

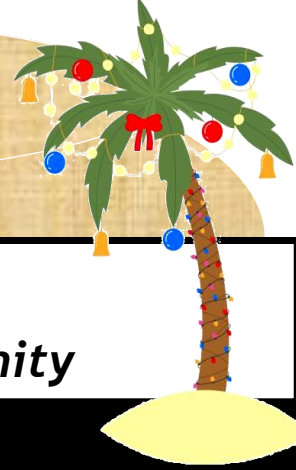
Where is winter?
How can we make
snowmen
or snow angels?



January 7, 2024

Northcrest News

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



The Week at a Glance!

Sunday, January 7

- 2:00 Hymn Sing, AL

Monday, January 8

- 10:00 Bus to Fareway shopping
- 2:00 Northcrest Stitchers Meeting, GR

Tuesday, January 9

- 9:30 Tuesday Coffee, Hosted by N-2, in person or view LiveStream: TV 116-5 or 995
- 5:15 Bus to Men's BB vs Houston
- 6:00 DMMO Opera Guild meeting, GR


Wednesday, January 10

- 10:00 Blood Pressure Clinic
- 10:00 Book Club, AL
- 10:30 Bus to ALDI or Hy-Vee
- **12:00 Baked Potato Bar, GR New Date!**
- 5:45 Bus to Women's BB vs Virginia

Thursday, January 11

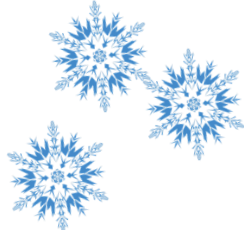
...a day with nothing to do....read a book, take a walk, go for lunch with a friend...

Friday, January 12

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:00 Friday Chat: Rose Bowl Float building adventure with Ronnie 
- 1:00 Wii Bowling, Wellness Center

Saturday, January 13

- 11:15 Bus to Women's BB vs Baylor
- 4:15 Bus to Men's BB vs Oklahoma State



Health & Wellness

Podiatry: Contact Kathy at ext. 7220 for information.



Hearing Aid maintenance:

February 6: 1st Tuesday of every month, 1:30pm

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Wii Bowling, 1:00 pm: Jan 12 & 26



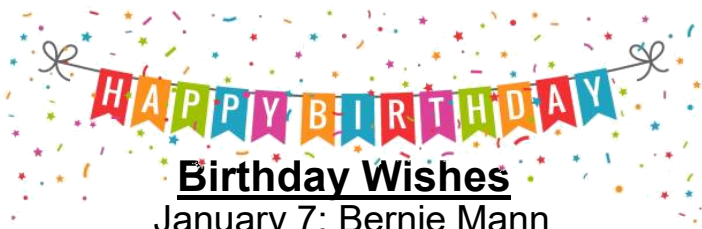
Fall Risk Assessment Clinic info:

January 9th 1:30-3:30pm, you need to call for an appointment 515-239-2423.

Sunday Lunch January 7, 12:30 p.m.

Pot Roast
Mashed Potatoes & Gravy
Green Beans
Watermelon
Chocolate Cake





Birthday Wishes

- January 7: Bernie Mann
- January 8: Paul Twedt
- January 8: Bernie White
- January 13: Kay Ahrens
- January 13: Pam Leinter

Tuesday Coffees



A new year, and a new way of hosting Tuesday Coffee! The live-stream system will allow you to watch on your TV set by tuning into the Northcrest Channel, 116-5 or 995. Hosts for January 9 will be N-2.

1st National Bank

Fri, Jan 5 we return to normal hours with the First National Bank visiting Northcrest on Fridays, 8:30—10:30am, Founders' Room. That entry was overlooked in the double newsletter last time. Sorry for any concern...

Northcrest Stitches Meeting

It's a Show and Tell session! Bring your projects to share with the group. Also bring those items you no longer need or want to put on the "Free Table" at the meeting. Please take them back with you if they are not chosen since the group has no storage capability. Mon, Jan 8, 2:00 pm, GR.

Friday Chats, 10:30 am, GR

- **January 5:** Shana Moothedah on Cyber Security
- **January 12:** Rose Bowl Parade float building—what an experience! Ronnie



Carolyn Abbott was there too with Road Scholar.

Loved those palm trees!



Nationally Known Speaker

Christopher Ridenhour is a motivational keynote speaker who will be coming to Northcrest for staff presentations. We are excited that Christopher has time to present to Northcresters about active aging, navigating changes and enjoying life as a resident. He delivers his messages to audiences with humor, passion and enthusiasm. Christopher has been a national speaker since 2003 and his background comes from Senior Living!! Save the date of **Tue, Jan 30** for his presentation as part of our Tuesday Coffee. 9:30—10:30 am.

Welcome New Residents!

Sarah Terrones in B-23
Linda Murken & Jim Toland on NC Circle
AND.....

