



March 3, 2024

Northcrest News

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




The Week at a Glance!

Sunday, March 3

- 2:00 Hymn Sing, AL
- 2:00 Bus to Central Iowa Symphony, City Auditorium


Monday, March 4 Walking Challenge Begins

- 10:00 Bus to Fareway shopping
- 1:00 Bus to Mystery Tour!?!?!?!? 

Tuesday, March 5

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 1
- 1:30 Hearing Aid Maintenance, Provider's

Wednesday, March 6

- 10:00 Blood Pressure Clinic
- 10:00 Book Club, AL
- 10:30 Bus to ALDI or Hy-Vee 
- 1:00 Ames High Orchestra Students, GR
- 5:30 Bus to Class on Dementia, Library

Thursday, March 7

- 10:00 Writers' Group, Founders' Room
- 10:00 Bus to O.W.L.S., McFarland Park
- 1:00 Alzheimers Support Group, GR
- 1:15 Bus to Art & Science tour, ISU's Biorenewables Building
- 5:00 LaVone Newell on piano, AL

Friday, March 8

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat with Ledges Park Manager
- 1:00 Wii Bowling, Wellness Center
- 4:45 Bus to Fish Dinner, St. Cecilia's Church

Saturday, March 9

National Popcorn Lover's Day!
Eat Popcorn!

Health & Wellness

Podiatry: Contact Kathy at ext. 7220 for information.




Hearing Aid maintenance:

March 5: 1st Tuesday of every month, 1:30pm

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

NO Chair Yoga on Mon, March 4 or 11

Wii Bowling, 1:00 pm: March 1, 8 & 22 

Walking Challenge: March 4—April 5

See Adrienne to Sign Up as a Solo or a Team!



Sunday Lunch March 3, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Normandy Blend Vegetables
Fresh Fruit
Raspberry Pie





Birthday Wishes

- March 4: Larry Carsrud
- March 4: Sherry Lin
- March 5: Carol Styba
- March 6: Dorothy Conley
- March 9: Pat Girton



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for March 5 Coffee will again be **Parkway, Floor 1**. Available in-person, via Zoom and Livestream (116-5 or 995).

Friday Chats, 10:30 am, GR

- **March 8:** Andy Bartlett, DNR, Ledges Park Manager. Very enthusiastic!

Ames High Orchestra Students

Come support our young students in a short concert next Wed, March 6, 1:00 pm, GR.

NC's "Through Our Eyes" display

As you visit the Public Library the next time, be sure to notice the photo display that you, our Northcrest photographers, created last year. It will be hung in the entrance foyer of the Library starting March 1!

CALLING ALL ARTISTS

The Northcrest Art Committee is initiating an exciting new project that has the potential of involving anyone interested in the visual arts. The scope of the project includes setting up varied medium art workshops taught by resident teachers, the production of artwork on 8"x8" canvases which will be displayed on the art wall in the Grand Room, and an art event that would include a silent auction of the original art works. Proceeds from the auction would be placed in a fund that would be used by the Art Committee for ongoing costs of the art wall exhibits and future projects. At this

time the Committee is seeking any resident who has an artistic talent to teach at least one workshop that will produce art in the 8x8 format. Any art medium that could be directly on or mounted on these canvases would work, e. g., photography, textile, etc. If you want to share your artistic talent, please contact Carolyn Abbott, Mary Jo Winder or any member of the Art Committee.

SPECIAL NOTICES

Special Movie Showing in Nevada

The Camelot Theater in Nevada is showing classics with a special invitation to retirees. Let's go see *Easter Parade* with Fred Astaire and Judy Garland. We can add lunch at Gatherings to make it a day! \$10 includes bus and movie, popcorn and lunch separate. Tue, March 26, Bus at Noon, home by 5.



SURVEY: Email your Interests **Des Moines Performing Arts**

Great Shows coming to the Des Moines Civic Center this summer. Prices will vary, \$80-\$175.00. Please let me know your interest in 1 or both of these:

- *M.J.* (Michael Jackson), May 4 or 5, matinee.
- *Moulin Rouge*, August 24, 25, 31, or Sept 1, matinee.




The CREST

Tuesday—Friday
12-2:00pm and 4:30-7:00pm

Open Saturday 9:30 am –1:00 pm
9:30-11: Muffins, Mini Cinnamon Rolls,
Coffee, Hot Tea
11:00-1:00: Limited Lunch Menu

Soup of the Week: Tomato Basil
Special for the Week: Smoked Turkey
Reuben Sandwich



ENTERTAINMENT

ISU Music at MET (Many livestreamed)

- **Sat, March 2**, Festival of Women Composers, Free, 4:30 pm, No Bus
- **Sun, March 3**, Iowa State Singers, \$5, 1:30 pm, No Bus

Ames Choral Society Performs

"Choose Your Own Adventure!" Cabaret, St. Andrew's Lutheran, \$10 at the door, Need more to go! Sat, March 2, Bus at 2:30 pm.

Stephens Performances



Transportation to these events have been requested. Sign up if you agree! Need 6!

