

Wellness Center
Lots of Choices for Exercise!
Game Night, LIB
Thursdays, 6 pm
1st National Bank
Fridays: 8:30—10:30 am



1 National Employee Appreciation Day
10:30 N Walmart & Fareway
4:45 Bus to Kiwanis Pancake Days, 1st Methodist

2
9:30 Bus to Kiwanis Pancake Days, 1st Methodist
12:30 Bus to WBB vs Cincinnati
2:30 Bus to Ames Choral Society, St. Andrew's
3:45 Women composers Festival, MET

3
12:45 Bus to Iowa State Singers, MET
2:00 Bus to Central Iowa Symphony, City Auditorium

4 NC Walking Challenge Starts today!
10:00 Fareway
1:00 Bus to Mystery Tour!



5
9:30 Coffee, Parkway 1
1:30 Hearing Aid Maintenance

6
10:00 BP Clinic
10:00 Book Club, AL
10:30 ALDI's & Hy-Vee
1:00 AHS Orchestra, GR
6:15 Bus to MBB vs BYU

7
10:00 Writers' Group
10:00 Bus to O.W.L.S. Iowa's Lost Lichens
1:00 Alzheimers Support Group, GR
1:10 Bus to Art & Science tour, ISU's BioRenewables Building
5:00 LaVone Newell, AL

8
10:30 N Walmart & Fareway
10:30 Friday Chat: Andy Barlett, Ledges Park Mgr.
1:00 Wii Bowling, Well Ctr
4:45 Bus to Fish Dinner, St. Cecilia's Church
6:00 Bus to ISU Gymnastics

9 Popcorn Lover's Day!



10 Daylight Savings Time



11
NO Chair Yoga today
10:00 Fareway
2:00 NC Stitches meeting, GR

12
9:30 Coffee, Parkway 2
6:00 DMMO Opera meeting, GR

13
10:00 BP Clinic
10:30 ALDI's & Hy-Vee
11:30 Lunch at Stomping Grounds, then Gallery in the Round

14 Pi Day



15
10:30 N Walmart & Fareway
Friday Chat: TBA
4:00 Robert Thomas Irish Dancers, GR



16



17



18
10:00 Fareway
12:30 Lunch at Jethro's, shopping South Duff Ave.
6:30 Mixed Bridge, Founders' Room

19
9:30 Coffee, Parkway 2
12:00 Tuesdays with Friends, Conference Rm.
7:00 Playmakers Meeting, GR

20 First Full Day of Spring
10:00 BP Clinic
10:30 ALDI's & Hy-Vee
11:15 Bus to ISU Tea Room



21
10:00 Writers' Group
11:00 Monthly Education Series on Alzheimer's, GR
2:00 Slater Museum Talk on Apron exhibit, GR
5:00 LaVone Newell, AL
6:30 Bus to Swan Lake

22
9:30 Residents' Council
10:30 N Walmart & Fareway
1:00 Wii Bowling, Well Ctr

23
7:00 Bus to Town & Gown, MET

24
31 EASTER Sunday



25
9:30 Mindfulness Workshop with James Kellerman, GR
10:00 Fareway
2:30 James Kellerman, HC
2:45 Bus to Memory Café, Northminster Presbyterian
6:30 James Kellerman Music and Social Hour, GR

26
9:30 Coffee, Parkway 3
12:00 Lunch & Easter Parade Movie in Nevada

27
10:00 BP Clinic
10:30 ALDI's & Hy-Vee
6:30 Bus to Ames History talk, Library

28
7:15 Northcrest Annual Meeting, GR

29 Good Friday
10:30 N Walmart & Fareway
10:30 Friday Chat with John Swegle, M. Noble's son.

30



Will March go out like a lion or a lamb???