

April 2, 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 2

2:00 Hymn Sing
1:30 Bus to ACTORS, *Always a Bridesmaid*
2:00 Glass Program, Brunnier, No Bus
2:30 Bus to Town & Gown, MET

Monday, April 3

10:00 Fareway shopping

Tuesday, April 4

9:30 Tuesday Coffee, Hosts Parkway 2
1:30 Hearing Aid Maintenance, Providers
Room

Wednesday, April 5

10:00 Blood Pressure Clinic
10:00 Book Club, AL
10:30 Bus to ALDIs or Hy-Vee

Thursday, April 6

10:00 Writers' Group
10:00 Bus to O.W.L.S.
11:45 Fall Prevention Class, Wellness Ctr.
2:00 Game Time in AL
4:00 LaVone Newell on piano, Green Rm.

Friday, April 7

8:30—10:30 1st National Bank, Founders
10:30 Friday Chat: Reiman Garden's
"Nature at Noon", GR
10:30 Bus to Walmart & North Fareway
11:45 Ames Children's Choir, GR

Saturday, April 8

Dye some eggs for the Easter Bunny to
hide! (Or just make some devilled eggs
for yourself!!)

Health & Wellness

Hearing Aid maintenance:

April 4 (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Sign up for the **Hydration Habits** program to get
more information on proper hydration! See
Adrienne to sign up!

A **Fall Prevention** Class is scheduled for Thu,
April 6 at 11:45 am. Ask to be on the wait list.

Weekly Workshop:

We will pause for the month of April and will
return in May.

Iowa Senior Games are June 2 through July 22.

Find more information at

iowaseniorgames.org

Sunday Dinner

April 2, 12:30 p.m.

Pot Roast
Mashed Potatoes & Gravy
Pacific Blend Vegetables
Fresh Fruit
Fruit of the Forest Pie



ANNOUNCEMENTS



Birthday Wishes

April 2: Eileen Klonglan
April 2: Shirley Hillebrand
April 3: Sue Simmons
April 6: Lee Smithson

Congratulations to the Final Four!

The four basketball teams that made it this far and their resident representatives are:

Men's:

Florida Atlantic: Dick Ross
San Diego State: Carolyn Bultena
Miami: Roger Berger
Connecticut: Linda Woodworth



Women's:

LSU: Linda Woodworth
Virginia Tech: Jan Beran
South Carolina: Norma Sisson
IOWA: Roy Ornberg



John Hill presents at Brunner

Many of you know John. He is presenting "Composition & Production of Glass Through the Ages". It will be an examination of glass from prehistory to the present. Sun, April 2, 2-4:00 pm. No Bus.

Woodworkers, Unite!

Did you know there is a nice wood shop at Northcrest? It is under used and we could organize it better. If you have some wood-working skills or would like to try woodworking techniques, we want to hear from you. Contact Don Heuss, 515-290-7024 or email don.heuss1@gmail.com.

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.



FOOD, FRIENDS & FUN!

Shopping in Des Moines

By request, another shopping trip to Des Moines is planned for Mon, April 10. Jordan Creek and Trader Joe's are on the agenda. Lunch on your own. \$7 bus fee. Bus at 10:00 am, home by 4:00 pm.

Lunch at Dublin Bay

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

P.E.O. Meeting Transportation

Are you a P.E.O. member, or have friends at Green Hills you would like to visit? There is a meeting scheduled for April 11 at Green Hills. We will have a bus available at 12:30 pm. Return around 3:15 pm. FYI: they have hung a new display of Art by Iowa Artists, from resident collections. Sounds neat! If you have questions, please contact Eileen Tramp at 515-231-3305.



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.

Kiwanis Shoe Fund-Raiser

Do you have full closets? Too many shoes? Ames Noon Kiwanis is starting a drive for new or lightly used shoes to give to the poor. Drive runs through May 20. Ronnie has more details to share next week.

The CREST

OPEN Wed-Fri, April 5-7
12:00—2:00 pm and 4:30—7:00 pm

Soup of the Day:
Pizza Soup



Specials: 4:30-5:00 pm

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

THINGS TO DO!

Friday Chats, 10:30 am, GR

March 31: Landscape Committee along with Knut and Dawn presents Northcrest's updated policies for the whole campus.

