



March 5, 2023

Northcrest News

*March,
comes in like a Lion,
goes out like a
Lamb? We'll
see...*

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

The Week at a Glance!

Sunday, March 5

2:00 No Hymn Sing today
2:00 Bus to Central IA Symphony, City Auditorium
6:30 Bus to *Ireland with Michael*, Stephens Auditorium

Monday, March 6

10:00 Fareway shopping

Tuesday, March 7

 9:30 Tuesday Coffee, Hosts: K-1, 2 & 3
1:30 Hearing Aid Maintenance, Prov. Rm
2:15 Health Topic: "Sleep Fit Training"

Wednesday, March 8

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs or Hy-Vee

Thursday, March 9

9:45 **Balance with Naja**, Wellness Ctr.
11:15 Bus to Nature at Noon, Reiman Gardens
4:00 LaVone Newell on piano, Green Rm.

Friday, March 10

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
10:30 **Friday Chat** with Mayor John Haila, GR
2:00 Wii Bowling, Wellness Center

Saturday, March 11

Don't forget to turn your clocks ahead one hour tonight!



Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:

March 7 (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Sign up for Wii Bowling! Rescheduled!

Fri, March 10, 2:00 pm, Wellness Center

New Classes; sign up at Wellness Center
Body & Mind Circuit, taught by Chris Mondak
Mondays in March, 1-1:40 pm, Limited to 6

Balance with Naja, 1 time only, Thu, Mar 9, 9:45 am

Wellness Weekly Workshop: Tuesdays, 2:15
"Sleep Fit Training" : We'll be talking about sleep and the role it plays in brain function. There are simple tricks you can make part of your daily routine that will positively influence your sleep quality. You will walk away with powerful tips on how to use exercise as a means to promote better sleep.

Sunday Dinner March 5, 12:30 p.m.

Baked Ham
Mashed Sweet Potatoes
Key West Blend Vegetables
Fresh Melon Salad
Cherry Tart



ANNOUNCEMENTS



Birthday Wishes

March 6: Dorothy Conley

March 9: Pat Girton

March 10: Jay-Lin Jane Topel

Name Tag Reminder

It has been pointed out how nice it is to see a person's name tag in group events. Please try to wear yours to Tuesday Coffees and other gatherings. It's a great way to get to know each other!

Step by Step Painting Class

Please let me know if you would be interested in a painting class with step by step instructions. Kipp Davis has taught us before and led us in an hour class to create small 6" square paintings. He provides all the supplies and guidance. Class size needs a minimum of 12. \$25 per person. Email Ronnie if you would like a future class. A few have responded, but we need more!



"Pi" Day is coming!

March 14, or known as 3.14, is of course "Pi" in mathematical circles. Sign up to bring 2 identical homemade pies for Tuesday Coffee on March 14 at 8:30 am. Please choose Fruit Pie or Cream Pie as a category at the Front Desk. We also need judges!! Sign up for that auspicious role if you can handle tasting numerous pies! It's going to be fun for all the residents to watch the judging and eat their own choice of pie.

Browser needs a Missing Book!

We are missing an Ames Public Library book that was not signed out and the library has someone waiting for it. Please check your shelves for the APL book "The Warmth of Other Suns" by Wilkerson. It is about American migration. The call number on the spine is 304.8 WIL 2010. Please return to the NC Library **as soon as possible**.

SPECIAL NOTICES

Write Your Fond Memories Down

If you wish to leave a Memory-Legacy to your children, grandchildren and generations to come, here is an opportunity: Write a Page or Two on your life, recalling your parents and grandparents. Send it to: vvrsp@rit.edu **BEFORE March 31**. The collection of MEMORIES will be published in Book Format, edited by Dr. V. V. Raman.

Use of Fireside and Rose Rooms

Please remember to follow the directions posted in the Community Rooms regarding cleaning after use. You are responsible for taking your trash out, vacuuming and washing dishes you've used. Please leave it clean for the next group! Thank You!!

American Dreamer: Henry Wallace

Terrace Hill in Des Moines is offering to livestream the Humanities Iowa presentation of *The Life & Times of Henry A. Wallace*, performed by Tom Milligan. We will watch this one act play together in the Grand Room. Mon, March 13, 5:00 pm, GR

The CREST

OPEN Wed-Fri, March 8-10
12:00—2:00 pm and 4:30—7:00 pm
Please note: The Crest will be closed
on March 22

Soup of the Day:
Tomato Basil

Specials: 4:30-5:00 pm

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



"Northcrest Through Our Eyes"

"Through Our Eyes" will be a display of your own photos taken with your cell phone. Outside views, no people please! Submit up to 5 of your best photos to louiseaodo@gmail.com, submit a thumb drive, or text 515-321-0559. You may submit up until May 10.



