

April 16, 2023

Northcrest News



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

The Week at a Glance!

Sunday, April 16

12:45 Bus to Drake, *Hansel & Gretel*
2:00 Hymn Sing

Monday, April 17

10:00 Fareway shopping
12:30 Bus to Dublin Bay for lunch
6:30 Mixed Bridge

Tuesday, April 18

9:30 Tuesday Coffee, Hosts Parkway 3
6:30 Bus to ISU History Lecture, *Wind & Prairie Madness*, Ames Public Library

Wednesday, April 19

9:30 Volunteer Appreciation Event, GR, by invitation
10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee

Thursday, April 20

10:00 Writers' Group, Founders' Rm
11:15 Bus to ISU Tea Room
11:45 Fall Prevention Class, Wellness Ctr.
2:00 Game Time in Assisted Living, 2nd Floor Activities Room
4:00 LaVone Newell, piano, Green Room
4:30 Bus to Annual League of Women Voters meeting, Gateway Hotel
7:00 Bus to Opera Studio, MET

Friday, April 21

8:30—10:30 1st National Bank, Founders
10:30 Friday Chat: Clothing that Works
10:30 Bus to Walmart & North Fareway

Saturday, April 22 EARTH DAY

10-4:00 Ames Repair Café, Ames Library
7:00 Bus to Les Violins du Roy, Stephens

Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:

May 2 (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

1. Body and Mind Circuit by Chris is back! 6 spots available plus a waitlist. The class will run Monday April 17, April 24, and May 1 from 1-1:45pm.
2. Last round of the Fall Prevention class will be Thursday 11:45am-12:15pm.
3. If you are interested in the Keys for Dementia Prevention Class beginning April 19th (10 weeks) from 6-8pm at the Ames Public Library. Please see Mary Greeley's website and search for Unlocking Brain Fitness

Sunday Dinner April 16, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Key West Blend Vegetables
Watermelon & Grapes
Peach Melba Crisp



ANNOUNCEMENTS



Birthday Wishes

April 16: Marilu Raman
April 17: LeRoy Ornberg
April 18: Bill Schmitt
April 18: Jan Samuelson

Resident Geese Need Names!

The names have been flowing in! The contest is now closed, and the list is attached. Place your vote for your favorite by emailing rlindeman@northcrestcommunity.org or at the Front Desk by Monday, the 17th, by 3:00 pm. The winning names will be announced at Tuesday Coffee.



Wisteria contest

Guess the date the Wisteria will be in full bloom at the Pergola! Deposit in the box at the Front Entry. Submit by April 30!

Birthday Party for Kay Berger

All Northcrest is invited to an Open House for Kay to celebrate her birthday! It will be in the old Pantorium building, soon to be part of the Ames History Museum downtown. Come for refreshments and socializing! Fri, April 14, 3:30—5:30 pm. Bus available at 3:45, home at 5:00 pm. (In time for the Spring Fling!)



League of Women Voters

Attend the Annual Meeting of the LWV. Pasta buffet and program with Rev. Dr. Brett Becker. Cost is \$35 and must register yourself. Gateway Hotel. For more info, ask Jan Beran. Thu, April 20, Bus at 4:30 pm.



Ames Repair Café

The free Repair Café is being held again at the Public Library. Celebrate Earth Day by repairing instead of throwing out! They have volunteers to help mend garments, fix electronics, appliances, jewelry and more. Sat, April 22, 10 am—4 pm.

Friday Chats, 10:30 am, GR

April 14: Taylor Bassett on the Ames Ice Rink (She is very enthusiastic about ice!)
April 21: Cathy Halverson on Clothing that Works program, based out of the Collegiate Methodist Church.



Spring Fling

A special treat with music by Larry Northup! There will be a dance floor and refreshments. Fri, April 14, 6:30 pm, GR

National Table Tennis Day

Sun, April 23rd is a day to celebrate! Go to the newly refurbished Game Room in the Lower Level of the 1801 building. Grab a few friends for a friendly game of Ping-Pong!! Is there interest in a tournament? Let Ronnie know!

THINGS TO DO!

Ames Choral Society-2 events

- *Messiah* Sing Along, Sat, April 15, 4 pm, No Bus.
- Earth Mass, \$10, Sun, April 30, Bus at 6:30 pm.

Both held at St. Andrew's Lutheran Church

Clayton Farms Tour

Formerly known as Nebullan Farms, this is an organic vertical hydroponic farm system located in the ISU Business Park. We are scheduled for a tour: Fri, April 28. Bus 2:30.

April is Humor Month!