- Swan Lake, Thu, Mar 21, Bus, 6:30 pm
- Chanticleer, Fri, April 5, Bus at 7:00 pm
- ABBA Mania, Sat, April 6, Bus at 7:00 pm
- **Just Added! Golden Girls**, Wed, May 1, Bus at 7:00 pm

Tickets can be purchased on-line, or in advance at the Box Office. Ronnie can help you, with the personal shopping fee added.

Central Iowa Symphony



The Young Artists Concert is this weekend. Concert Conversation before concert. City Auditorium, Sun, March 3, Bus at 2:00 pm.

Town & Gown

The New Century Saxophone Quartet will perform at MET, \$35 tickets available at the door. Sat, March 23, Bus at 7:00 pm.

FOOD, FRIENDS & FUN

St. Cecilia's Lenten Fish Dinners

Parmesan-crustied tilapia or breaded cod, baked potato, macaroni & cheese, green beans, coleslaw. \$12, St. Cecilia's Church.

- Fri, March 8, Bus at 4:45 pm

Kiwanis Pancake Days

Tickets available for \$10 at the door or from your favorite Northcrest Kiwanian! 1st Methodist Church:

- Fri, March 1, 4:45 pm
- Sat, March 2, 9:30 am.



Mystery Tour!



If you love animals, you'll love this! Cuteness factor off the chart! 1 or 2 stops, dependent on weather. Wear old shoes for a short walk. Mon, March 4, Bus at 1:00 pm.

O.W.L.S.: Iowa's Lost Lichens

What are "lichens"? How many different kinds of lichens are there in Iowa? Have we lost any lichens that were previously present in Iowa? Join guest presenter Jim Colbert, Emeritus Associate Professor at ISU, to learn about the small, but amazing, world of lichens! Thu, March 7, Bus at 10:00 am.

Biorenewables Complex Tour

Tour the ISU Biorenewables complex with art docent Dana Schumacher and Professor & Department Chair of Agricultural & Biosystems Engineering, Amy Kaleita. \$5 fee on bill, Thu, March 7, Bus at 1:10 pm.

Shopping on South Duff Ave.

By request: Bus at 12:30 with an optional stop at Jethro's for lunch, or continue on to Duff Plaza or Target to shop. Time length to be agreed by shoppers and driver.

Mon, March 18, Bus at 12:30 pm.

ISU Tea Room



Glazed ham loaf, green beans, potato casserole and coconut cake at the Joan Bice Underwood Tea Room. \$9 on your monthly bill. Wed, March 20, Bus at 11:15 am.

Lunch & Gallery in the Round Tour

2 Stops: Stomping Grounds for lunch; then on to the Unitarian Universalist Fellowship at 1:30 to view the art collage exhibit by Kathy Svec. Wed, March 13, Bus at 11:30.

