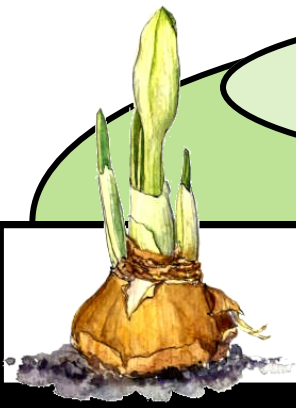
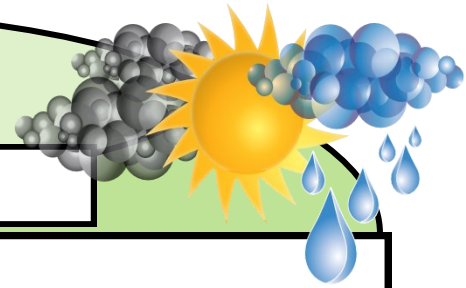


March 26, 2023

Northcrest News



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

The Week at a Glance!

Sunday, March 26

2:00 Hymn Sing
1:30 Bus to Good Neighbor Choral
Concert, Collegiate Methodist Church
4:30 Webcast of Cantamus Womens Choir
music.iastate.edu

Monday, March 27

10:00 Fareway shopping
3:00 Memory Café, Northminster
Presbyterian Church
5:15 Bus to Preview of McFarland Park
new construction plans, Ames Library

Tuesday, March 28

9:30 Tuesday Coffee, Hosts Parkway 2
2:15 Health Topic: *Lowering Blood
Pressure using Tai Chi*

Wednesday, March 29

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs or Hy-Vee
6:30 Bus to Ames History Lecture,
Public Library

Thursday, March 30

4:15 Line Dancing, Yoga Room

Friday, March 31

8:30—10:30 1st National Bank, Founders
10:30 Friday Chat with the Landscape
Committee
10:30 Bus to Walmart & North Fareway

Saturday, April 1

9:30 Bus to the Tip-Top Lounge
Oh wait.....
Happy April Fool's Day!



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

Line Dancing on Thursday, 4:15– 5, Yoga Rm

Sign up for the **Hydration Habits** program to get more information on proper hydration! Check your email or see Adrienne to sign up!

A **Fall Prevention** Class is scheduled for Thu, April 6 at 11:45 am. The Sign Up will be available March 29th at 8am at the Wellness Center; 16 spots available.

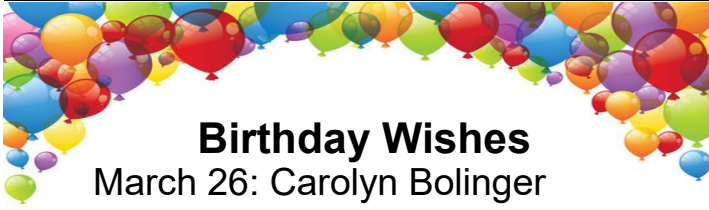
Wellness Weekly Workshop: Tue, March 28,
Lowering Blood Pressure using Tai Chi
We will pause for the month of April and will return in May.

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 26, 12:30 p.m.**

Pork Roast
Mashed Potatoes & Gravy
Sunshine Carrots
Watermelon & Grapes
Raspberry Pie

ANNOUNCEMENTS



Birthday Wishes

March 26: Carolyn Bolinger

Concert: Healing Power of Music

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.

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.

NCAA Brackets

The Grand Room TV will be turned on for watching NCAA games when the room isn't reserved for other events.

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 5:15 pm.

Art Committee Request

The Summer Art Exhibit will feature 2-D & 3-D work created by our residents. Find 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.

*In Loving Memory
of*

Gerald Klonglan

Passed on Friday, March 17

Memorial Service June 3, 11:00

Bethesda Lutheran Church

FOOD, FRIENDS & FUN!

Shopping in Des Moines

By request, another shopping trip to Des Moines is planned for Mon, April 10. Jordan Creek and Trader Joe's are on the agenda. Lunch on your own. \$7 bus fee. Bus at 10:00 am, home by 4:00 pm.

Lunch at Dublin Bay

How about lunch with friends at Ames' premier Irish restaurant, Dublin Bay? Mon, April 17, Bus at 12:30 pm.