PLACES TO GO, THINGS TO DO

Friday Chats, 10:30 am, GR

March 10: Ames Mayor John Haila will give us a "State of Ames" overview.

Kiwanis Pancake Days

After an absence of 2 years, the annual Pancake Days will be back at 1st United Methodist Church on March 3 & 4.

\$10 tickets at the door.

Buses available:

- Fri, March 3, 4:30 pm
- Sat, March 4, 9:00 am



Nature at Noon at Reiman Gardens

Take your own lunch and learn about feeding the hungry from Patty Yoder, Director of Food at First. Room open at 11:30, program at 12:10 to 12:50 pm. Thu, March 9, Reiman Gardens. Bus at 11:15 am.

Lunch at DMAAC Bistro

Sign up for a special lunch at the Bistro in Ankeny. \$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. We will relax and enjoy each other's company! Wed, March 22. Bus at 11:00 am.

ENTERTAINMENT

Central Iowa Symphony

Young Artists Concert, City Auditorium, \$20 at the door, Stage Talk at 2:15pm, Sun, March 5, Bus at 2:00 pm.



Ames Choral Society

Cabaret: It's a Magical World, held on Fri, March 3, 7 pm and Sat, March 4, 3:00 pm. St. Andrew's Lutheran, 209 Colorado. \$10 at the door. Bus available **only** on Fri, 6:30 pm.

Upcoming Shows at Stephens

- Fri, March 3, National Orchestra of Ukraine, Bus at 7:00 pm
- Sun, March 5, *Ireland with Michael*, (That's Michael Londra!) 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



SPORTS

Women's Basketball

Mar 4, vs Texas Tech, Bus at 2:30 pm



St. Patrick's Day is Coming!

- **Robert Thomas Irish Dancers**, Thu, March 16, 5:00 pm, GR
- **Irish Treats**, Wellness Coffee Area, Fri, March 17, 3:00 pm. Stay for Line Dancing at 4:15 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. Sat, March 18, Bus at 2:30 pm.
- **Ken Wind, bagpipe player** from Algona, visits to give us a touch of the Highlands! Tue, March 21, 2:00 pm, GR



In Like A Lion, Out Like A Lamb

by Lorie Hill

*March roars in like a lion
So fierce,
The wind so cold,
It seems to pierce.*

*The month rolls on
And Spring draws near,
And March goes out
Like a lamb so dear.*



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 5

Lunch: Baked Ham, Mashed Sweet Potatoes, Key West Blend Vegetables, Fresh Melon Salad, Cherry Tart

Monday, March 6

Lunch: Grilled Chicken on Lettuce with Dried Apple Chips, Crumbled Feta, Pecans, Red Onions, & Fuji Apple Dressing, Muffin, Peaches, Yogurt Parfait

Dinner: Baked Cod with Orange Sauce, Pesto Herb Orzo, Green Beans, Watermelon, German Chocolate Brownie

Tuesday, March 7

Lunch: French Dip with Au Jus, Broccoli, Strawberries & Grapes, Banana Bar

Dinner: Chicken Marsala, Roasted Rosemary Potatoes, Italian Blend Vegetables, Fresh Fruit, Key Lime Pie

Wednesday, March 8

Lunch: Gyro with Lettuce, Tomato, Sautéed Onion, & Tzatziki Sauce, Tater Tots, Citrus Fruit Salad, Sherbet

Thursday, March 9

Lunch: Goulash, Breadstick, Apple Slices, Cucumber & Onion Salad, Chocolate Hazelnut Cheesecake

Friday, March 10

Lunch: Chicken Sandwich with Cheddar Cheese, Lettuce, Tomato, Onion, & Mayo, BBQ Chips, Pickle Spear, Pineapple & Blueberries, Cookie

Saturday, March 11

Lunch: Enchilada Casserole with Lettuce, Tomato, Onion, & Sour Cream, Spanish Rice, Pear Halves, Yellow Cake with Chocolate Frosting

Dinner: Chicken & Noodles over Mashed Potatoes, Peas, Cantaloupe, Chocolate Pie