Wellness Director Adrienne announced she is planning for a new resident in her and husband Mitch's life, a baby!! Congrats Adrienne and Mitch!!



KITCHEN KORNER

Baked Potato Bar

NEW DATE! Wed, Jan 10, Noon, GR. \$13.25, Sign up by Jan 8 by 10:00 am. Call Kitchen: 515-232-6760, ext. 7212



The CREST

Tuesday, Thursday–Saturday, 12-2:00pm and 4:30-7:00pm
Wednesday: Noon Potato Bar, GR
Crest closed for lunch
Dinner 4:30—7:30pm

Soup of the Week: Chili served with Oyster Crackers
Special for the Week: Chicken Bacon Ranch Wrap, served with one side



PLACES TO GO, THINGS TO DO

FREE Fall Prevention Screenings

Screenings are conducted by the ISU Walk with Ease program in collaboration with the Physical Therapy Department at Mary Greeley Medical Center. Screening visits are only 20 **minutes long** and involve a short survey and completing a few functional fitness assessments to test balance and gait. How do I sign up? **Reserve your time by calling 515-239-2423. Tue, Jan 9th 1:30-3:30.** Location: Atrium A (located on 2nd floor across from entrance to the cafeteria).

Volunteer Hours

Turn in your 2023 volunteer hours sheets as soon as possible. Receptionist Lynette would like to have those compiled by the end of January. If you have questions about your hours, stop by the Front Desk on Wednesday nights, and she will be able to help you. Thank you for all you do; those volunteer hours you put in throughout Ames helps Northcrest maintain our non-profit status!!

Brunnier Museum

Attend a Curator's talk on the new Elizabeth Catlett exhibit.

Catlett (1915 – 2015) was one of the most prominent African American artists of the 20th century. As an artist, she was devoted to creating beautiful and powerful images, with a focus on Black women, motherhood, the Civil Rights movement, and her life in Mexico. Through prints and sculpture, Catlett makes visible with empathy those that were always overlooked in art because of their race. Her own strength and courage were derived from recognizing the strength of her enslaved grandparents and the importance of education modeled by her own parents, which allowed her access to understand her own voice and creativity. Sun Jan 21, Bus at 1:30 pm.

“State of Ames” Address

Hear from a panel of influential community leaders about what's happening in Ames. An optional Hickory Park lunch is available for \$15, but must be ordered by Jan 23. Contact Louise O'Donnell for more info. Fri, Jan 26, City Church on Oakwood Rd. Bus at 10:45 am.

ACTORS *Holmes & Watson*

It's NOT elementary...

Sherlock Holmes is dead. Or is he? Three men in an asylum all claim to be Holmes. Join Dr. Watson as he tries to identify who is lying. There are guaranteed twists and turns right up to the very end!

Let Ronnie know if you need tickets. \$20

- Fri, Jan 26, Bus at 6:30 pm
- Sun, Feb 4, Bus at 1:30 pm

SPORTS

Women's BB

- Wed, Jan 10: vs Virginia, 5:45 Bus
- Sat, Jan 13: vs Baylor, 11:15 Bus

Men's BB

- Tue, Jan 9: vs Houston, 5:15 Bus
- Sat, Jan 13: vs Oklahoma State, 4:15 Bus



In Loving Memory

Ron Bartlett

8/8/1939 - 1/1/2024

Funeral Service:

Saturday, January 6 at 10:30 AM

Northminster Presbyterian Church

1416 20th St

Bus available at 10:00 am.

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**.
Menus are subject to change.

Sunday, January 7

Lunch: Pot Roast, Mashed Potatoes & Gravy, Green Beans, Watermelon, Chocolate Cake

Monday, January 8

Lunch: Pork Tenderloin Sandwich with Lettuce, Tomato, Onion & Pickle Spear, Macaroni Salad, Cantaloupe & Blueberries, Pumpkin Bar

Dinner: Baked Salmon, Lemon Pesto Herb Orzo, Pacific Blend Vegetables, Fruit Salad, Apple Cheesecake Bar

Tuesday, January 9

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

Lunch: 1/4lb. All Beef Hot Dog with Minced Onion & Relish on the Side, Baked Beans, Mandarin Oranges, Coconut Cream Pie

Wednesday, January 10 The Crest Is Closed for Lunch due to the Potato Bar;

Open 4:30pm-7:00pm

Lunch: Pulled Chicken Sandwich, Potato Salad, Orange Slices, Broccoli Salad, Cookie

Thursday, January 11

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

Lunch: Breaded Flounder, Potato Chips, Creamy Coleslaw, Fruit Salad, Lemon Bar

Friday, January 12

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

Lunch: Chef Salad with Ranch Dressing, Dinner Roll, Pears, Peanut Butter Mousse

Saturday, January 13

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

Lunch: Tuna Salad Sandwich with Lettuce, Sun Chips, Bread & Butter Pickles, Fruit Salad, Turtle Brownie