

November 11, 2018

# Northcrest News

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

If you live  
in a  
free country,  
**THANK A  
VETERAN**

## The Week at a Glance!

### Sunday, November 11

12:30 Sunday Dinner, MDR  
1:30 Bus to Women's BB  
2:30 Bus to Town & Gown, 1st Methodist  
3:00 Environmental Club brings "(Not So) Freaky Species", GR

### Monday, November 12 Veterans' Day Observed

10:00 Veteran's Day program, GR  
10:00 Blood Pressure Clinic  
1:00 Fareway shopping  
6:15 Bus to Men's BB vs Texas Southern



### Tuesday, November 13

9:30 Tuesday Coffee, Atrium K-1 & S-2  
1:30 Wellness with Karen, SR  
6:00 Bus to Women's BB  
7:00 Bus to Cinderella, Stephens  
7:30 Playmakers' Meeting, FR

### Wednesday, November 14

10:00 ALDI'S & Lincoln Center Hy-Vee  
10:45 Bus to Heartland Sr. Services luncheon  
4:00 Pie Social with 1st National Bank, MDR

### Thursday, November 15

10:00 Writers' Group, Chapel-F-23  
1:00 AARP Safe Driving Class, GR  
1:30 Wellness with Karen, SR  
1:15 Reading Buddies, Front Entry  
3:45 Singspiration & Vespers  
4:00 Alzheimer's Support Group, FR  
6:00 Game Night

### Friday, November 16

8:30-10:30 1st National Bank, Founders' Room  
9:00 10:00 N. Fareway, N. WalMart  
9:00 Bus to Des Moines for Shopping!  
9:30 Residents' Council Meeting  
1:00 Women's Bridge  
6:15 Bus to "Media under Siege", 1st Methodist  
6:45 Bus to ACTORS, *Clue*, *The Musical*

### Saturday, November 17

Have a restful Saturday!

## HEALTH & WELLNESS

### DAILY EXERCISE

Exercise is held in the Green Room,  
M-F mornings at 8:30 a.m. Holidays are optional!



### WELLNESS CLASSES

Exercise classes with Karen Bates are held on Tuesdays  
and Thursdays, 1:30 pm, or check with the Front Desk  
for more information.

### PODIATRY CLINICS, by appointment, 2:30-4 pm.

- November 20 (date change!)
- December 13



**Sunday Dinner  
November 11  
12:30 p.m., MDR**

**Grilled Ham with  
Honey Mustard Sauce  
Knoll Potatoes  
Capri Vegetables  
Homemade Bread  
Fresh Fruit  
Apple Pie**



## ANNOUNCEMENTS

### Wellness Class with Karen

Classes will meet Tue & Thu at 1:30 pm.  
Nov 13 & 15, SR.



### United Way Drive



**LIVE UNITED**

We did it again!! We surpassed the goal and reached \$32,120!! The United Way folks express their warmest thanks to Northcrest for caring and for your generosity.

### AARP Safe Driving Class

There is still room in the AARP class here at Northcrest with Stu Huntington. It addresses changes that affect our driving such as new vehicles & technologies, our changing bodies, and strategies to apply now and in the future. AARP member fee is \$15, non-members are \$20; fees paid to AARP at beginning of class. Thu, Nov 15, 1-5 pm, GR. Sign up at the Front Desk.



### ISU Environmental Club


The ISU students from the Environmental Club are coming to visit on Sun, Nov 11. They will talk about (and show) what they call “(Not So) Freaky Species”. They will exhibit live creatures as well as photographs. Come see something curious—3:00 pm, GR.



### Lobby Newspapers

The newspapers at the Front Desk are for everyone’s enjoyment to read in the front sitting area. Please refrain from removing them from that area until at least 8:45 pm.

### Ames High Sports Pass

Northcrest has an ALL SPORTS PASS  for Ames High sporting events, available at the Front Desk; first come, first serve basis. Check it out & return it after the event!

### Playmakers

A cutting of *The Princess Bride* will be offered on Tue, Nov 13, 7:30 pm, FR. This is very informal and all are welcome to attend!

### Veterans’ Day

Plan to come to a special tribute for our veterans on Mon, Nov 12, 10:00 am. Norma Ricketts will share a presentation titled, “The Navy, Nimitz and Norma.” It focuses on her correspondence with four star Admiral Chester Nimitz from the mid 40’s until he died in 1966. Admiral Nimitz led the US Navy during WWII and took over operations in Hawaii after the Pearl Harbor bombing. Students from Fellows School will also join us to honor our veterans.



\*\*\*For new residents, if you served in the Armed Forces and have a photo of yourself, please bring it to the Front Desk so we can make a copy. We’d like a full collection to post! Thank you for those already submitted.

### Raising Readers of Story County

The Storypals Program through Raising Readers needs volunteers. The commitment is one hour per week starting next week through the school year. You would meet with 4 year old children at Northwood Pre-school in Ames or a school in Nevada. If interested, contact Nancy Gebhart at gebgirly@gmail.com.

### Story Theater Company

The Ames youth theater will present “Elf, The Musical, JR” at the City Auditorium. Nov 9—18. More info on Mail Rm Bulletin Board. No Bus.

### Holiday Open House, NC Style

Would you like to share your holiday decorations with your neighbors? Sign up to be on our “Jingle Jaunt” on Tue, Dec 11. Pick a morning or afternoon to host, but go see your friends the opposite time. It is fun to see our homes dressed in their holiday best! The Hospitality Table will be in the MDR for a sweet break too!



## FOOD, FRIENDS & FUN!

### Heartland Senior Services

Sign up early for the annual Thanksgiving Luncheon at HSS. Wed, Nov 14, Bus at 10:45 am. By donation.

