

April 30, 2023

Northcrest News

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

May Day



The Week at a Glance!

Sunday, April 30

2:00 Hymn Sing, GR
2:30 Arias in Ames, Northminster Presbyterian Church, No Bus
6:30 Bus to Ames Choral Society, St. Andrew's Lutheran Church

Monday, May 1 **MAY DAY!**

10:00 Fareway shopping
2:00 Bus to Reiman Gardens to see tulips!

Tuesday, May 2

9:30 Tuesday Coffee, Hosts Parkway 4
1:30 Hearing Aid Maintenance, Prov. Rm.
2:20 Bus to movie, *It's Me, Margaret*, North Grand Cinema
4:15 Strength & Balance Class, Wellness

Wednesday, May 3

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee

Thursday, May 4

10:00 Bus to O.W.L.S., Story County Conservation Center
1:30 Bus to Dairying Tour, ISU
4:15 Strength & Balance Class

Friday, May 5 **Cinco de Mayo!**

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
10:30 Friday Chat, *Feeding Haiti*, GR

Saturday, May 6

6:30 Bus to Central Iowa Symphony, Ames City Auditorium



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
SIGN UP!

See your email for Adrienne's new weekly schedule.



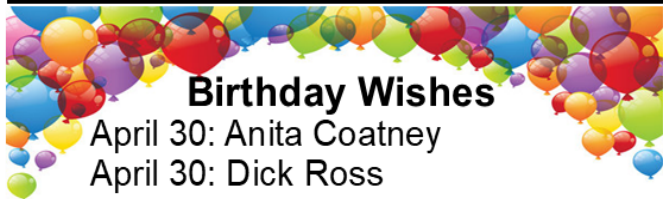
Iowa Senior Games are June 2 through July 22. See: iowaseniorgames.org

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

Pork Roast
Mashed Potatoes & Gravy
Green Beans
Fresh Fruit
Cherry Pie



ANNOUNCEMENTS



Birthday Wishes

April 30: Anita Coatney
April 30: Dick Ross
April 30: Doris Sobttka
May 3: Roger Berger
May 5: Dennis Tice
May 5: Bob Bourne
May 5: Leonard Tipping
May 6: Diana Shonrock

Friday Chats, 10:30 am, GR

May 5: Chris Timmons with a volunteer opportunity at Northminster Presbyterian Church. They have taken on a challenging and bold project, FEEDING HAITI'S KIDS. The goal is to package 100,000 meals to be sent to United Christians International Mission in Caiman, Haiti to feed the children at the school. Volunteers are needed to help package the meals on June 10.

Glass Recycling

Please recycle your glass bottles and jars in the Recycle Pails situated around Northcrest: 1801 lower level kitchen, Parkway, AL, Fireside & Rose Room Entries. A driver empties those once a week. **Please do not put cookware, dishes, ceramics, or mirrors in the Recycled Glass buckets – the recycling company cannot process these items.** Place them in a cardboard box or sturdy bag, then discard in Northcrest trash receptacles or dumpster. The Ames Resource Recovery system will crush those items and sort them out of the burnable waste stream. Thanks!

Celebrate Nurses' Week

May 6-12 is National Nurses' Week. If you would like to pass on your own experience or thanks to our Northcrest Nurses, please drop a note at the Front Desk. They will be channeled to our Health Services. We are fortunate to have such skilled and caring nurses on our staff!



"Northcrest Through Our Eyes"

"Through Our Eyes" will be a display of your own photos taken with your cell phone. Outside views, no people please! Submit up to 5 of your best photos to louiseaodo@gmail.com, submit a thumb drive, or text 515-321-0559.

Deadline Extended: You may submit up until May 31.

KNUT'S KNOTES

Weiss Tree Service is scheduled to perform tree pruning on campus next week. They will concentrate on the larger and hard to reach trees that need attention. Fun to watch from a distance!

