

April 24, 2022

# Northcrest News

Northcrest Community  
Over 55 years of service to older adults  
in the Greater Ames Community



## The Week at a Glance!

### Sunday, April 24

12:30 Sunday Lunch  
1:30 Bus to *Arias in Ames*, 1st Methodist  
2:00 Hymn Sing  
7:00 Ames Choral Society concert,  
St. Andrew's Church, No Bus


### Monday, April 25

9:00 Bus to Fareway North  
3:00 Memory Café, Northminster  
Presbyterian Church, No Bus


### Tuesday, April 26

9:30 **Tuesday Coffee**, Hosts —Parkway  
Floor 2, Part 2


### Wednesday, April 27

10:00 Blood Pressure Clinic  
 **The Crest is open 12-2 & 4:30-7**  
3:00 Bus to ALDIs  
6:30 Bus to History Lecture, Library

### Thursday, April 28

10:00 Bible Study, LIB  
 **The Crest is open: 12-2 & 4:30-7**  
6:00 Game Night, LIB  
5-8:00 Music Walk Downtown, No Bus

### Friday, April 29

8:30-10:30 1st National Bank  
9:30 Residents' Council Meeting, Grand  
 **The Crest is open: 12-2 & 4:30-7**  
1:00 Bus to WalMart  
3:00 Tentative—Bus to Reiman Gardens  
to see the Tulips

### Saturday, April 30

8:30 Bus to Guided Walk, Robison Acres

## Health & Wellness

### DAILY EXERCISE

Exercise, Green Room, M-F 8:30 am  
Check out the Exercise Videos on the  
NC Website, Resident Section!!



### Podiatry Clinic by appointment:

July 13      October 19

### Hearing Aid maintenance:

May 3 (1st Tuesday of every month)



All health appointments are held in the  
Providers' Room



## Sunday Dinner April 24, 12:30 p.m.

Pot Roast  
Mashed Potatoes & Gravy  
Sunshine Carrots  
Watermelon & Grapes  
Blueberry Crisp



## ANNOUNCEMENTS



### Tuesday Coffees

On April 26, Parkway, Floor 2 will host.

**Please continue to bring your own mug.**

If you prefer to join via Zoom, watch for an email invitation.

### Birthday Wishes

April 23: Lyman "Stoney" Stoneking

April 27: Franklin Ahrens

April 27: Don Young

April 29: Dee Matthews

April 30: Anita Coatney

April 30: Dick Ross

April 30: Doris Sobottka

(Please let us know if we miss anyone!)



### Ken Jolls and Friends

Mark Sunday, April 24 at 3:30 pm for a great afternoon of jazz! Ken Jolls, pianist extraordinaire, along with our past Director of Clinical Services, Cheri Hennager, and a vocalist who performs with the group "Satin Dolls", will provide great entertainment! Don't miss the chance to hear our resident professional and say hi to Cheri!

Sun, Apr 24, 3:30 pm, Grand Room.

### May Sunday Series

Please remember that the Sunday Night series for May will be Sunday, May 1 at 7:00 pm in the Grand Room. The Golden K Singers will present the music. Hope to see you all there.

### ISU Music; [music.istate.edu](http://music.istate.edu)

- Fri, April 22, "Mother Earth", a symphonic band concert with tributes to our home, Mother Earth. 7:30 pm Livestream @ [music.iastate.edu](http://music.iastate.edu)
- Sat, April 23, ISU Organ Studio, 1:30 pm, MET, Free, No Bus, No Stream
- Sun, April 24, Wind Ensemble Concert, 1:30 pm. Stream @ [music.iastate.edu](http://music.iastate.edu)

### Upcoming Friday Chats: 10:30 am

- **April 22:** Ames History Museum presents *Strong Ames Women*

- **May 6:** Learn about 2 Ames organizations that serve our under-housed population in Ames with 2 different approaches. Habitat for Humanity and the Bridge Home.

### Resident Portal on NC Website

#### Fraud Awareness Information

The flyers and seminar presentation by 1st National Bank last week is now available on the website, under Resources and Links., Fraud Awareness.

#### Volun-Peer Lists

There are new updates on the lists of resident-to-resident volunteering.

Check them out on the Resident Portal of the

NC website. It is under Resources & Links, Volun-Peers. Technology help, sewing, and errands are just a few of the categories.

#### Exercise Videos

3 different choices of "Stronger Seniors" videos offer stretches and chair exercises. Get in shape for an active summer!



### Kentucky Derby Party



Sign up at the Front Desk if you plan to attend the Derby Party on May 7. You will be asked to indicate a "Sweet" or "Savory" finger-food you will bring that serves 12.

