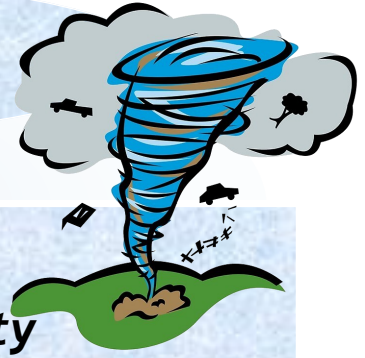


March 24, 2024

# Northcrest News

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



**Severe  
Weather  
Awareness  
Week!**

## The Week at a Glance!

### Sunday, March 24

- 2:00 No Hymn Sing today
- 2:30 Bus to ISU Musicale, Wendell home

### Monday, March 25

- 9:30 *Science of Contentment* workshop, GR
- 10:00 Bus to Fareway shopping
- 2:30 James Kellerman in concert, HC
- 2:45 Bus to the Memory Café, Northminster Presbyterian
- 6:30 Music & Social Hour with musician James Kellerman, GR

### Tuesday, March 26

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 3
- 12:00 Bus to Lunch & movie *Easter Parade*, Nevada



### Wednesday, March 27

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 5:30 Bus to Class on Dementia, Library
- 5:45 Bus to Liz Cheney talk, Des Moines
- 6:30 Bus to Ames History talk, Library

### Thursday, March 28

- 7:15 Northcrest Annual Meeting, GR

### Friday, March 29 Good Friday

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: John Swegle, Professor of Pharmaceuticals, U of Iowa
- 1:00 Wii Bowling

### Saturday, March 30

- 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**

**Wii Bowling**, 1:00 pm: March 22, April 5 & 19



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

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

Submit your weekly totals on Mondays.

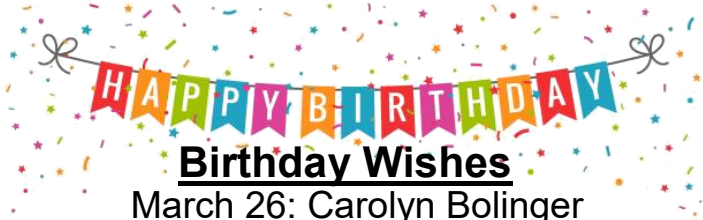


## Sunday Lunch

March 24, 12:30 p.m.

**Pork Roast with Gravy  
Roasted Potatoes  
Pacific Blend Vegetables  
Fresh Fruit  
Fruit of the Forest Pie**





### Birthday Wishes

March 26: Carolyn Bolinger  
March 27: Jim Noland



### Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for March 26 Coffee will be **Parkway, Floor 3**. Available in-person, via Zoom and Livestream (116-5 or 995).

### Friday Chats, 10:30 am, GR

- **March 29:** John Swegle, son of Margaret Noble, Professor of Pharmaceuticals, U of Iowa, “Hot Topics in the Pharmaceutical World”
- **April 5:** Driver Mike Lazere and the Ames Community Academy

## **SPECIAL NOTICES**

### Northcrest Annual Meeting

Plan to attend the Annual Meeting to learn what’s up at Northcrest.  
Thu, March 28, 7:15 pm, GR

### 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. Mark “O” for Oak and “W” for Wisteria. Or choose the same date for both! Who knows?! Deadline to submit dates is April 1.



### Shoe and Jeans Collection

Start saving your shoes, T-shirts and jeans! Kiwanis will have another shoe drive and “Clothing that Works” needs your T-shirts and jeans. Dates will be announced for a spring collection starting late April.

### 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 before April 1. No obligation until date and ticket price narrowed down.



### Friendly Reminder

Please remember to reserve in-town bus transportation a minimum of **48 hours** before need. We have had some requests for medical trips on short notice. We cannot guarantee a driver if we don’t have time to arrange what vehicle is available and if there is an opening for a driver to accommodate. We strive to fulfill all requests, but sometimes it is not possible. We often have a day requiring 2, 3, or even 4 drivers traveling different directions. Out of town trips we appreciate a 2 week notice. Sign up for **shopping** trips should be 24 to 36 hours in advance. Try Wed or Fri—less crowded!

## **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: Chicken Noodle**  
**Special for the Week: Grilled Ham with**  
**Pineapple and 1 side**

## ENTERTAINMENT

### Stephens Performances

- 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.

### 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.

### 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.

### Movie; Easter Parade

The trip to Nevada on Tue, March 26 is full. \$10 fee covers bus and movie. It will appear on your monthly bill. Bring money for lunch.

### Lynn Cheney Lecture at Drake

Liz Cheney, will deliver the 45th installment of the Martin Bucksbaum Distinguished Lecture Series in the Knapp Center on Drake's campus. \$10 bus fee on your monthly bill.

The lecture is 7-8:30 pm. The reserved seats are now claimed.

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, James is

also a RYT200 yoga teacher, NBC-HWC Health Wellness coach & workshop leader. .

- **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.

### 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.

### O.W.L.S.: It's More Than Just Land

Story County is blessed with wonderful people who care about nature. We'll explore some of those personal stories and how those connections live on – fostering new personal stories. What is yours? Led by Story County Conservation Director Mike Cox. Thu, April 4, Bus at 10:00 am

### ACTORS The Farnsworth Invention

Who really invented the TV? Buses on

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

ACTORS

### The Power of Tiny Art

Listen to Artist Tilly Woodward discuss her inspiration to make small paintings and other art. Brunnier Art Museum, Sun, April 7, Bus at 1:30 pm.

### Spring Dance is coming: April 19

Save the date for a fun evening of music!

*In Loving Memory*  
of

**Mary Frahm**

9/22/1930—3/12/2024

Memorial Service will be  
Friday, March 29  
Collegiate Presbyterian  
Bus at 3:00 pm

**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 24**

**Lunch:** Pork Roast with Gravy, Roasted Potatoes, Pacific Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

**Monday, March 25**

**Lunch:** Turkey Burger with Lettuce, Tomato, Swiss Cheese & Dijon Mustard on the Side, Corn Chips, Fruit Salad, Monster Cookie

**Dinner:** Lemon Pepper Tilapia, Rice Pilaf, Peas, Honeydew & Blueberries, Oatmeal Bar

**Tuesday, March 26**

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

**Lunch:** Grilled Chicken on Lettuce, with Dried Apple Chips, Feta Cheese, Pecans, Red Onions & Fuji Apple Dressing, Dinner Roll, Pears, Chocolate Hazelnut Cheesecake

**Wednesday, March 27**

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

**Lunch:** Italian Sausage Grinder with Roasted Peppers, Onions & Monterrey Cheese Sauce, Green Beans, Watermelon, Ice Cream

**Thursday, March 28**

The Crest Is Open Noon-2:00pm

**Lunch:** Ham & Swiss on Oatnut with Lettuce & Mayo on the Side, BBQ Potato Chips, Pickle Spears, Cantaloupe, Cookie

**Friday, March 29**

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

**Lunch:** Beer Battered Cod, Creamy Coleslaw, French Fries, Pears, Turnover

**Saturday, March 30**

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

**Lunch:** Hot Chicken Salad, Key West Blend Vegetables, Fresh Fruit, Spice Cake

**Dinner:** Beef Stew, Crescent Roll, Fruit Salad, Cherry Crisp