- ◆ *Lexiphiles* (i.e., "lovers of words")—*you know...like, you can tune a piano, but you can't tuna fish...or,*
- ◆ *Police were called to a daycare where a three-year-old was...resisting a rest.*
- ◆ *A boiled egg is...hard to beat.*

The CREST

The Crest will be closed April 19-21 for a small remodeling project. We anticipate to be open the following week.

PLACES TO GO, THINGS TO DO

Lunch at Dublin Bay

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



ISU Tea Room

Do you love crepes? Then sign up to visit the Joan Bice Underwood Tea Room on campus! Chicken Crepes, Broccoli, Coconut Twists and a Brownie. \$8 includes coffee or iced tea. Thu, April 20, Bus at 11:15 am.

Your Historian Lecture:

The Enemy of Women: Great Plains Wind & Prairie Madness

Presented by ISU Historians, this talk will be about *The Wind* novel (1925) and silent movie (1928). The author of the book took the reality of Texas wind, augmented it, and linked it to the larger phenomena of prairie madness. Ames Public Library, **Tue, April 18, Bus at 6:30 pm.**

Ames History Museum Lecture

Off the Map: Stories of Iowa Abandoned and Disappearing Towns, will be presented by Rosa Snyder. (Please note: the bus sign up for this lecture was incorrectly labeled. Double check if you signed up for the correct one.) Ames Public Library, Tue, April 25, Bus at 6:30 pm.

ENTERTAINMENT

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. Sun, April 16, Bus at 12:45 pm.

ISU Opera Studio

ISU opera students will present a program of Gilbert & Sullivan music on Thu, April 20. \$5, MET, Bus at 7:00 pm



ISU Piano Studio Recital

Eight talented students perform works by Chopin, Prokofiev, Bach and more. Mon, April 24, Free, MET, Bus at 7:00 pm



Upcoming Shows at Stephens.

• Les Violons du Roy, Sat, April 22, Bus at 7:00 pm. We need more people for a bus to go. **A special offer has been extended from the Ames International Orchestra Festival Association to retirement communities. \$30 tickets available if you copy this link in your search bar: <https://www.center.iastate.edu/retirement-communities-les-violons-du-roy/>**



Town & Gown

Listen to the Maxwell String Quartet from Scotland. \$30 at the door. 1st Methodist Church, Tue, April 25, Bus at 7:00 pm.

IOWA STATE UNIVERSITY

University Museums

Brunnier Museum is 50 years old!

Help ISU Museums celebrate a special anniversary. Watch a video showing the 50 years of growth at the Brunnier Museum. You might even see yourself if you've been supporters for a long time! Thu, April 27, Bus at 5:30 pm, Scheman Building



Kiwanis Shoe Fund-Raiser

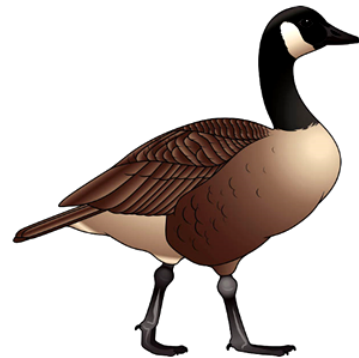
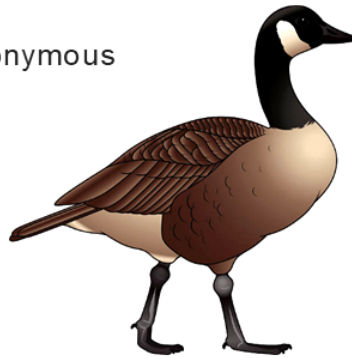
Ames Noon Kiwanis is conducting a shoe collection fundraiser. Every pair of gently worn shoes you donate turns into funds for kids in Story County. The shoes are then given to micro enterprises in countries like Haiti, Honduras, Kenya & the Philippines. Shoes can be brought to Ronnie's office or given to Cynthia Gaunt. Shoes need to be wearable with no holes. Drive runs through May 20.



