

April 9, 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 9 Easter Sunday

2:00 Hymn Sing

2:30 Ken Jolls on piano, GR



#### Monday, April 10

10:00 Fareway shopping

10:00 Bus to shopping in Des Moines

2:00 NC Stitchers' Meeting, GR

#### Tuesday, April 11

9:30 Tuesday Coffee, Hosts Parkway 3

12:30 Bus to Green Hills

6:30 Opera Guild Meeting, GR

#### Wednesday, April 12

10:00 Blood Pressure Clinic

10:30 Bus to ALDI or Hy-Vee

#### Thursday, April 13

11:15 Bus to Nature at Noon, Reiman  
Gardens

11:45 Fall Prevention Class, Wellness Ctr.

5:30 Zumba with Sophia, Wellness Ctr.

6:00 NASA on Zoom, GR

#### Friday, April 14

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

10:30 Friday Chat: Taylor Bassett, Ames  
Ice Rink

10:30 Bus to Walmart & North Fareway

3:45 Bus to Kay Berger birthday party,  
Pantorium Building downtown

6:30 Spring Fling with  
Larry Northup, GR



#### Saturday, April 15

1-4:00 Open Houses at University  
Museums on campus, No Bus

#### Health & Wellness

##### Hearing Aid maintenance:

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

Massage Therapy: Darlene, 515-708-1556

##### Wellness Program News by Adrienne

A repeat **Fall Prevention** Class is scheduled for  
Thu, April 13 at 11:45 am. Please do not sign up  
again if you already attended last week.

**Iowa Senior Games** are June 2 through July 22.

See: [iowaseniorgames.org](http://iowaseniorgames.org)



#### Sunday Dinner

April 9, 12:30 p.m.

**Baked Ham**  
**Knoll Potatoes**  
**Green Bean Casserole**  
**Dinner Roll**  
**Fresh Fruit**  
**Easter Cake**



## ANNOUNCEMENTS



### **Birthday Wishes**

April 11: Jan Heuss  
April 13: Kay Zytowski  
April 14: Anita Roti  
April 14: Kay Berger

### **Easter Sunday Music**

Our resident professional pianist, Ken Jolls, has agreed to an informal concert on this Sunday afternoon. Come to the Grand Room at 2:30 pm to enjoy some jazz and blues, Ken-style!!

### **Resident Geese Need Names!**

It has been suggested that we name our Northcrest geese. They have chosen our pond to build a nest, lay eggs, and raise the goslings. Send your name suggestions for both Mr. & Mrs. Goose to Ronnie or drop at her office door. We'll vote April 14-16 and announce on the 17th at Tuesday Coffee!!

### **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 Helio physics (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! 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!)

### **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! This bus is available for all residents. 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.

### **The Northcrest Stitchers**

Pictured are the Stitchers with the armchair organizers they created for HC residents. Nice Job!!! (Next meeting: Apr 10, 2pm GR)



### **The CREST**

**OPEN Wed-Fri, April 12-14**  
**12:00—2:00 pm and 4:30—7:00 pm**

**Soup of the Day:**  
**Steak & Mushroom**



**Specials: 4:30-5:00 pm**

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

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

## THINGS TO DO!

### Friday Chats, 10:30 am, GR

**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.

### Spring Fling

A special treat with music by Larry Northup! We'll channel the 50's, as well as other eras. There will be a dance floor and refreshments. Don't miss this opportunity to dance, listen and celebrate Spring!



Fri, April 14, 6:30 pm, GR

## PLACES TO GO, THINGS TO DO

### 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.



### 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.

### ISU Musicale

The Musicale is to be held at Dennis Wendell's home, 917 Adams St. \$50 advance tickets. Sat, April 15, Bus at 2:30 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. **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.



### 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

### Ames Choral Society-2 events

- *Messiah* Sing Along, Sat, April 15, 4 pm.
  - Earth Mass, \$10, Sun, April 30, 7 pm.
- Both held at St. Andrew's Lutheran, No Bus

### 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

### Stange Road Improvements

Notice: Improvements to Stange Road will begin on Monday, April 10. Plan on 2-lane traffic instead of the usual 4. Construction on 24th St. isn't slated to begin until next year.



### 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. Tie the pairs together if possible. 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 9**

**Lunch:** Baked Ham, Knoll Potatoes, Green Bean Casserole,  
Dinner Roll, Fresh Fruit, Easter Cake

**Happy Easter**



**Monday, April 10**

**Lunch:** Spaghetti with Meat Marinara, Garlic Toast,  
Orange Slices, Side Salad, Oreo Parfait

**Dinner:** Broccoli & Cheese Chicken, Sour Cream & Chive Mashed Potatoes,  
Pacific Blend Vegetables, Grapes, Frosted Brownie

**Tuesday, April 11**

**Lunch:** Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the  
Side, Fresh Fried Chips, Tropical Fruit Salad, Sugar Cookie

**Dinner:** Meatloaf, Baked Potato, Honey Dill Baby Carrots, Strawberries &  
Blueberries, Lemon Cream Pie

**Wednesday, April 12**

**Lunch:** Turkey Reuben, Marinated Artichoke Salad, Pickle Spear, Cherries,  
Heath Bar Blondie

**Thursday, April 13**

**Lunch:** Chicken Strips, Mashed Potatoes & Gravy, Peas, Cantaloupe &  
Pineapple, Oatmeal Bar

**Friday, April 14**

**Lunch:** Pork Tenderloin Sandwich with Lettuce, Tomato & Onions, Macaroni  
Salad, Pickle Slices, Pears, Spice Cake

**Saturday, April 15**

**Lunch:** Taco Salad, Cornbread Muffin, Watermelon, Cheesecake with Caramel  
Drizzle

**Dinner:** Chicken ala King with a Biscuit, Broccoli, Peaches, Chocolate Chip  
Cookie