

Northcrest News

Week of March 30, 2025

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

The Week at a Glance!

Sunday, March 30

- 2:00 Hymn Sing, AL
- 2:00 Arias, Northminster (Bus)

Monday, March 31

- 9:30 Moosday Coffee, Hosts Pkwy FL 4
- 10:30 Fareway shopping (Bus)

Tuesday, April 1

April Fools Day!

- 1:30 Hearing Aid Maintenance, Provider's Rm
- 6:00 Astrophotography, Ames Public Library (Bus)

Wednesday, April 2

- 10:15-11:00 Blood Pressure Clinic
- 10:30 Shopping at ALDI & HyVee (Bus)
- 2:00 Art Room Open House, Art Room

Thursday, April 3

- 10:00 O.W.L.S., McFarland Park (Bus)
- 3:00 Ken Jolls Concert, GR
- 6:00 Game Night, Library

Friday, April 4

- 8:30-10:30 1st Nat'l Bank, Founders' Rm
- 10:00 N.Walmart & N. Fareway (Bus)
- 10:30 Friday Chat, Dr. Emily Martini, GR
- 1:30 Sign Language Class, Founders' Rm
- 3:00 Athlete Activity Day, Wellness Area

Saturday, April 5

- 12:30- 4:00 Senior Variety Show Try-Outs, Northminster (No bus)

Health & Wellness

Hearing Aid maintenance:

April 1: 1st Tuesday of every month, 1:30pm

Podiatry: Contact Kathy at ext. 7220

Massage Therapy: Contact Darlene, 515-708-1556

Wellness Program News from Morgan

Weekly Schedule: [Click this link](#). Please look at the calendar this week for canceled classes and time changes.

- Wii Bowling, Thursday from 2-3. Sign up at the Front Desk
- Friday Chat at 10:30 -- Emily Martini, the Director of the ISU Exercise Clinic
- Fun Activity Games (with special ISU guests) on Friday from 3-4 in the Green Room. Sign up at the Front Desk! (Limited Space)
- Looking ahead ... Northcrest Annual Spelling Bee will be on April 10th from 1:30 - 2:30. If you are interested in participating, please sign up at the Front Desk.

Sunday Lunch March 30, 12:00 p.m.

Broccoli Cheese Chicken Breast
Sour Cream & Garlic
Mashed Potatoes
Key West Blend Vegetables
Watermelon & Blueberries
Peach Pie



Birthday Wishes

April 2: Eileen Klonglan

April 3: Sue Simmons

Tuesday Coffees at 9:30 am

Monday, March 31—We are moving Tuesday Coffee to Monday this week. If you are taking the bus for shopping to Fareway on March 31, we are leaving at 10:30 am.

Tuesday, April 8: S1 and S2 hosting

Friday Chats

- March 28: No Friday chat due to Residents' Council being held
- April 4: Emily Martini, Director of the ISU Exercise Clinic

BASKETBALL

The Sweet 16 teams have earned their spots and ready to play! Will there be any upsets?

Don't forget to order your March Madness To Go boxed lunch from The Crest to watch the games!

ANNOUNCEMENTS

- Beginning April 4, Sign Language class will be held in the Founder's Room.
- Save the date for the Volunteer Appreciation Reception: Friday, April 25 at 3:00 pm in the Grand Room. RSVP will be required. More details to come!
- The salon will be closed starting May 12 through May 20. Lori Lynn will be on vacation and will return on May 21.

COMMUNITY LIFE UPDATES

Ronnie's April Event

Feel like an adventure? Come with Ronnie on an all day mystery excursion to Des Moines on April 23, bus will leave at 9:00 am. This will be a Triple A outing: Architecture, Antiques, and Art. Walking is involved, but elevators and seating are available, all indoors. \$10 Bus, \$2 Tour, \$\$ Lunch at a unique diner on your own penny. More clues will be given as the month wears on!

New Shopping Trips!

Be sure to check out the April calendar for a couple of new places to shop!! On April 10 at 10:30 am, you can go to Dollar Tree, Target, and Flowerama. On April 14 at 2:00pm, the bus will go to the South Duff shopping area. You can check out Home Goods, Sketchers, TJ Maxx!

Ronnie's Future Special Events

- **May 15:** Spring Tea in the Grand Room. We are looking for volunteers to host 15 tables. As host, you would provide your own spring themed table settings for 6 people. This would include plates, cups & saucers, napkins, and cream & sugar bowls. Email Ronnie at rindeman@northcrestcommunity.org if you are willing to host or if you have questions.
- **June:** Date TBD. A Highway 30 outing is in the early planning stages.