**Thank you from the Ames Noon Kiwanis!
Our club turns 100 years old this year!!!**

Potential Northcrest Goose Names

1. **Goosey and Lucy**, Sue Scott
2. **Loosey & Goosey**, Judy Amfahr
3. **Gertrude and Heathcliff** (#3-#7 from Pete Boysen)
4. **Orpheus and Eurydice**
5. **Ted and Sally** (primary readers)
6. **Ramades & Aida** (#6 & #7 For Opera buffs)
7. **Tristan and Isolde**
8. **Alistair & Priscilla** (British, since they're Canadian, a Commonwealth country) Norm Scott
9. **Mother & Goosey Loosey**, Judy Brooks
10. **Quack 1 & Quack 2**, Leonard Tipping
11. **Romeo & Juliet**, Karsten Smedal
12. **Lancelot & Elaine**, Art Mann
13. **Charles & Camilla**, Roger Berger (in honor of the new-to-be crowned King & Queen)
14. **Norten "Norty" & Cressa**, Paula Brekke
15. **Crestor & Crestiss**, Eileen Tramp
16. **Missy and Hissy**, Mary Pepper
17. **Gabby & Gandy**, Carolyn Jarnagin
18. **Crester & Crestine**, Marilyn Green
19. **Gander & Wander**, Joanie Tedesco
20. **Honk & Mrs. Honk**, Ida Jahren
21. **Gilbert & Gertrude**, Norma Sisson
22. **Bonnie & Clyde**, Bob Stumbo and an anonymous entry
23. **Mother Goose & Ryan Gosling**, anonymous
24. **Frick & Frack**, anonymous
25. **Lance-a-little & Gwen-is-here**, anonymous
26. **Emily & Ezekiel**, anonymous
27. **Norris & Natalie**, anonymous
28. **Hans & Gretel**, anonymous
29. **Archie & Edith**, anonymous
30. **Crestly**, anonymous
31. **John & Cody**, anonymous
32. **Dumb & Dumber**, anonymous
33. **Fried and Baked**, Larry Curry
34. **Gabriel & Gertrude (Gabs & Gertie)**, Johnie Hammond
35. **Johnnie & June**, anonymous
36. **Gosner & Gracie**, Ruth Ornberg
37. **North & Crest**, Anita Coatney
38. **Happy & Go-Lucky**, Anita Coatney
39. **Gertie Goose & Gandie Gander**, Ruth McCully
40. **Poo Ma & Poo Pa**, anonymous



Vote by Monday, 17th. The winning names will be announced at Tuesday Coffee, the 18th!!

RHYMES ON ART-WORKS

I saw the paintings and drawings on the large wall
Of the *Grand Room that I call Assembly Hall*.
These were art works by the residents of Northcrest.
They bear such names as *Street-brooms at Rest*.
Street Vista with black pencil, by Wesley Shank is swell,
Not just because to Chartres I've been as well.
Spring Blossoming in Acrylic by Pat Magoon
Is to the collection a worthy boon
Peaceful oil Painting by Sherry K Northop
Is all the way beautiful from bottom to top.
The *Green Vase watercolor by our Brent Pearce*
To all the rules of good art it surely adheres.
Mary Jo Winder's *Coffee Shop Sidewalk is great, but*
So is the *Secret Message Fiber of Carolyn Abbot*.
Safe Harbor Watercolor by Laralee Cark Graham
Is not about Pearl Harbor or Uncle Sam.
I enjoyed *Dude Descending a Staircase by Berne Ketchum;*
I know the source where that clever pun comes from.
The *Coffee Shop Sidewalk is done extremely well,*
This pastel painting was created by Louise O'Donnell.
I enjoyed all these paintings, so many.
I hope I haven't forgotten any.
I feel that for too long Northcrest was silent
About so much of our residents' artistic talent.
I applaud those who have decorated the Wall
With these wonderful art works in our Assembly Hall.

V. V. Raman
12 April 2022



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, April 16

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Key West Blend Vegetables, Watermelon & Grapes, Peach Melba Crisp

Monday, April 17

Lunch: Schezwan Chicken over Rice, Stir Fried Vegetables, Egg Roll, Mandarin Oranges, Banana Bar

Dinner: Pork Chop with Creamy Mushroom Sauce, Au Gratin Potatoes, Sauteéd Tomatoes & Zucchini, Cantaloupe, Peanut Butter Mousse

Tuesday, April 18

Lunch: Italian Meatball Sub Sandwich, Normandy Blend Vegetables, Honeydew, Chocolate Cream Pie

Dinner: Chicken Noodles over Mashed Potatoes, Broccoli, Cherries, Key Lime Pie

Wednesday, April 19

Lunch: BLT Sandwich, Pasta Salad, Strawberries, Coffee Cake

Dinner: Stuffed Bell Peppers, Corn O' Brian, Apricots, Mini Vanilla Swirl Cone

Thursday, April 20

Lunch: Beer Battered Cod, French Fries, Coleslaw, Peach Slices, Sherbet

Dinner: Bruschetta Baked Chicken, Roasted Potatoes, Pacific Blend Vegetables, Fresh Apple Salad, Bread Pudding

Friday, April 21

Lunch: Turkey Chili, Cornbread, Fresh Fruit, Cookie

Dinner: Grilled Steak with Steak Sauce, Twice Baked Mashed Potatoes, Green Beans, Fruit Salad, White Cake

Saturday, April 22

Lunch: Pulled Pork Sandwich, Potato Salad, Bread & Butter Pickles, Grapes, Rocky Road Brownie

Dinner: Hungarian Goulash, Vegetable Medley, Tropical Fruit Salad, Dreamland Bar