

February 17, 2019

Northcrest News

Northcrest Community
Over 50 years of service to older adults in the Greater Ames Community



The Week at a Glance!

Sunday, February 17

12:30 Sunday Dinner, MDR
6:00 Movie Night, GR



Monday, February 18 Presidents' Day

10:00 Blood Pressure Clinic
12:00 Bus to Harriet Tubman, IA State Center
1:00 Fareway shopping
6:30 Men's Bridge

Tuesday, February 19

9:30 Tuesday Coffee, MDR, **Atrium B-2 & E**
2:30 "Early Ames History", Ames Historical Society, HC Mulberry
2:30 Podiatry Clinic by appointment, HC
7:15 Bus to MBB vs Baylor

Wednesday, February 20

10:00 ALDI'S & Lincoln Center Hy-Vee
4—6:00 Horizon Club Wine & Cheese Social, MDR
6:30 Bus to "13th St. Dam" Lecture, Library

Thursday, February 21

10:00 Writers' Group, F-23 Chapel
10:30 Travelogue: Colorado, HC Mulberry
11:45 Bus to Lunch & Learn, Steven's Mem. Chapel
3:45 Singspiration/ Vespers
4:00 Alzheimer's Support Group, FR
6:00 Game Night
6:30 Cards & Games with ISU Student Athletes, HC Mulberry



Friday, February 22

8:30—10:30 1st National Bank
9:30 Residents' Council
10:00 N. Fareway, N. WalMart
1:00 Women's Bridge
1:30 Crafty Cresters, Chapel
6:30 Concert by the Heart of Iowa Band, GR
6:30 Bus to ACS Cabaret, Octagon Center



Saturday, February 23

12:45 Bus to Terrace Hill Tea & Talk, Des Moines
2:30 Bus to WBB vs Baylor
6:15 Bus to Iowa State Varieties Performance, MU



HEALTH & WELLNESS

DAILY EXERCISE

Exercise is held in the Green Room, M-F mornings at 8:30 a.m. Holidays are optional! There are new DVD's to try out!



PODIATRY CLINICS

By appointment, 2:30-4 pm.

- February 19 (rescheduled time)
- March 14 (date changed)
- April 4
- May 2



**Sunday Dinner
February 17
12:30 p.m., MDR**

**Broccoli & Cheese
Chicken Breast**

Roasted Red Potatoes

Normandy Vegetables

Homemade Bread

Fresh Fruit

Cherry Pie



ANNOUNCEMENTS

Tuesday Coffee Shuttles

Catch a shuttle from your town house to the Main Building for Tuesday Coffees during this winter. **Please call the night before** to tell us if you'd like to be picked up between 9 and 9:20 am on Tuesday morning. You would be taken home around 10:15.

Movie Night, Sun, Feb 17, GR

See *The Interpreter*, Academy Award-winners Nicole Kidman and Sean Penn star in an intense political thriller! When a South African U.N. interpreter overhears an after-hours conversation, a deadly secret is uncovered.



Bring your photos, Ladies!

We'll celebrate March, Women's History Month, with an exhibit of photos of wonderful women—YOU!! Bring a photo for us to copy. Any size will do, but 8 x 12 will reproduce better. Please put your name on the photo. Bring them to the Front Desk by Mon, Feb 25 for inclusion.

New Live Stream Camera at NC

Watch the construction progress by logging on from the NC website. Written directions are at the Front Desk.

Horizon Club Wine & Cheese Social

Join current and future residents of Northcrest as we enjoy specialty cheeses & wines. RSVP is helpful—by Friday, February 15. Call for shuttle service from the town houses. Wed, Feb 20, 4-6 pm, MDR .

Heart of Iowa Band

Mark your calendar to attend a concert by the Heart of Iowa Band, right here in our own GR. There is a rumor about ice cream too! Fri, Feb 22, 6:30 pm.

Aliens!

We have a special visitor coming to speak to us about extra-terrestrials and other mysteries. Beverly Trout has been investigating

UFOs for over 26 years for MUFON (Mutual UFO Network), an organization established in 1969, which tries to look objectively at UFO reports. She will present a few basic facts about UFOs, such as their ability to travel at high speeds, become invisible if they so choose, appear on radar if they so choose, or NOT appear on radar if they so choose. Her talk will include two cases in Ames which appeared at very low altitude in 2009, plus another Ames case in 2001 at low altitude. There are many other Iowa cases also of interest, including those where "screen memory" was involved. There will be some out of this world refreshments too!!
Wed, Feb 27, 2:00 pm, GR.

Storage Clean-Out

Help dispose of the glass serving trays & cups that are stored in the SR Closet. Please contact Amanda in the Front Office if you would like to claim a few, or suggest a place to donate. By Feb 28 we will take the remaining ones to a thrift store.

Payments for Memorials

Memorial checks can be made out to Northcrest Foundation, which goes into the Foundation Funds, OR to Northcrest Memorial Fund, which goes into the Memorial Fund Checking account administered by the Residents' Council.

Your Hit-Parade

Join Roberta Abraham and Pat Girton in a sing-a-long on Saturday, Feb 16, 3:30 pm, HC Mulberry.



In Loving Memory

John Pesek, Jr.

November 15, 1921 - February 11, 2019

Friday, February 15, 2019

Visitation 1:30 pm - 2:30 pm

Mass of Christian Burial 2:30 pm

St. Cecilia Catholic Church

Bus at 1:30 pm for Visitation

Bus at 2:00 pm for Mass

PLACES TO GO, THINGS TO DO

Library Speaker Series

- *The "Famous" History of the 13th St. Dam*, Christina Murphy with the Ames Water Dept. will explore how the dam came about after the drought in the late 1970's. Wed, Feb 20, Bus at 6:30 pm.