SPORTS

Women's BB

Sat, March 2, vs Cincinnati, Bus at 12:30 pm




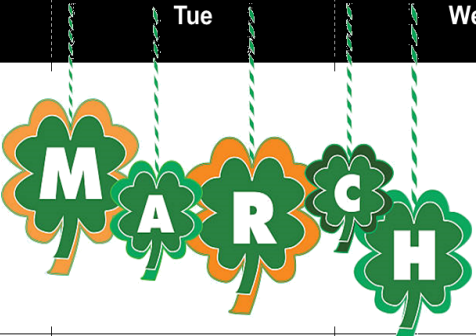











Men's BB

Wed, March 6, vs BYU, Bus at 6:15 pm

ISU Gymnastics vs Iowa

Fri, March 8, Bus at 6:00 pm



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 National Employee Appreciation Day</p> <p>10:30 N Walmart & Fareway</p> <p>4:45 Bus to Kiwanis Pancake Days, 1st Methodist</p>	<p>2</p> <p>9:30 Bus to Kiwanis Pancake Days, 1st Methodist</p> <p>12:30 Bus to WBB vs Cincinnati</p> <p>2:30 Bus to Ames Choral Society, St. Andrew's</p> <p>3:45 Women composers Festival, MET</p>
<p>3</p> <p>12:45 Bus to Iowa State Singers, MET</p> <p>2:00 Bus to Central Iowa Symphony, City Auditorium</p>	<p>4 NC Walking Challenge Starts today!</p> <p>10:00 Fareway</p> <p>1:00 Bus to Mystery Tour!</p> 	<p>5</p> <p>9:30 Coffee, Parkway 1</p> <p>1:30 Hearing Aid Maintenance</p>	<p>6</p> <p>10:00 BP Clinic</p> <p>10:00 Book Club, AL</p> <p>10:30 ALDI's & Hy-Vee</p> <p>1:00 AHS Orchestra, GR</p> <p>6:15 Bus to MBB vs BYU</p>	<p>7</p> <p>10:00 Writers' Group</p> <p>10:00 Bus to O.W.L.S. <i>Iowa's Lost Lichens</i></p> <p>1:00 Alzheimers Support Group, GR</p> <p>1:10 Bus to Art & Science tour, ISU's BioRenewables Building</p> <p>5:00 LaVone Newell, AL</p>	<p>8</p> <p>10:30 N Walmart & Fareway</p> <p>10:30 Friday Chat: Andy Barlett, Ledges Park Mgr.</p> <p>1:00 Wii Bowling, Well Ctr</p> <p>4:45 Bus to Fish Dinner, St. Cecilia's Church</p> <p>6:00 Bus to ISU Gymnastics</p>	<p>9 Popcorn Lover's Day!</p> 	
<p>10 Daylight Savings Time</p>  <p>Time to Spring Ahead</p>	<p>11</p> <p>NO Chair Yoga today</p> <p>10:00 Fareway</p> <p>2:00 NC Stitches meeting, GR</p>	<p>12</p> <p>9:30 Coffee, Parkway 2</p> <p>6:00 DMMO Opera meeting, GR</p>	<p>13</p> <p>10:00 BP Clinic</p> <p>10:30 ALDI's & Hy-Vee</p> <p>11:30 Lunch at Stomping Grounds, then Gallery in the Round</p>	<p>14 Pi Day</p>  <p>1:00 Irish Fiddle Music with Dave Swenson, GR</p> <p>3:15 Dave Swenson, AL</p>	<p>15</p> <p>10:30 N Walmart & Fareway</p> <p>Friday Chat: TBA</p> <p>4:00 Robert Thomas Irish Dancers, GR</p> 	<p>16</p> 	
<p>17</p> <p>HAPPY St. Patrick's DAY</p> 	<p>18</p> <p>10:00 Fareway</p> <p>12:30 Lunch at Jethro's, shopping South Duff Ave.</p> <p>6:30 Mixed Bridge, Founders' Room</p>	<p>19</p> <p>9:30 Coffee, Parkway 2</p> <p>12:00 Tuesdays with Friends, Conference Rm.</p> <p>7:00 Playmakers Meeting, GR</p>	<p>20 First Full Day of Spring</p> <p>10:00 BP Clinic</p> <p>10:30 ALDI's & Hy-Vee</p> <p>11:15 Bus to ISU Tea Room</p> 	<p>21</p> <p>10:00 Writers' Group</p> <p>11:00 Monthly Education Series on Alzheimer's, GR</p> <p>2:00 Slater Museum Talk on Apron exhibit, GR</p> <p>5:00 LaVone Newell, AL</p> <p>6:30 Bus to Swan Lake</p>	<p>22</p> <p>9:30 Residents' Council</p> <p>10:30 N Walmart & Fareway</p> <p>1:00 Wii Bowling, Well Ctr</p>	<p>23</p> <p>7:00 Bus to Town & Gown, MET</p>	
<p>24</p>  <p>31 EASTER Sunday</p>	<p>25</p> <p>9:30 Mindfulness Workshop with James Kellerman, GR</p> <p>10:00 Fareway</p> <p>2:30 James Kellerman, HC</p> <p>2:45 Bus to Memory Café, Northminster Presbyterian</p> <p>6:30 James Kellerman Music and Social Hour, GR</p>	<p>26</p> <p>9:30 Coffee, Parkway 3</p> <p>12:00 Lunch & <i>Easter Parade</i> Movie in Nevada</p>	<p>27</p> <p>10:00 BP Clinic</p> <p>10:30 ALDI's & Hy-Vee</p> <p>6:30 Bus to Ames History talk, Library</p>	<p>28</p> <p>7:15 Northcrest Annual Meeting, GR</p>	<p>29 Good Friday</p> <p>10:30 N Walmart & Fareway</p> <p>10:30 Friday Chat with John Swegle, M. Noble's son.</p>	<p>30</p>  <p><i>Will March go out like a lion or a lamb???</i></p>	

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

Lunch, Monday- Saturday: Sign up by 10:00am

Dinner, Monday & Saturday: Sign up by 2:30pm

Lunch is ready for Pick Up at 2300 entry at 12:00 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? New Extension

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

Sunday, March 3

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Normandy Blend Vegetables, Fresh Fruit, Raspberry Pie

Monday, March 4

Lunch: Grilled Chicken Sandwich, Pasta Salad, Pineapple & Blueberries, Chocolate Cake

Dinner: Goulash, Garlic Toast, Grapes, Side Salad, Coconut Cream Parfait

Tuesday, March 5

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

Lunch: ¼ lb. All Beef Hot Dog with Minced Onions & Relish, Baked Beans, Cantaloupe, Orange Float

Wednesday, March 6

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

Lunch: Grilled Ham & Swiss with Honey Mustard Mayo on Sourdough, Sun Chips, Mandarin Oranges, Magic Bar

Thursday, March 7

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

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Cucumber & Tomato Salad, Chocolate Cream Pie

Friday, March 8

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

Lunch: Enchilada Casserole, Spanish Rice, Watermelon, Cookie

Saturday, March 9

The Crest is Open 9:30am-11:00am Mini Cinnamon Rolls, Muffins, Hot Tea & Coffee-11:00am-1:00pm Lunch

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Fruit Salad, Cheesecake

Dinner: Turkey ala King over Biscuit, Pacific Blend Vegetables, Honeydew, Carrot Cake