



March 31, 2024

Northcrest News

Northcrest Community
Over 59 years of service to older
adults in the Greater Ames Community



The Week at a Glance!

Sunday, March 31 Easter Sunday *Grand Room available for Easter Gathering*

- 2:00 Hymn Sing, AL



Monday, April 1 April Fool's Day

- 10:00 Bus to Fareway shopping

Tuesday, April 2

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 3
- 1:30 Hearing Aid Maintenance, Providers'
- 5:30 Bus to the Solar Eclipse Talk, Library

Wednesday, April 3

- 10:00 Blood Pressure Clinic
- 10:00 Book Club, AL
- 10:30 Bus to ALDI or Hy-Vee

Thursday, April 4

- 10:00 Bus to O.W.L.S., Story Co. Center
- 1:00 Alzheimer's Support Group, GR

Friday, April 5

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: (Driver) Mike Lazere and the Community Academy
- 1:00 Wii Bowling
- 7:00 Bus to *The Farnsworth Invention*, ACTORS
- 7:00 Bus to Chanticleer, Stephen's

Saturday, April 6

- 12:30—4 Senior Variety Show Auditions, Northminster Presbyterian Church
- 7:00 Bus to ABBA Mania, Stephens



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

NO YOGA on Mon, April 1; Leysan is not available.

Wii Bowling, 1:00 pm: April 5 & 19

Alzheimer's Support Group for Caregivers AND those with early onset dementia, Thu, April 4, GR

Walking Challenge: Through April 5!

Submit your weekly totals on Mondays.



Sunday Lunch March 31 12:30 p.m.



**Baked Ham
Knoll Potatoes
Green Beans
Dinner Roll
Fresh Fruit
Easter Cake**



Birthday Wishes

April 2: Eileen Klonglan
April 3: Sue Simmons
April 6: Lee Smithson

Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for April 2 Coffee will be **Parkway, Floor 3**. Available in-person, via Zoom and Livestream (116-5 or 995).

Boys & Girls Club

The Residents' Council chose the Boys and Girls Clubs as our Community Outreach Gift. Judge Johnston will be coming to Tuesday Coffee April 2nd and will speak 15 to 20 minutes as an announcement to explain how our donations will be used. Don't miss it!

Friday Chats, 10:30 am, GR

- **March 29:** John Swegle, son of resident 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

What do YOU have in your closet?

Have you made an innovative use of one of your closets? Beyond storing clothes and other household goods, much can be done with a closet. We welcome examples of Northcrester creativity. Send your innovation to jfarrell@iastate.edu. This will be material for a future Northcrester article.

Speaking of Closets..

Shoes, T-Shirts and Jeans Drives

Start saving your shoes, T-shirts and jeans! Kiwanis will have another shoe drive and "Clothing that Works" needs your T-shirts and jeans. We will start April 22. **PLEASE do not bring them before that date!**

The 8x8 Project

The Art Committee is ready to start collecting participants in a new creative project. Read the list of workshops that will be available to join in the emailed flyer.

Spring Contests

Submit your guess for the date of the Columnar **Oaks** on the NC Drive to lose the majority of their leaves. Also, guess the date of the near full-bloom of the wisteria at the Pergola. Place your guesses in the box in the Front Entry. Mark "O" for Oak and "W" for Wisteria. Deadline to submit dates is April 1.



DMMO Opera Guild Meeting

Please note the April 9 meeting will be held at the Fireside Room on Northcrest Court.



Des Moines Performing Arts Ctr.

There have been a few requests to see *Moulin Rouge*, in late August as a matinee. I am checking into specific fees. We would need a dozen or more to attend. Stay tuned!



Exciting News

Attend the next Tuesday Coffee to learn about an exciting new development! We are considering adding Tiny Homes as an option for new incoming residents along the railroad tracks. These miniscule 1 room moveable homes are all the trend! Come to Coffee to hear all about this new venture!

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 Tortilla*
Special for the Week: *Grilled Chicken Thigh Sandwich on Toasted Bun with Lettuce, Tomato, Onion & Mayo*

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.

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.

High School Jazz Championships

Are you interested in the next generation of musicians? Free to watch the finals on Tue, April 2, 7:00 pm, Stephens Auditorium. No Bus. See Lynette Spicer for more info.

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 (Need more people)
 - 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.

Senior Variety Show Auditions

If you plan to audition for the August 23/24 show, you should choose a time on Sat, April 6 or 13. Ask Ronnie for the link to sign up.



League of Women Voters Meeting

Annual Member meeting and dinner at Prairie Moon Winery on Thu, April 18. \$40 tickets, must RSVP by April 14. Bus if enough interest. See Johnie Hammond for information.



Town & Gown

Nicole Cann, solo pianist, \$35 at the door. Fri, April 12, MET, Bus at 7:00 pm.

Spring Dance is coming: April 19

Save the date for a fun evening of music with Larry Northup!



Tour by Appointment Only!

Tour the ISU Textiles & Clothing Museum in Morrill Hall. Mon, April 22, Bus at 9:45 am.

ISU Lectures

Many interesting topics so check them out and let Ronnie know if we need a bus! Go to <https://www.lectures.iastate.edu/events>

Friendly Reminder



Please remember to reserve in-town bus transportation a minimum of **48 hours** before need. We have had 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 a driver to accommodate. 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!



