



October 27, 2024



Northcrest News

Northcrest Community
Over 59 years of service to older
adults in the Greater Ames Community

The Week at a Glance!

Sunday, October 27

- 11:30 Bus to VB vs Kansas St.
- 12:45 Bus to Iowa State Singers, MET
- 2:00 Hymn Sing, AL

Monday, October 28

- 10:00 Pumpkin decorating, Social Room
- 10:00 Bus to Fareway shopping
- 2:45 Bus to Memory Café, Northminster
- 4:00 Paul Headley in concert, GR Patio
- 6:30 Mixed Bridge, Founders' Room

Tuesday, October 29

- 9:30 Tuesday Coffee, GR, **Hosts; N-1**
- 12:45 Bus to Tour The Ember, YSS Campus

Wednesday, October 30

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 6:00 Bus to WBB exhibition game
- 6:45 Bus to Octubaween, MET

Thursday, October 31

- Noon Staff Costume parade, HC
- 1:30 Halloween Party with Dave Swenson music, GR
- 4:30 Staff kids and pets trick or treating, AL



Friday, November 1

- 8:30-10:30 1st National Bank, Founders' Rm
- 10:00 Bus to Walmart or North Fareway
- 10:30 Friday Chat with Morgan Brons
- 5:00 Ames History Museum Benefit

Saturday, November 2

- Ames High School Music Initiative, GR



Guess when the first inch of snow arrives! Submit date by October 31! Box by fireplace.

Health & Wellness

Hearing Aid maintenance:

November 5: 1st Tuesday of every month, 1:30pm, Providers' Room

Podiatry: Contact Kathy at ext. 7220

Massage Therapy: **Darlene, 515-708-1556**
National Massage Therapy Week is Oct 20-26.

Wellness Program News

Weekly Schedule to Copy & paste in browser:

<https://docs.google.com/document/d/1eph3ZLdDS71aA0NHLo-nv8dRrKOVU6hTsLtAXIVaLIU/edit?usp=sharing>



Notes:

Chair Yoga Mon & Thu will be via video.
Gentle Yoga is cancelled this Thursday.
Balance Class is canceled due to Friday Chat.
ALSO: Please fill out this questionnaire:

https://docs.google.com/forms/d/e/1FAIpQLSczziEIjf-nEa8sRe9uWujBlo2FNQLFOqfge_zxTAtX-55pDw/viewform?usp=pp_url

Sunday Lunch October 27, 12:00 p.m.



Pork Roast with Gravy
Roasted Potato Medley
Capri Vegetables
Fresh Fruit
Yellow Cake with Chocolate Frosting

HAPPY BIRTHDAY

Birthday Wishes

October 27: Isabel Hendrickson
October 29: Miriam Patterson
October 31: Verna Weber
November 1: Linda Murken (correct)
November 1: Roseva Albertson
November 2: Beverly Baustian



Tuesday Coffees

Tuesdays at 9:30 am, GR. Bring your own mug & wear your name tag! Hosts for October 29 will be N-1. Join in-person or via Zoom. Live Stream isn't currently operating.

Friday Chats, 10:30 am, GR

November 1: Get to know our new Wellness Coordinator Morgan Brons!
November 8: "Prepwise": Know what to do in case of emergency here at Northcrest
November 15: ISU's Stevie Taylor, Men's BB Assistant Coach



Coffee Outing

LABYRINTH COFFEE is located in the lower level of Collegiate Presbyterian Church. Bus available Sat, Oct 26, at 10 a.m. (No proselytizing - no sermon - just a good chance to join friends in this 100 plus year old church—See Susan North for info.)

Fall Clothing Drive

Clothing that Works (a clothing closet) is in need of men's clothing and women's winter clothes. Please bring clean, usable clothing to the boxes located outside Ronnie's office (Atrium F) from Nov. 5th to Nov. 12th.

Decorated Pumpkins in Ass't. Liv.

Join AL residents in locating decorated pumpkins scattered throughout the AL! Staff created fun pumpkins as a treasure hunt. Get ideas to do your own on Monday!



