin Potatoes, Baby Carrots with Honey Dill Sauce, Strawberries, Banana Cream Pie

Wednesday, March 22

Lunch: Chicken Salad on Leaf Lettuce, Garlic Toast, Orange Slices, Fresh-Cut Vegetable Salad, Reese's Blondie

Thursday, March 23

Lunch: Turkey Burger with Lettuce, Tomato, Swiss Cheese & Dijon Mustard on the Side, Onion Rings, Pickle Spear, Fruit Salad, Chocolate Pie

Friday, March 24

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Fresh Fruit, Oatmeal Raisin Cookie

Saturday, March 25

Lunch: Sloppy Joe Sandwich, Corn Chips, Grapes, Cucumber & Onion Salad, Coconut Cream Pie

Dinner: Chicken Pot Pie with a Biscuit, Key West Blend Vegetables, Cherries, Ice Cream Sundae