Mint Juleps and non-alcoholic beverages will be provided. Start planning your hat and outfit for the Selfie Photo Booth! A fun time is sure to be had by all on Sat, May 7, 5:00-7:00 pm, in the Grand Room.

### Hobby Tour

Want to show your hobbies and crafts? It is fun to wander around the NC Campus to visit and view each others handiwork. If you are interested in showcasing yours, please contact Ronnie for details.

[rlindeman@northcrestcommunity.org](mailto:rlindeman@northcrestcommunity.org)

## THINGS TO DO!

### Town & Gown

Calmus, an a cappella vocal quintet, is naturally at home in music of the Renaissance, Baroque and Romantic eras, but also revel in pop, folk, and jazz. \$30 at the door. See them Fri, April 22, 1st Methodist Church, Bus at 7:00 pm.



### Arias in Ames

Attend this event to hear beautiful music. \$20 at the door. Sun, April 24, First Methodist Church, Bus at 1:30 pm.

### Ames Choral Society

[How Can I Keep from Singing](#) will be presented on **Sun., April 24 at 7 p.m.** at St. Andrew's Lutheran Church (209 Colorado Ave.) Tickets \$10 at the door or from ACS member. No Bus scheduled.

### Ames History Museum Lecture

Learn more about the Dinkey, the railroad between campus and downtown Ames at the turn of the last century. Presented at the Ames Public Library, Wed, Apr 27, Bus at 6:30 pm. Also available via zoom, register on the Ames History Museum website.



### A Morning Walk in the Woods

Story County Conservation is offering a guided tour called "Feathers & Flowers" at Robison Acres southwest of Nevada. All who signed up for the bus are registered. The registration is full at this time. You may add your name to a waiting list. \$5.00 charge on your NC bill. Sat, April 30, Bus at 8:30 am.

### OWLS: Birding SW United States

Margaret and Ray Harden took birding vacations to Arizona and New Mexico. They visited birding hot spots throughout the Southwest. Come hear about their adventure at the Story County Conservation Center! Thu, May 5, Bus at 9:45 am.



### Reiman Garden Tulips—Reprise

We'll see if next Friday, Apr 29 is good for the tulips. Stay tuned! Bus at 3:00 pm.



### Bus Trip to Holocaust Exhibit

Let's go see the traveling exhibition of "Americans and the Holocaust". The Marshalltown Public Library is the only site in Iowa to host this exhibit. We'll spend an hour there, have lunch and find other sites in Marshalltown to see including a guided city tour—details to follow! \$10 plus your lunch. Sign up! Mon, May 2, Bus at 10 am.



*Is Spring  
here yet??!*

## The CREST!

**The Crest is open every  
Wednesday, Thursday & Friday**

**12:00--2:00 pm**

**4:30—7:00 pm**



**April 27-29 Specials**

**Happy Hour, 4:30—5:30**

**All Drinks: \$3.00**

**Appetizers: \$5.00**

Fried Munster Cheese

House Made Chips

Onion Straws

Spinach Artichoke Dip & Chips

(Always Available: Popcorn, Mixed Nuts,  
and Pub Mix)

**Soup of the Day**

**Beer Cheese Soup**

The Crest menus are on the  
Northcrestcommunity.org website, under  
Resident Login, Resources & Links!

**Remember you can order take out!**

515-232-6760, ext. #7140.

**The Crest Gift Cards are available  
at the Front Desk**

**Pick-up times for Regular Daily Meals at the 2300 Front Desk:**

**Lunch, Monday- Saturday: Sign up by 10:00am**

**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, April 24**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Sunshine Carrots, Watermelon & Grapes, Blueberry Crisp

**Monday, April 25**

**Lunch:** Boneless BBQ Wings, Curly Fries, Grapes, Broccoli Salad, Spice Cake

**Tuesday, April 26**

**Lunch:** Turkey & Swiss Sandwich, Sun Chips, Pickle Slices, Mandarin Oranges, Dreamland Bar

**Wednesday, April 27**

**Lunch:** Spaghetti with Meat Sauce, Garlic Toast, Spiced Apple Rings, Three Bean Salad, Sherbet

**Thursday, April 28**

**Lunch:** Grilled Chicken on Romaine with Bacon, Sliced Egg, Cherry Tomatoes & Ranch Dressing, Oat Bran Muffin, Fresh Fruit, Yogurt Parfait

**Friday, April 29**

**Lunch:** 1/4lb. All Beef Hot Dog with Minced Onion & Relish, Baked Beans, Orange Slices, Fresh Cut Vegetable Salad, Lemon Cream Pie

**Saturday, April 30**

**Lunch:** Hot Ham & Cheese on Croissant, Potato Chips, Celery & Carrot Sticks with Ranch, Cherries, Banana Bar