### ISU Women's Club

- Nov 19 meeting at Bethesda Lutheran is "Telling Our Stories: Women in Agriculture". Bus at 1:00 pm
- Tour the Knoll on Mon, Dec 3. Bus at 2:30 pm for the 3:00-3:45 tour. RSVP's are required through kittylamont@hotmail.com or 292-5541.

### Lecture on "Media Under Siege"

An Evening with Nicholas Johnson, speaking on the media in today's setting. Free-will Fundraiser for KHOI Radio. Fri, Nov 16, 1st Methodist Church, Bus at 6:15 pm.

## ENTERTAINMENT

### ACTORS

*Clue, the Musical:*

- Fri, Nov 16, Bus at 6:45 pm.
- Sun, Nov 25, Bus at 1:15 pm.

*Almost Maine:*

- Sat, Dec 1, Bus at 6:45 pm



### ISU Theatre

ISU Theatre will present *It's a Wonderful Life: A Live Radio Play*. Let's go see the 90 minute play at Fisher Theater during the School Matinee, \$5 at the door, Fri, Nov 30, Bus at 9:30 am.

### Town & Gown

Quinta Essentia, "An Afternoon of Brazilian Flair", \$30 at the door, Sun, Nov 11, 1st Methodist Church, Bus at 2:30 pm.

### ISU Music Department

- Fri, Nov 9, Band Extravaganza, \$10, Stephens, Bus at 7:00 pm.
- Fri, Nov 30, Symphony Orchestra, \$5, MET, Bus at 6:45 pm.

## ISU Center Series

- *Cinderella*, Tue, Nov 13, Stephens, Bus at 7:00 pm.
- **NEW!** Kenny G in concert, Wed, Nov 28, Stephens, Bus at 7:30 pm.
- *Noel*, Fri, Nov 30, Bus at 7:00 pm.

## SPORTS



### ISU Volleyball

- Sat, Nov 10, vs West Virginia, Bus at 7:30 pm.
- Wed, Nov 21, vs Kansas, Bus at 6 pm
- Fri, Nov 23, vs Texas Tech, Bus at 6 pm.

### ISU Football

Sat, Nov 10, Bus to ISU Step Show at 12:00 Noon, No Bus to Game.

### ISU Basketball

We encourage you to take a cell phone & record your number on the bus sheet.

### Women's BB

- Sun, Nov 11, vs Yale/N. Illinois, Bus at 1:30 pm.
- Tue, Nov 13, PWNIT, Bus at 6:00 pm.
- Sun, Nov 18, PWNIT, Bus at 2:30 pm.

*Please Note: Feb 23 Women's game was previously missed, but is now posted in the Bus Book!!*

### Men's BB

- Fri, Nov 9, vs Missouri, Bus at 5:15 pm.
- Mon, Nov 12, vs Texas Southern, Bus at 6:15 pm.
- Mon, Nov 26, vs Omaha, Bus, 6:15 pm.

## Thanksgiving Day Dinner

### Thursday, November 22

### 12:30, MDR, \$14.50

Roasted Turkey with Sage Dressing  
Mashed Potatoes & Gravy  
Green Bean Casserole  
Cranberry Jell-O Relish  
Homemade Bread  
Pumpkin Pie

RSVP by  
Mon, Nov 19,  
9 am

**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 3:30pm. 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, November 11**

**12:30 pm, Lunch, MDR:** Grilled Ham with Honey Mustard Sauce, Knoll Potatoes, Capri Vegetables, Homemade Bread, Fresh Fruit, Apple Pie

**HC Supper:** Tomato Basil Soup, Grilled Cheese Sandwich, Fruit Salad, Cookie

**Monday, November 12**

**Lunch:** Smoked Turkey Reuben, Vegetable Salad, Pickle Spear, Bing Cherries, Peanut Butter Bar

**Dinner:** Salisbury Steak with Sautéed Mushrooms & Onions, Baked Potato, Pickled Beets, Fresh Fruit, Strawberry Cream Cake

**Tuesday, November 13**

**Lunch:** Chicken Strips, Mashed Potatoes & Gravy, Green Beans, Fruit Jell-O, Coconut Cream Pie

**Dinner:** Vegetable Lasagna, Garlic Toast, Grapes, Three Bean Salad, Russian Cream

**Wednesday, November 14**

**Lunch:** Quiche, Honey Oat Bran Muffin, Oranges, Fruit Salad, Dreamland Bar

**Dinner:** BBQ Chicken Thighs, Au Gratin Potatoes, Peas & Onions, Fresh Fruit, Key Lime Pie

**Thursday, November 15**

**Lunch:** Soft Shell Tacos with Shredded Lettuce, Tomato, Cheese & Onion, Spanish Rice, Corn Relish, Fruit Salad, Ice Cream

**Dinner:** Fried Catfish, Rice Pilaf, Carrots, Fresh Fruit, Apple Cheesecake Bar

**Friday, November 16**

**Lunch:** ¼ Pound All Beef Grilled Hot Dog with Minced Onion & Relish on the Side, Baked Beans, Fruit Salad, Mini Cherry Turnover

**Dinner:** Pepper Steak over Rice, Stir Fried Vegetables, Fresh Fruit, Custard

**Saturday, November 17**

**Lunch:** Creamy Pasta & Ham, Key West Blend Vegetables, Fruit Salad, Molasses Cookie

**Dinner:** Veal Piccata, Parmesan & Herb Roasted Potatoes, Italian Blend Vegetables, Fresh Fruit Salad, Lemon Pie