Kiwanis Pancake Days

Tickets now for sale: \$7 adults, \$3 for kids. Fri, Mar 1, and Sat, Mar 2.

Heart Month Lunch & Learn

Steven's Memorial Chapel is hosting an American Heart Association speaker at a **free** Lunch & Learn. Meal provided. Find different ways to stay active and eat healthy! Thu, Feb 21, Bus at 11:45 am.

Terrace Hill: Tea & Talk

Travel to Terrace Hill in Des Moines to hear a presentation by Jennifer Madara, Creative Director of Better Homes & Gardens. The talk will be followed by tea and tasty tidbits in the Drawing Room. There may be a few seats left; ask the Receptionist. \$15, Sat, Feb 23, Bus at 12:45 pm.

ENTERTAINMENT

Ames Choral Society

"Under the Big Top", the ACS Cabaret will be at the Octagon on Fri, Feb 22, Bus at 6:30 pm. \$15 tickets at the door.

Iowa State Varieties Performance

"Varieties" is a student run annual musical talent competition in its 88th year. See the finals in the Memorial Union. Advance Tickets, \$12.50. Sat, Feb 23. Bus at 6:15 pm.

Iowa State Center

Harriet Tubman & the Underground Railroad, \$5, Mon, Feb 18, Bus at noon.

ISU Theatre

Sense & Sensibility, Fisher Theater, \$16 Seniors, Sun, Feb 24, Bus at 1:30 pm.

ISU Music Department events

- Sun, Feb 24, Iowa State Singers, \$5, MET, Bus at 1:00 pm.
- Sun, Feb 24, ISU Bands, City Auditorium, \$7 at door, Bus at 2:30 pm.

Iowa Wolves

Are you ready for more basketball? We can get VIP treatment at the professional Iowa Wolves game at Wells Fargo Arena in Des Moines. Pregame locker tour, free hot dog & soda, front & center seats. We may stay for half hour of Christian Rock concert after game. \$23 inclusive. Sun Mar 3, Bus at 12:45 pm.

SPORTS

ISU Basketball

Women's BB

- Sat, Feb 16, vs Oklahoma St. Bus at 12:30 pm.
- Sat, Feb 23, vs Baylor, Bus at 2:30 pm.

Men's BB

- Tue, Feb 19, vs Baylor, Bus at 7:15 pm.
- Mon, Feb 25, vs Oklahoma, Bus at 6:15 pm.



RONNIE'S RAMBLES

PAAS Exercise Study Physical Activity & Aging Study



Sign up at Front Desk for a Session:
Feb 25 & Mar 5 OR Mar 4 & 12
Build their data by repeating last year's activity and benefit from extra care!

UPDATE Your Health Information



It's that time of year again! Please stop at the Front Desk to pick up a new salmon colored health information form. Turn your completed form in at the Front Desk!



Serving times for Regular Daily Meals in the Main Dining Room*:

Lunch, Monday- Saturday: Sign up by 10:00am. Lunch is served from 12:00pm-12:30pm

Dinner, Monday-Saturday: Sign up by 2:30pm. Dinner is Served from 5:30pm-6:00pm

Sunday Dinner: Sign up by 8:00am, served at 12:30pm

***Check Northcrest News for locations and serving times for special events.**

Sunday, February 17

12:30pm, Lunch, MDR: Broccoli & Cheese Chicken Breast, Roasted Red Potatoes, Normandy Vegetables, Homemade Bread, Fresh Fruit, Cherry Pie

HC Supper: Minestrone Soup, Turkey & Cheddar Sandwich, Fruit Salad, Ice Cream



Monday, February 18

Lunch: Gyro, Sautéed Onions, Lettuce, Tomato, Feta Cheese & Tzatziki Sauce, Sweet Potato Fries, Fresh Fruit, Chocolate Chip Cookie

Dinner: Chicken Fried Beef Steak with White Peppered Gravy, Mashed Potatoes, Corn, Fresh Fruit, Angel Food Cake

Tuesday, February 19

Lunch: Fish Sandwich, Chips, Creamy Coleslaw, Fruit Salad, Black Forest Cake

Dinner: Deviled Boneless Pork Chop, Knoll Potatoes, Key West Blend Vegetables, Grapefruit & Orange Segments, Sour Cream & Raisin Pie

Wednesday, February 20

Lunch: White Cheddar Macaroni & Cheese, Green Beans, Fresh Fruit, Lemonades Girl Scout Cookie

Dinner: Beef Stew, Savory Biscuit, Fruit Salad, Bread Pudding



Thursday, February 21

Lunch: Szechwan Chicken Over Fried Rice, Stir Fried Vegetables, Crab Rangoon, Pears, Turtle Brownie

Dinner: Grilled Steak with Blue Cheese & Mushroom Sauce, Baked Potato, Zucchini & Tomatoes, Fresh Fruit, Blueberry Crisp

Friday, February 22

Lunch: Italian Meatball Sub Sandwich, Mixed Vegetables, Fruit Salad, Coconut Cream Pie

Dinner: Herb Glazed Pollock, Rice Pilaf, Peas & Onions, Fruit Jell-O, White Chocolate Cherry Bar

Saturday, February 23

Lunch: Hot Ham & Cheese Croissant, Tater Tots, Grapes, Three Bean Salad, Vanilla Pudding with Vanilla Wafers

Dinner: Rotisserie Chicken, Mashed Potatoes & Gravy, Honey Dill Carrots, Fresh Fruit, Yellow Cake with Chocolate Frosting