In Loving Memory

of

Mary Frahm

9/22/1930—3/12/2024

Memorial Service: Friday, March 29
Collegiate Presbyterian, Bus at 3:00 pm
Livestream on your computer at 3:30pm
[https://www.youtube.com/live/ZLDTUFCz5IU?
si=Gtgv0GkN4EwpgZAc](https://www.youtube.com/live/ZLDTUFCz5IU?si=Gtgv0GkN4EwpgZAc)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Center Lots of Choices for Exercise!</p> <p>Game Night, LIB Thursdays, 6 pm</p> <p>1st National Bank Fridays: 8:30—10:30 am</p>	<p>1</p> <p>10:00 Fareway</p>  <p>April Fool's day</p>	<p>2</p> <p>9:30 Coffee, Parkway 3 1:30 Hearing Aid Maintenance</p> <p>5:30 Solar Eclipse talk, library 7:00 High School Jazz event, Stephens, No Bus</p>	<p>3</p> <p>10:00 Book Club, AL 10:00 BP Clinic 10:30 ALDI & Hy-Vee</p>	<p>4</p> <p>10:00 Writers' Group 10:00 Bus to O.W.L.S., <i>It's More Than Just Land</i></p> <p>5:00 LaVone Newell, AL</p>	<p>5</p> <p>10:00 N Walmart & Fareway 10:30 Friday Chat: Mike Lazere and the Community Academy 7:00 Bus to Chanticleer, Stephens 7:00 Bus to ACTORS</p>	<p>6</p> <p>12:30-4 Senior Variety Show Auditions, Northminster Presbyterian Church</p> <p>7:00 Bus to ABBA Mania, Stephens</p>
<p>7</p> <p>1:30 Bus to Brunnier, Artist Talk on Tiny Art</p> 	<p>8</p> <p>10:00 Fareway</p> <p>2:00 Stitches' Meeting, GR</p>	<p>9</p> <p>9:30 Coffee, Parkway 4</p> <p>6:00 DMMO Opera meeting, Fireside Room</p>	<p>10</p> <p>10:00 BP Clinic 10:30 ALDI & Hy-Vee</p>	<p>11</p> <p>11:30 Walking Challenge Party, GR</p> 	<p>12</p> <p>10:00 N Walmart & Fareway Friday Chat—TBA</p> <p>7:00 Bus to Town & Gown, MET</p>	<p>13</p> <p>12:30-4 Senior Variety Show Auditions, Northminster Presbyterian Church</p>
<p>14</p> <p>1:30 Bus to The Farnsworth Invention, ACTORS</p>	<p>15</p> <p>10:00 Fareway</p> <p>1:30 Mark Making Workshop, Social Room</p>	<p>16</p> <p>9:30 Coffee, Parkway 4</p> <p>1:30 Mark Making Workshop, Social Room</p>	<p>17</p> <p>10:00 BP Clinic 10:30 ALDI & Hy-Vee</p>	<p>18</p> <p>10:00 Writers' Group</p> <p>5:00 LaVone Newell, AL</p>	<p>19</p> <p>10:00 N Walmart & Fareway Friday Chat: Ames Animal Shelter with animals!</p> <p>6:30 Spring Dance with Larry Northup, GR</p>	<p>20</p> 
<p>21 National Volunteer Week</p>	<p>22 Shoe & Jeans Drive starts!</p> <p>10:00 Fareway 10:00 Tour of Textiles & Clothing Museum, Morrill Hall 2:30 Bus to The Memory Cafe</p>	<p>23</p> <p>9:30 Coffee, Atrium S-1</p> <p>11:30 Bus to ISU Tea Room 6:30 Bus to Ames History talk, Roosevelt School to Condos</p>	<p>24</p> <p>10:00 BP Clinic 10:30 ALDI & Hy-Vee</p>	<p>25</p> <p>1-4 Staff Health & Safety Fair, GR</p>	<p>26</p> <p>9:30 Residents' Council, GR 10:00 N Walmart & Fareway</p> <p>TBA: Volunteer Party, GR</p>	<p>27</p> <p>1-4 Farm House Museum Open House</p>
<p>28</p> <p>1-4 Farm House Museum Open House</p> <p>2:00 Concert with the Dixie Slicks, GR</p> <p>7:00 Choral Society concert, St. Andrew's, No Bus</p>	<p>29</p> <p>10:00 Fareway</p>	<p>30</p> <p>9:30 Coffee, Atrium S-2</p>				

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.

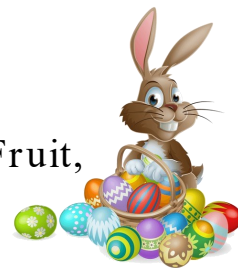
Lunch is ready for pick up at 2300 entry at 12:30 pm

Need the Kitchen? New Extension

After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

Sunday, March 31

Lunch: Baked Ham, Knoll Potatoes, Green Beans, Dinner Roll, Fresh Fruit, Easter Cake



Monday, April 1

Lunch: Taco Salad, Corn Muffin, Peaches, Mini Vanilla Swirl Cone

Dinner: Grilled Steak with Steak Sauce, Twice Baked Mashed Potatoes, Capri Vegetables, Cantaloupe, Frosted Brownie

Tuesday, April 2

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

Lunch: Spaghetti with Meat Marinara, Breadstick, Orange Slices, Three Bean Salad, Blueberry Crisp

Wednesday, April 3

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

Lunch: Salmon Club Sandwich with Lettuce, Tomato, Bacon & Sauce on the Side, Fresh Fried Chips, Bread & Butter Pickles, Mandarin Oranges, Chocolate Raspberry Jell-O Cake

Thursday, April 4

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

Lunch: Quiche Lorraine, Dinner Roll, Strawberries, Cottage Cheese, Coffee Cake

Friday, April 5

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

Lunch: Western Burger with Lettuce, Tomatoes, Fried Onions & BBQ Sauce on the Side, Doritos, Fruit Salad, Snickerdoodle

Saturday, April 6

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

Lunch: Tater Tot Casserole, Broccoli, Pears, Vanilla Parfait with Vanilla Wafer

Dinner: Chicken Noodles over Mashed Potatoes, Carrots, Watermelon, Cheesecake