April 7: Jody Melcher on Reiman Gardens' Nature at Noon programs.

April 14: Taylor Bassett on the Ames Ice Rink (She is very enthusiastic about ice!)

April 21: Cathy Halverson on Clothing that Works program

Ames Children's Choir

Come to Friday Chat on April 7, and stay for the Children's Choir! They will perform a 30 minute concert as a part of their spring school tour. Fri, April 7, 11:45 am, GR.

Save the Date: Spring Fling

A special treat with music by Larry Northup! We'll channel the 50's, as well as other eras. Don't miss this opportunity to dance or just listen! Fri, April 14, 6:30 pm, GR



PLACES TO GO, THINGS TO DO

O.W.L.S.

Go on a wildlife exploration of Kenya, Tanzania, and South Africa with photographer Jim Pease. Learn of the grazers and their predators with their roles in the balance of African wildlife.

Thu, April 6, Bus at 10 am.



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.

ENTERTAINMENT

ACTORS

Tickets on sale for *Always a Bridesmaid*. \$20 on line, ACTORS Studio, Bus on Sun, April 2, 1:30 pm



Town and Gown

Megan Moore, soprano and Francesco Barfoed on piano present a concert at MET, \$30 tickets at the door. Sun, April 2, Bus at 2:30 pm.



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. Need 12 to go out of town. Sun, April 16, Bus at 12:45 pm. For more info, contact Jane Farrell-Beck: 515-292-8302.

Upcoming Shows at Stephens

- *Annie*, Mon, April 17, Bus at 7:00 pm.
- *Les Violons du Roy*, Sat, April 22, Bus at 7:00 pm.

SPECIAL NOTICES

An Evening with NASA

A new Outreach Program to Senior Living Communities is hosting monthly talks via zoom with scientists & engineers on topics of planetary and earth science. The first talk is on Heliophysics (physics of the solar system) Thu, April 13, 6:00 pm, Grand Room.

Wisteria contest

Guess the date the Wisteria will be in full bloom at the Pergola!

Box is at the Front Entry.

Deadline to submit is April 30.

You could win the Travelling Prize!



Rabbits jump and they live for 8 years.



Dogs run and they live for 15 years.



Turtles do nothing and they live for 150 years.



Lesson learned.

**Of all the joys that come in life,
Save the boudoir bliss of man and wife,
If I'm asked to name a single one
That gives the most delight and fun:
It will not be a movie great
Nor a book that I highly rate.
Running and jogging are surely wholesome,
But, like swimming and jumping, they are tiresome.
Singing is soothing, but not for my throat,
Sailing is fine, but it calls for a boat.
Dancing is dandy, but it is a test
To check if your motions are truly the best.
Treadmill is weary, and smoking is hell,
Jokes to be funny must be told well.
Games are uncertain, they give you the blues
If instead of winning, you happen to lose.
Now close your eyes, and contemplate
A sumptuous dinner served on a plate.
With salad and dressing, a bottle of wine,
All at the table, with cutlery fine.
But no less fun is this Tuesday event
To meet fellow Northcresters, it really is meant,
Not just for coffee and something sweet
That together we all cheerfully eat,
But equally to happily greet
Those at the table that with smiles we meet,
And talk with the ones this morning we find
On whatever topics that come to our mind.
So whether you're here or in our room
Watching from there through your zoom
I am here to say with my usual rhyme,
Whatever you do, have a great time!**

