

Northcrest News

February 16, 2025

Over 60 years of service to older adults in Ames & the surrounding area

The Week at a Glance!

Sunday, February 16

- 2:00 Hymn Sing, AL

Monday, February 17

President's Day (no mail)

- 10:00 Bus to Fareway shopping
- 6:30 Mixed Bridge, Founders

Tuesday, February 18

- 9:30 Tuesday Coffee, **Hosts Parkway Floor 1**
- 10:45 Bus to Design Building Tour
- 6:15 Bus to MBB vs Colorado
- 7:00 Playmakers Meeting, My Antonia, GR

Wednesday, February 19

- 10:15-11:00 Blood Pressure Clinic, Providers' Rm
- 10:30 Shopping at ALDI and HyVee
- 2:00 1st Methodist Service, HC
- 6:00 Bus to WBB vs Houston

Thursday, February 20

- 10:00 Writers' Group
- 11:00 Lunch trip to Pasta al Forno
- 5:00 LaVone Newell, Piano, AL
- 5:30 Bus to "Watchdog" Talk, MU

Friday, February 21

- 8:30-10:30 1st National Bank, Founders' Rm
- 10:00 Bus to N.Walmart & N. Fareway
- 10:30 Friday Chat: A Window into the 1940's, Duane Short
- 1:30 Sign Language Class, GR

Saturday, February 22

- 10:00 George Beran Memorial Service, Northminster

Health & Wellness

Hearing Aid maintenance:

March 4: 1st Tuesday of every month, 1:30pm

Podiatry: Contact Kathy at ext. 7220

Massage Therapy: Darlene, 515-708-1556

Complimentary Leg Massages available on Feb 17. Must sign up by the Wellness Center Coffee Machine!

Wellness Program News from Morgan

Weekly Schedule: https://docs.google.com/document/d/1kjO4e9IsFdMwSbHpEyQO4jWnnbqQwWs_-OpPTv5ZMHl/edit?usp=sharing

- New Class called TedTalk Discussions - Tuesdays from 1:30 - 2 in the Yoga Room.
- Keep tracking your steps each day and report back to Morgan each week on Monday!!

Sunday Lunch February 16, 12:00 p.m.

**Broccoli Chicken Breast,
Sour Cream & Chive Mashed Potatoes,
Carrots,
Watermelon,
Chocolate Hazelnut Cheesecake**





Birthday Wishes

- February 16: Anne Walden
- February 17: Lenny Mangold
- February 19: John Hill
- February 20: Arlene Brandt

Tuesday Coffees



Tue, February 18: Parkway Floor 1. This week, wear your team spirit from your high school or college. Please remember to bring your own mug and wear your name tag.

Friday Chats

- February 21: Video “Window into the 1940”s” by Duane Short
- February 28: No Friday Chat due to Residents’ Council

Jim Kellerman Wellness Workshop

Returning multi instrumentalist and composer, Jim Kellerman, will be here on Mon, Feb 24. In the Grand Room at 10:30 am for a workshop on mindfulness and chair yoga exercises. He will perform a concert in the HC at 2:00 pm and at 6:30 pm in the Grand Room. Expect to hear a fun variety of styles ranging from the Beatles to big band and jazz standards to original compositions and classical music arrangements!



Complimentary Lower Leg Massage

Darlene, our massage therapist, is offering complimentary 10-minute Lower Leg Massages on Mon, Feb 17. You must sign up at the coffee area in the Wellness Center. Treat those “walking muscles”!

Horizon Club Event

The Northcrest Foundation Horizon Club is continuing their educational series with a “Basics of Estate Planning” seminar on February 28 at 2pm. Representatives from First National Bank will provide a brief presentation on estate planning. This will be an informational session with time for open discussion and questions. This event will be held in the Grand Room, north side.

Kiwanis Pancake Days

The annual Kiwanis Pancake Days are coming!

- Fri, Feb 28, Bus at 4:30 pm
 - Sat, Mar 1, Bus at 9:00 am
- \$12 adult/ \$5 child. Tickets available from Cynthia Gaunt or Ronnie Lindeman. First United Methodist Church.

Remember, the newsletter is always posted on the NC website, if you can't find yours!

Charity Sew-In

March is National Quilting Month and to celebrate Ames Quilt Guild is co-hosting a Charity Sew-In with the Northcrest Stitchers on Thursday, March 13, 9am - 4pm at Northcrest. Mark your calendar! Contact Evonn Walling or Carol Elbert for more information.

