

April 23, 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 23 National Table Tennis Day

2:00 Hymn Sing, Green Room

2:30 Ken Jolls combo perform, GR

Monday, April 24

10:00 Fareway shopping

7:00 Piano Studio Recital, MET (Need more to go!)

Tuesday, April 25

9:30 Tuesday Coffee, Hosts Parkway 4

4:15 Strength & Balance Class

6:30 Bus to Ames History Lecture,
Disappearing Towns, Public Library

7:00 Bus to Town & Gown, 1st Methodist
(Need more to go!)

Wednesday, April 26

10:00 Blood Pressure Clinic

10:30 Bus to ALDI or Hy-Vee

Thursday, April 27

4:15 Strength & Balance Class

5-8:00 Music Walk, Downtown (no bus)

6:30 Bus to Premiere of 50th anniversary
video for Brunnier Museum, Scheman

Friday, April 28

8:30—10:30 1st National Bank, Founders

9:30 Residents' Council meeting, GR

10:30 Bus to Walmart & North Fareway

2:30 Bus to Tour of Clayton Farms

Saturday, April 29

Last weekend to guess the date the
Wisteria is in Full Bloom!



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

New classes added to the schedule:

Tuesday/Thursday 4:15pm

Strength and Balance

See your email for Adrienne's
new weekly schedule.



Iowa Senior Games are June 2 through July 22.

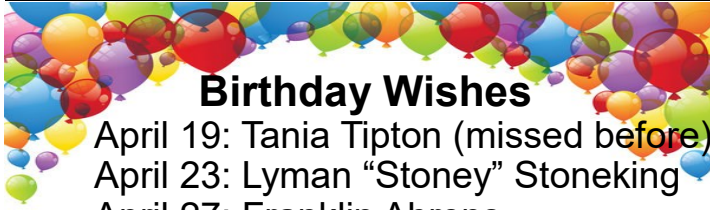
See: iowaseniorgames.org

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

Chicken Cordon Bleu
Cheddar & Garlic Mashed Potatoes
Carrots
Fresh Fruit
Apple Pie



ANNOUNCEMENTS



Birthday Wishes

April 19: Tania Tipton (missed before)
April 23: Lyman "Stoney" Stoneking
April 27; Franklin Ahrens
April 29: Dee Matthews

Resident Geese

We had 40 names suggested for our resident geese. All were very creative!

We had a **3 way tie for 3rd place:**

Loosey & Goosey (Judy Amfahr)
Charles & Camilla (Roger Berger)
Gabby & Gandy (Carolyn Jarnagin)

2nd Place:

Crester & Crestine (Marilyn Green)

1st Place: Missy & Hissy (Mary Pepper)

Well done by all Name Nominators! Now you now what to call those silly geese when they are ambling slowly in front of you!

Wisteria contest

Guess the date the Wisteria will be in full bloom at the Pergola! Deposit in the box at the Front Entry. **You have one more week**, submit by April 30!



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 21: Cathy Halverson on Clothing that Works program, based out of the Collegiate Methodist Church.

May 5: Chris Timmons and volunteer opportunity a block away called *Feeding Haiti*.

Volunteers are GREAT!

Over 4600 hours of volunteering was turned in last year on the "Blue Sheet"—and we know there were many more hours not rec-

orded. Please remember: we value your time outside of Northcrest as well as all meetings and work you do on campus! Report to bolster our non-profit status!



Sunday: National Table Tennis Day

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!

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.

Food Sciences Building Tour

History of Dairying: From Art to Ice Cream, is offered by the University Museums & ISU Creamery Staff. See the works of art, and tour the Creamery! Thu, May 4, Bus 1:30.

Holub's

Plan to get a spring-fix at Holub's. Mondays are Senior Citizen Days with 10% off! Go Mon, May 8, Bus at 1:00 pm.



April is Humor Month!

- ♦ *If Shakespeare had written a work on puns, would that have been a play on words?*
- ♦ *I wanted to join Paranooids Anonymous, but they wouldn't tell me where they met.*
- ♦ *I tell my wife: I am not lazy. I am a recovering workaholic!*



The CREST

OPEN Wed–Fri, April 26-28!

**12-2:00 pm and
4:30-7:00 pm**

Soup of the Day:

Broccoli Cheese Soup



PLACES TO GO, THINGS TO DO

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

Ames History Museum Lecture

Off the Map: Stories of Iowa Abandoned and Disappearing Towns, presented by Rosa Snyder. Many towns existed for a few years, some faded away over time and others existed only as "paper" towns. Ames Public Library, Tue, April 25, Bus at 6:30 pm.

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.

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

IOWA STATE UNIVERSITY

University Museums

ENTERTAINMENT

Les Violons du Roy

Les Violons du Roy, Sat, April 22, Bus at 7:00 pm. **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/>**

Ames Choral Society

Earth Mass, \$10, Sun, April 30, St. Andrew's Lutheran Church, Bus at 6:30 pm.

Arias in Ames

Opera Iowa Singers will perform opera arias and show tunes. Tickets are \$20 at the door.

Northminster Presbyterian Church, Sun, April 30, 2:30 pm. No Bus. Car pooling is encouraged.

Good Company

Spring Concert ***True Colors***, features hits from Carole King, Carly Simon, and more! \$15 tickets at the door, St. Andrew's Lutheran Church, Sun, May 7, Bus at 6:30 pm.

Spring Fling Fun with Larry Northup



In Loving Memory Of Jane Zaring

12/26/1936--4/15/2023

*Memorial Service on Saturday, April 22
at St. John's Episcopal
Bus at 9:30 am*

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!!!**



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 23

Lunch: Chicken Cordon Bleu, Cheddar & Garlic Mashed Potatoes, Carrots, Fresh Fruit, Apple Pie

Monday, April 24

Lunch: Grilled Turkey & Cheese on Sourdough, Sun Chips, Orange Slices, Celery Sticks with Ranch Dipping Sauce, Cheesecake

Dinner: Sautéed Chicken Breast, Roasted Rosemary Potatoes, Peas & Onions, Fresh Fruit, Cupcake

Tuesday, April 25

Lunch: Oriental Chicken Salad, Dinner Roll, Pineapple, Magic Bar

Dinner: Tomato Swiss Steak, Twice Baked Mashed Potatoes, Corn, Peaches, Lemon-Lime Mousse

Wednesday, April 26

Lunch: Sausage & Pepperoni Pizza, Strawberries, Side Salad, Cherry Tart

Thursday, April 27

Lunch: Enchilada Casserole with Lettuce, Tomato & Onion, Mexican Black Beans, Mandarin Oranges, Ice Cream

Friday, April 28

Lunch: 1/4lb All Beef Hot Dog with Minced Onions & Relish, Potato Salad, Apple Slices, Fresh Cut Vegetable Salad, Coconut Cream Pie

Saturday, April 29

Lunch: Chicken Salad on Croissant, Potato Chips, Bread & Butter Pickles, Pears, Chocolate Chip Cookie

Dinner: Vegetable Lasagna, Garlic Toast, Grapes, Three-Bean Salad, Rocky Road Ice Cream