Shredding Opportunities

Now with tax season winding down, you may wish to dispose of old paperwork. There is a shredder for resident use in the Laundry Room in the K Building lower level. If you have a large amount, there is a free community wide event at the Tom Randall & Keeler Williams Office, corner of Northwood Drive and Grand Ave. (East of Walmart & Dairy Queen). Sat, May 6, 10—Noon.

Another Transportation Option

Sometimes our drivers are not available for trips to the airport. A resident offered another option they have had good luck using: Ames Auto Rentals. On their website, go to "Other Services" to reserve a ride. They would take a credit card number in payment. The word was "He was on time both going and coming back. We rode in a Tesla, which was fun!"

The CREST

OPEN Wed–Fri, May 3-5
12-2:00 pm and
4:30-7:00 pm

Soup of the Day:
Potato Soup



ENTERTAINMENT

Ames Choral Society

Earth Mass, \$10, Sun, April 30, St. Andrew's Lutheran Church, Bus at 6:30 pm. (Need more to sign up to go!!)

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.

Central Iowa Symphony

Suite Dancing Voices, presented at City Auditorium, \$20 at the door, Concert Conversation starts at 6:45, Concert at 7:30 pm. Sat, May 6, Bus at 6:30 pm.

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.

PLACES TO GO, THINGS TO DO

Movies in May!

Are You There, God? It's Me, Margaret

A beloved and best-selling classic by Judy Blume comes to the big screen. This timeless and utterly relatable story has transcended decades and spoken to generation over generation of women. \$5, North Grand Cinema, Tue, May 2, Bus at 2:20 pm.

Book Club: The Next Chapter

Our four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Jane Fonda, Diane Keaton star. \$5, North Grand Cinema, Tue, May 16, Bus time TBD.

May Day Tulips at Reiman Gardens

Hop on a bus to tip-toe through the tulips at our very own Reiman Gardens! New glass art display as well. Senior admittance is \$11. Mon, May 1, Bus at 2:00 pm.

Clayton Farms Tour

We are now scheduled for **2 tours**:
Fri, April 28. Bus 2:30 and 3:30 pm.

O.W.L.S.

Honey Bees, the Super-Organism: Swarming Behavior & Other Facts. The behavior of honey bees swarming has always been an amazing feat of honey bees to disperse into new habitat. Join Lifetime Master Gardener President, Jamie Beyer, as he discusses techniques for capturing swarms. Thu, May 4, Bus at 10:00 am.

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! This has limited space. Thu, May 4, Bus 1:30 pm.

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.



In Loving Memory

Of

Shirley Hillebrand

April 2, 1937 — April 21, 2023

Services will be held in Davenport
Friday, April 28

Kiwanis Shoe Fund-Raiser

Ames Noon Kiwanis is conducting a shoe collection fundraiser. **WOW!** We've filled the box outside Ronnie's office **3 times**, and more keep coming! Shoes can be brought to Ronnie's office or given to Cynthia Gaunt. Drive runs through May 20.