In Loving Memory
of
George Beran
5/22/1928 — 1/29/2025
Services on
Saturday, February 22
Northminster Presbyterian Church
Bus at 10:00 am

Roger Berger
5/3/1935—1/4/2025
Saturday, February 15, 10:00 am
ISU Alumni Center, Bus at 9:30 am

FUN THINGS TO DO

Upcoming at Stephens Auditorium

- See *the Music*, Sun, Mar 2, Bus at 1:30 pm.

ISU Design Building Tour

Ingrid Lilligren, Professor of Art & Visual Culture, will act as our tour guide to see the Design Building, and all what goes on inside! Be prepared to walk quite a bit, as we tour the multiple floors and studios. We are bound to see great student art! Tue, Feb 18, Bus at 10:45 am. We may take an additional vehicle if there is enough interest.

ISU Lectures: Mem. Union, Sun Rm

- Thu, Feb 20: "Wake Up the Watchdog" on taxes, Bus at 5:30 pm
- Please indicate your interest on the list of Lectures in the Activities Book!

ISU Music

Symphonic Band Concert, \$5, MET, Fri, Feb 28, Bus at 7:00 pm

Pasta Al Forno

Have lunch with friends at Pasta Al Forno on East 13th St. Pay on your own. Thur, Feb 20, Bus at 11:00 am.

Magic Flute Opera Performance

Sunday, Feb 23, the Drake Opera Theatre presents The Magic Flute at 2:30 PM. Contact Kathy Ketchum for ticket information.

SPORTS

BASKETBALL

Women's BB:

- Wed, Feb 19, vs Houston, Bus at 6:00 pm
- Sun, March 2, vs K-State, Bus at 2:30 pm

Men's BB:

- Tue, Feb 18, vs Colorado, Bus at 6:15 pm
- Sat, March 1, vs Arizona, Bus at 7:15 pm
- Tue, March 4, vs BYU, Bus at 7:15 pm



RONNIE'S SPECIAL EVENTS

Save the Date!

Mardi Gras Celebration Tuesday, March 4 at 6:30 PM!

We will celebrate Fat Tuesday in the Grand Room at 6:30 pm. There will be food, music, and lots of Mardi Gras fun!!



The CREST

Open Hours:

Tuesday through Friday 12-2:00pm

Wednesday through Friday 4:30-7:00pm

Saturday 9:30 am –1:00 pm

9:30-11: Breakfast Menu

11:00-1:00: Saturday Lunch Menu

Soup of the Week: Chicken Noodle Soup

Special of the Week: Cheese Tortellini with Marinara, topped with Parmesan cheese. Served with Orange Slices & a Garlic Roll

Burger Tuesdays!

All American Cheeseburger & Chips **\$6.95!**

Or Veggie Burger (No Cheese) +\$2

BINGO Night!

Wed, Feb 19, 3:30 pm

Minimum purchase of an entrée to be enjoyed at 4:30 pm. Come Join the Fun!



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

Lunch, Monday- Saturday: Sign up by 10:00am, Pick up at noon.

Dinner, Monday & Saturday: Sign up by 2:30pm, Pick up at 5:00 pm.

Sunday Lunch: Sign up by 6:30 pm Saturday. Pick up at noon, 2300 entry.

Need the Kitchen? After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

Sunday, February 16

Lunch: Broccoli Chicken Breast, Sour Cream & Chive Mashed Potatoes, Carrots, Watermelon, Chocolate Hazelnut Cheesecake

Monday, February 17

Lunch: Ham & Cheese Quiche, Muffin, Apple Slices, Cottage Cheese, Yogurt Parfait

Dinner: Baked Cod, Long Grain & Wild Rice, Green Beans, Peach Halves, Pecan Bar

Tuesday, February 18

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Brat Burger with Lettuce, Tomato & Onion, Steakhouse Potato Salad, Pickle Spear, Cherries, Cookie

Wednesday, February 19

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Chicken Alfredo with Rotini, Garlic Toast, Strawberries, Side Salad, Lemon Cream Tart

Thursday, February 20

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Breaded Flounder, Potato Chips, Creamy Coleslaw, Honeydew, Cherry Pie

Friday, February 21

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Soft Shell Tacos, Refried Beans, Pineapple, Oatmeal Raisin Cookie

Saturday, February 22

The Crest is Open 9:30am-11:00am: Coffee, Muffins, Eggs, Toast, Bacon & More
11:00 am-1:00pm: Saturday Lunch Menu

Lunch: Boneless Chicken Bites, French Fries with BBQ Sauce on the Side, Grapes, Fresh Cut Vegetable Salad, Banana Bar

Dinner: Chili Stuffed Baked Potato, Broccoli, Fruit Jell-O, Chocolate Chip Cookie Dough Ice Cream