Paul Headley in concert

Music is good for the soul! Come hear the guitar sounds of Paul Headley from Elkhart. He specializes in the sounds of the '40's to '60's! Mon, Oct 28, 4 pm, GR Patio.

Halloween!

Mon, Oct 28:

10 am, Pumpkin decorating workshop, Social Room in lower level. Bring your own, or will be provided if you sign up! Display in the GR for afternoon entertainment:

4:00 Paul Headley in concert, GR

Thu, Oct 31:

Noon, Staff Costume Parade in HC.

All in costume are welcome to join in!

1:30 PARTY in GR with entertainment by Dave Swenson, spooky stories and **Punny costumes by residents**—start thinking of phrases to portray in costume! Ask Ronnie if you need ideas! All costumes welcome!

4:00-5:00 Trick or Treating: Staff pets and kids will be visiting in HC at 4:00 and 4:30 in AL to receive treats. All are welcome to come to AL to help distribute the goodies provided by Northcrest!

Ames High Music Initiative

Listen to 8 musical ensembles, made up of 15 young high school musicians, called the AHS Music Initiative. What a treat to have them here on Sat, Nov 2, 2:00 pm, GR

Veterans' Day Photos

We honor our veterans each November for Veteran's Day. If you are new to Northcrest, we encourage you to bring a photo of yourself in the service. We will make a copy and return your original to you. Even without a photo, let us know if you served, by October 25. Thank You!

We will celebrate veterans at **the Crest on Fri, Nov 8**, and a **morning event on Mon, Nov 11!** Special breakfast food and music to start your day and show our appreciation!



In Loving Memory

Maxine Hildebrand

October 9, 1918—October 16, 2024

A memorial service is being planned for
Saturday, October 26 at Northcrest
2-3:00 pm, Grand Room

FUN THINGS TO DO

Firepit Concert

Let's catch the last of the nice fall nights by sitting around the campfire! Entertainment by Neil Hewitt. Bring your warm clothes and a lawn chair. Warm refreshments will be served! Wed, Fri, Oct 25, 6:30 pm.

The Ember Preview Tour

Once again, Northcrest will have a chance before the public opening to have a preview tour! The YSS project called The Ember Recovery Campus is a nature based treatment center for youth outside Cambridge. \$5 Bus fee on your monthly bill. We will go Tue, Oct 29, Bus at 12:45 pm.

Ames History Museum Benefit

Benefit Dinner at CPMI Event Center. By reservation only, Friday, Nov 1, Bus, 4:45pm

O.W.L.S.



Discover how to travel by train to Glacier National Park. Explore the park's natural and cultural wonders across elevations and ecosystems on foot and with mobility supports. This travelogue is based at East Glacier Lodge. Thu, Nov 7, Bus at 10:00 am

ENTERTAINMENT

ISU Music at MET

- Sun, Oct 27, Iowa State Singers, MET, \$5, Bus at 12:45 pm
- Wed, Oct 30, Octubaween, MET, Free, Bus at 6:45 pm.
- Sun, Nov 3, Iowa Statesmen, \$5, MET

Die Fledermaus opera

ISU Theatre, Opera Studio and Symphony Orchestra present this opera at Fisher Theater. \$25 general admission.

Sat, Nov 9, Bus at 7:00 pm.



Town & Gown

A Musical Homecoming, featuring T & G Alumni in Concert. \$35 at the door, Ames City Auditorium, Sat, Nov 9, Bus at 7:00 pm.

SPORTS

ISU Tail Gate/Step Show

Home Football games will have a bus to go to the Step Shows.



- Sat, Nov 2, vs Texas Tech, Bus at noon.

VOLLEYBALL

- Sun, Oct 27, vs Kansas St, Bus at 11:30
- Wed, Nov 6 vs Houston, Bus at 6:00 pm

BASKETBALL



Women's BB:

- Wed, Oct 30, vs Central College (Ex), Bus at 6:00 pm
- Mon, Nov 4, vs Chicago St, Bus 10:30 am
- Thu, Nov 7, vs Indiana St, Bus 6:00 pm

Men's BB: Mon, Nov 4, vs Mississippi Valley State, Bus at 6:30 pm.