FUN FACTS

Do you remember the spaghetti tree hoax? It is one of the most infamous April Fools' Day pranks. BBC aired the report on April 1, 1957. Check out the broadcast here: <https://www.youtube.com/watch?v=8scpGwbvxxI>

There are 293 ways to make change for a U.S. Dollar.

According to the Oxford English Dictionary, publicly is the most commonly misspelled word in the English language.

UPCOMING EVENTS

Arias in Ames

The Ames Guild Chapter of Des Moines Metro Opera (DMMO) presents Arias in Ames at 2 pm on Sunday, March 30, at Northminster Presbyterian Church. Admission is \$20, with tickets available from Guild members or at the door. DMMO's Opera Iowa will perform opera arias and show tunes, followed by a reception with refreshments and a chance to meet the performers. Sign up for the bus by Friday, March 28.

Art Room Open House

Come see the complete renovation of the art room on Wednesday, April 2 starting at 2 pm! There will be ongoing demonstrations. Contact the art committee to share what you would like to see and share your ideas on how you would like to see it used. Let's celebrate the bright, beautiful space!

ACTORS: Dearly Departed

Tickets are now on sale for the upcoming ACTORS performance, Dearly Departed! We will have a bus going Friday, April 4 and Sunday, April 13. Tickets are \$20 per person. You can buy tickets online or contact Tina.

Senior Variety Show Try-Outs

The 29th Annual Senior Variety Show is holding auditions on April 5 and April 12 from 12:30 pm– 4 pm at Northminster Presbyterian Church. "Catch a Radio Wave!" is the theme for this year's show.

Ames High Drama Club

Ames High Drama will be performing *Mary Poppins* at the Wayne "Hank" Hansen Performing Arts Center. Tickets are \$15 per person and can be purchased at the door. Show times are Friday, April 11 at 7:00 pm, Saturday, April 12 at 7:00 pm, and Sunday, April 13 at 2:00 pm.

THE CREST

Open Hours:

Tuesday through Friday

Lunch: Noon—2:00pm

Dinner: 4:30pm—7:00pm

Saturday

Breakfast Menu: 9:30am—11:00am

Saturday Lunch Menu: 11:00am—1:00pm

Burger Tuesdays!

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

Or Veggie Burger (No Cheese) +\$2

Soup of the Week: Pizza Soup

Specials of the Week: March Madness To-Go Box

March Madness To Go Boxes available in The Crest for all of March Madness!

It includes your choice of two sliders - buffalo chicken salad, chicken salad, pulled pork or ham & cheese. Bag of chips & a cookie are also included. All boxed up and ready for you to take with you to enjoy while watching the games. \$9.95.

In Loving Memory

of

Brent Pearce

6/5/1936-3/22/2025

A celebration of Brent's life
will be held on

Saturday, May 3, 2025 at 11 am.

Ames First United Methodist Church,
516 Kellogg Ave, Ames, IA.

There will be a reception following the service
to continue to honor Brent
and share memories.

Bus at 10:30 am.

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, March 30

Lunch: Broccoli Cheese Chicken Breast, Sour Cream & Garlic Mashed Potatoes, Key West Blend Vegetables, Watermelon & Blueberries, Peach Pie

Monday, March 31

Lunch: Grilled Ham & Provolone on Sourdough with Honey Mustard on the Side, Pasta Salad, Grapes, Cucumber & Onion Salad, Cookie

Dinner: Creamy Pesto Chicken, Roasted Herb Potatoes, Carrots, Pears, Chocolate Cream Pie

Tuesday, April 1

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

Lunch: Philly Cheese Steak Sandwich with Peppers & Onions, Broccoli, Fresh Fruit, Yellow Cake with Chocolate Frosting

Wednesday, April 2

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

Lunch: Quiche Lorraine, Muffin, Orange Slices, Fresh Cut Vegetable Salad, Monster Cookie

Thursday, April 3

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

Lunch: Chicken Crepes, Capri Vegetables, Honeydew, Dreamland Bar

Friday, April 4

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

Lunch: Fish Tacos, Black Bean & Corn Salsa, Mandarin Oranges, Chocolate Chip Cookie Bar

Saturday, April 5

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

Lunch: Enchilada Casserole with Lettuce, Tomato & Onion, Sour Cream on the Side, Spanish Rice, Watermelon, Sugar Cookie

Dinner: Goulash, Garlic Toast, Strawberries, Cumin Carrot Salad, Chocolate Hazelnut Cheesecake