P.E.O. Meeting Transportation

Are you a P.E.O. member, or have friends at Green Hills you would like to visit? There is a meeting scheduled for April 11 at Green Hills. We will have a bus available at 12:30 pm. Return around 3:15 pm. If you have questions, please contact Eileen Tramp at 515-231-3305.

Laughter is good for the soul....

- ◆ *There are some friends you know will never pull an April Fools' Day prank. Because they think it's still March!*
- ◆ *What do you say when it's raining chickens and ducks on April Fools' Day? It's fowl spring weather!*



The CREST

OPEN Wed-Fri, March 29-31
12:00—2:00 pm and 4:30—7:00 pm

Soup of the Day:
Chicken Noodle



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 along with Knut and Dawn presents Northcrest's updated policies for the whole campus.

April 7: Jody Melcher on Reiman Gardens' Nature at Noon programs.

April 14: Taylor Bassett on the Ames Ice Rink (She is very enthusiastic about ice!)

April 21: Cathy Halverson on Clothing that Works program

Ames History Lecture

Exploring the Trice Connection: Jack's African American ISC Friends, Family & Classmates—Long title, but interesting history. Sponsored by the Ames History Museum. Wed, March 29, Bus at 6:30 pm, Ames Public Library



O.W.L.S.

Go on a wildlife exploration of Kenya, Tanzania, and South Africa with photographer Jim Pease. Learn of the grazers and their predators with their roles in the balance of African wildlife. Thu, April 6, Bus at 10 am.

Save the Date: Spring Fling

A special treat with music by Larry Northup! We'll channel the 50's, as well as other eras. Don't miss this opportunity to dance or just listen! Fri, April 14, 6:30 pm, GR



ENTERTAINMENT

Good Neighbor Concert,

Support the Good Neighbor Assistance Fund by attending the concert this Sunday. Donation at the door, Sun, March 26, 2:00 pm. Bus at 1:30 if enough interest.

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 on 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

Town and Gown

Megan Moore, soprano and Francesco Barfoed on piano present a concert at MET, \$30 tickets at the door. Sun, April 2, Bus at 2:30 pm.



Drake Opera

Drake Opera Theatre Presents *Hansel and Gretel* at the Harmon Fine Arts Center. This opera is sung in English. Tickets \$10, bus fee \$7. Need 12 to go out of town. Sun, April 16, Bus at 12:45 pm. For more info, contact Jane Farrell-Beck: 515-292-8302.

Upcoming Shows at Stephens

- *Annie*, Mon, April 17, Bus at 7:00 pm.
- *Les Violons du Roy*, Sat, April 22, Bus at 7:00 pm.

SPECIAL NOTICE

Spring is Here!

That means it is time to guess when the Wisteria will be in full bloom at the Pergola!



Enter the date you predict that our anonymous resident team determines it is at 80% full.

Deadline to submit is April 30.

You could be the holder of the Travelling Wisteria Prize!

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 26

Lunch: Pork Roast, Mashed Potatoes & Gravy, Sunshine Carrots, Watermelon & Grapes, Raspberry Pie

Monday, March 27

Lunch: Grilled Bratwurst with Sauerkraut, Baked Beans, Grapes, Snicker-doodle Cookie

Dinner: Creamy Pesto Chicken, Parmesan & Herb Potatoes, Key West Blend Vegetables, Apricots, Banana Cream Pie

Tuesday, March 28

Lunch: Ham & Turkey Sandwich with Provolone on Flat Bread, Sun Chips, Bread & Butter Pickles, Grapefruit Segments, Sherbet

Dinner: Lemon-Pepper Baked Pollock, Long Grain & Wild Rice, Broccoli, Peaches, Boston Cream Cake

Wednesday, March 29

Lunch: Taco Chili, Corn Chips, Cantaloupe, Oreo Pie

Thursday, March 30

Lunch: Reuben, Tomato, Cucumber & Cauliflower Salad, Pickle Spear, Fresh Fruit, Lemon-Lime Cake

Friday, March 31

Lunch: Cheeseburger, Onion Straws, Apple Slices, Oriental Broccoli Salad, Orange Floats

Saturday, April 1

Lunch: Hot Chicken Salad, Capri Vegetables, Honeydew & Blueberries, Carrot Cake

Dinner: Beef Stroganoff with Egg Noodles, Peas & Onions, Mandarin Oranges, Molasses Cookie