V. V. Raman: Northcrest Tuesday Coffee, March 28, 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30 am	<h1 style="font-size: 4em; margin: 0;">April</h1>						
2 Palm Sunday 1:30 Bus to ACTORS 2:00 John Hill presents Glass through the Ages, Brunner Museum, No Bus 2:30 Bus to Town & Gown, MET	3 10:00 Fareway	4 9:30 Coffee, Hosts Pkwy 2 1:30 Hearing Aid Maintenance	5 10:00 Blood Pressure Clinic 10:00 Book Club, AL 10:30 ALDI's & HyVee	6 Kiwanis Paper Drive 10:00 Writers' Group 10:00 Bus to O.W.L.S. 11:45 Fall Prevention Class, Wellness Center 2:00 Game Time in AL 4:00 LaVone Newell	7 Good Friday 10:30 N Walmart & Fareway 10:30 Friday Chat with Jody Melcher & Nature at Noon 11:45 Ames Children's Choirs, GR		
	9 EASTER SUNDAY	10 10:00 Fareway 10:00 Des Moines trip: shopping at Jordan Creek and Trader Joe's 2:00 Northcrest Stitchers, GR	11 9:30 Coffee, Hosts Pkwy 3 12:30 Bus to P.E.O.mtg, Green Hills 6:30 Opera Guild Meeting, GR	12 10:00 Blood Pressure Clinic 10:30 ALDI's & HyVee	13 11:15 Bus to Nature at Noon, Reiman Gardens 6:00 NASA Zoom, GR	14 10:30 N Walmart & Fareway 10:30 Friday Chat on Ice Rink 3:45 Bus to Kay Berger's birthday, Old Pantorium Bldg 6:30 Spring Fling with Larry Northup, GR	15 Christian Petersen Museum and ISU Farm House Open House, Sat & Sun, 1-4 pm No Bus
16 12:45 Bus to Drake Opera <i>Hansel & Gretel</i>	17 10:00 Fareway 12:30 Bus to Lunch at Dublin Bay 6:30 Mixed Bridge 7:00 Bus to <i>Annie</i> , Stephens	18 9:30 Coffee, Hosts Pkwy 3 6:30 Bus to Lecture, <i>Prairie Madness</i> , Public Library	19 8:30—10 Volunteer Appreciation Party, GR 10:00 Blood Pressure Clinic 10:30 ALDI's & HyVee	20 Kiwanis Paper Drive 10:00 Writers' Group 11:15 Bus to ISU Tea Rm 2:00 Game Time in AL 4:00 LaVone Newell 4:30 Bus to League of Women Voters, Gateway	21 10:30 N Walmart & Fareway 10:30 Friday Chat: Clothing that Works , Cathy Halverson	22 7:00 Bus to Les Violins du Roy, Stephens	
23 National Table Tennis Day 2:30 Arias In Ames 6:30 Bus to Ames Choral Society, St. Andrew's	24 10:00 Fareway 3:00 Memory Café, Northminster Presbyterian Church	25 9:30 Coffee, Hosts Pkwy 4 6:30 Bus to Ames History Lecture, Ames Public Library 7:00 Bus to Town & Gown, 1st Methodist Church	26 10:00 Blood Pressure Clinic 10:30 ALDI's & HyVee	27 	28 9:30 Residents' Council mtg. 10:30 N Walmart & Fareway 2:30 Bus to Clayton Farms, Research Park	29 	
30							

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 2

Lunch: Pot Roast, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

Monday, April 3

Lunch: Cheese Tortellini with Meat Marinara, Breadstick, Strawberries, Three Bean Salad, Monster Cookie

Dinner: Baked Salmon with Champagne Basil Sauce, Rice Pilaf, Normandy Blend Vegetables, Mandarin Oranges, Bread Pudding with Caramel Bourbon Sauce

Tuesday, April 4

Lunch: Tangy Golden Chicken on Romaine with Cherry Tomatoes, Cheddar Cheese, Diced Bacon, Egg & Ranch Dressing, Dinner Roll, Grapes, Ice Cream Sandwich

Dinner: Swiss Steak, Twice-Baked Mashed Potatoes, Sautéed Tomatoes & Zucchini, Pineapple & Blueberries, Fruit Pie

Wednesday, April 5

Lunch: Tuna Salad on Leaf Lettuce, Muffin, Orange Slices, Cottage Cheese with Green Peppers, Triple-Berry Crumble Cake

Thursday, April 6

Lunch: Philly Steak with Roasted Peppers, Onions & Monterrey Cheese Sauce, Broccoli, Honeydew, Peanut Butter Bar

Friday, April 7

Lunch: Fish Tacos, Black Bean & Corn Salsa, Pear Halves, Cookie

Saturday, April 8

Lunch: Sweet & Sour Chicken over Fried Rice, Stir Fried Vegetables, Egg Roll, Cantaloupe, Brownie

Dinner: Turkey Tetrizzini, Key West Blend Vegetables, Fruit Salad, Apple Cheesecake Bar