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Center Lots of Choices for Exercise!</p> <p>Game Night, LIB Thursdays, 6 pm</p> <p>1st National Bank Fridays: 8:30—10:30 am</p>	<p>1 May Day</p> <p>10:00 Fareway 2:00 Bus to see tulips, Reiman Gardens</p> 	<p>2 9:30 Coffee, Parkway 4</p> <p>2:20 Bus to movie: "Are You There God, It's Me, Margaret" North Grand Cinema</p>	<p>3</p> <p>10:30 ALDI's & Hy-Vee</p>	<p>4</p> <p>10:00 Bus to O.W.L.S. 10:00 Writers' Group</p> <p>1:30 Bus to Dairying Tour, Food Science & Creamery</p>	<p>5 Cinco de Mayo</p> <p>10:30 N Walmart & Fareway 10:30 Friday Chat with Chris Timmons, Feeding Haiti</p>	<p>6</p> <p>6:30 Bus to Central Iowa Symphony, City Auditorium</p>
<p>7</p> <p>6:30 Bus to Good Company, St. Andrew's Lutheran</p>	<p>8</p> <p>10:00 Fareway</p> <p>1:00 Bus to Holub's Garden Center</p>  <p>National Nurses Week!</p>	<p>9</p> <p>9:30 Coffee, Atriums A & C</p> <p>1:30 Hearing Aid Maintenance</p> <p>thank you </p>	<p>10</p> <p>10:00 BP Clinic 10:00 Book Club, LIB 10:30 ALDI's & Hy-Vee</p>	<p>11</p> <p>11:30 Bus to Nature at Noon, Reiman Garden</p> <p>4:00 LaVone Newell, piano Green Room</p>	<p>12</p> <p>10:30 N Walmart & Fareway</p>	<p>13 National Apple Pie Day</p> 
<p>14</p> 	<p>15</p> <p>10:00 Fareway</p> <p>6:30 Mixed Bridge, Founders' Room</p>	<p>16</p> <p>9:30 Coffee, Atriums B 1 & 2</p> <p>TBD: Bus to Movie, <i>The Book Club, Next Chapter</i>, North Grand Cinema</p>	<p>17</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p>	<p>18</p> <p>10:00 Writers' Group</p> 	<p>19</p> <p>10:30 N Walmart & Fareway</p>	<p>20</p> <p>2:30 Bus to Ames Chamber Artists, concert Collegiate Presbyterian</p>
<p>21</p> <p>1:30 Bus to Brunner Talk on Sculpture of the 4 Seasons 1:30 ACAC Awards, ACTORS</p> <p>5:00 Onion Creek Band & Dancers, GRAND</p> 	<p>22</p> <p>10:00 Fareway</p>	<p>23</p> <p>9:30 Coffee, L-1</p>	<p>24</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p> <p>7:00 Ames History Lecture, Friendship Train, Virtual only</p>	<p>25</p> <p>4:00 LaVone Newell, piano Green Room</p>	<p>26</p> <p>9:30 Residents' Council, GR 10:30 N Walmart & Fareway</p> <p>3:00 Golden K Singers Spring Concert, GR</p>	<p>27</p>
<p>28</p>	<p>29 No Mail</p> 	<p>30</p> <p>9:30 Coffee, L-2 10:30 Fareway (note time!)</p>	<p>31</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p> <p>3:00 Pete Grady as General Grant, GR</p>			

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 30

Lunch: Pork Roast, Mashed Potatoes & Gravy, Green Beans, Fresh Fruit, Cherry Pie

Monday, May 1

Lunch: Goulash, Garlic Toast, Apple Slices, Cucumber, Tomato & Red Onion Salad, Snickerdoodle

Dinner: Baked Cod with Orange Sauce, Rice Pilaf, Key West Blend Vegetables, Honeydew, Apple Crisp

Tuesday, May 2

Lunch: Chicken Sandwich with Lettuce, Tomato, Onion & Cheddar Cheese, Zucchini Sticks, Pickle Spear, Fresh Fruit, Root Beer Float

Dinner: Turkey Tetrazzini, Pacific Blend Vegetables, Pear, Oatmeal Pie

Wednesday, May 3

Lunch: Breaded Flounder, Potato Chips, Vinegar Coleslaw, Pineapple & Blueberries, Chocolate Chip Cheesecake Parfait

Thursday, May 4

Lunch: Gyro with Lettuce, Tomato, Sautéed Onions, Feta Cheese, & Tzatziki Sauce, Tater Tots, Cantaloupe & Strawberries, Carrot Cake

Friday, May 5

Lunch: French Dip with Au Jus, Broccoli, Watermelon, Peanut Butter Bar

Saturday, May 6

Lunch: Sloppy Joe Sandwich, Corn Chips, Grapes, Carrots with Ranch Dressing, Cookie

Dinner: Peppered Steak over Rice, Normandy Blend Vegetables, Mandarin Oranges, Oreo Pie