The CREST



Open Tuesday through Friday

12-2:00pm and 4:30-7:00pm

Saturday 9:30 am –1:00 pm

9:30-11: See Breakfast Menu on NC TV

11:00-1:00: Saturday Lunch Menu

Soup of the Week: Chicken & Wild Rice

Special: Smoked Turkey Wrap, with Smoked Turkey, Provolone Cheese, Lettuce & Pesto Aioli, and choice of side.

Burger Tuesdays!

All American Cheeseburger & Chips **\$6.95!**
Or Veggie Burger (No Cheese) +\$2

Veteran's Special at the Crest



Friday, November 8

Noon to 2:00

Stop by to let us know you are a Veteran and pick up a complimentary pulled pork sandwich, chips and cookie!



Join us for a Thanksgiving Meal!

Turkey and all the Fixin's

Thursday, November 21, GR

By reservation only, Call Kitchen, 515-232-6760, 7212 by Nov. 18, 10 am.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30 am					1 Linda Murken corrected birthday!!! 10:00 N Walmart or Fareway 10:30 Friday Chat: Morgan Brons!	2 2:00 Ames Music Initiative from AHS, GR
3 Daylight Savings Time ENDS! 12:45 Bus to Iowa Statesmen, MET	4 10:00 Fareway 10:30 Bus to WBB vs Chicago State 6:30 Bus to MBB vs MVS	5 Voting Day 9:30 Coffee, Atrium N-2 10:30 and 2:00 Bus to VOTE! 1:30 Hearing Aid Maintenance	6 10:00 BP Clinic 10:00 Book Club, AL 10:30 ALDI's or Hy-Vee 6:00 Bus to VB vs Houston	7 10:00 O.W.L.S. 1:00 Alzheimers Support Group meeting, GR 5:00 LaVone Newell, AL 6:00 Bus to WBB vs Indiana St	8 10:00 N Walmart or Fareway 10:30 Friday Chat: Preppwise Noon to 2:00 Veteran's Special at the Crest! 	9 7:00 Bus to Die Fledermaus, Fisher Theater, Stephens 7:00 Bus to Town & Gown, Ames City Auditorium
Northcrest Clothing Drive for "Clothes that Work": 11/5-12						
10 1:30 Bus to WBB vs Southern	11 9:30 Veteran's Day Breakfast Pizza Party, GR  10:00 Gary Wennerstrom, GR 10:00 Fareway 3:00 2 Guys Named Dave, HC 6:30 Bus, MBB vs Kansas City 7:00 Bus to Tina Turner, the Musical, Stephens	12 9:30 Coffee, Atrium A & C 6:30 DMMO meeting, GR 6:30 Bus to Ruth Harkin talk, Public Library	13 10:00 BP Clinic 8:30 Bus to Rock On in Retirement, Alumni Center 10:30 ALDI's or Hy-Vee Horizon Club Dinner, GR 6:00 Bus to VB vs Colorado	14 10:45 Bus to DMACC Bistro, Ankeny 6:00 Bus to WBB vs St Thomas	15 10:00 N Walmart or Fareway 10:30 Friday Chat: ISU's BB Ass't Coach Stevie Taylor 4:00 JDS Trio entertain, GR 7:00 Bus to <i>The Saloon Keeper's Daughter</i> , ACTORS 7:00 Bus, Band Extravaganza	
17	18 10:00 Fareway 6:30 Bus to MBB vs IU Indianapolis 6:30 Mixed Bridge, Founders' Room	19 9:30 Coffee, Atrium B1 & 2 7:00 Playmakers Meeting, GR	20 9:00 Bus to Trader Joe's & Jordan Creek, Des Moines 10:00 BP Clinic 10:30 ALDI's or Hy-Vee 2:00 FUMC Worship Svc, HC	21 10:00 Writers' Group, Fdrs' 12:00 Thanksgiving Lunch, GR 5:00 LaVone Newell, AL 6:45 Ames Chamber Artists Concert, GR	22 9:30 Residents' Council 10:00 N Walmart or Fareway	23
24 1:30 Bus to WBB vs Drake 1:30 Bus to <i>The Saloon Keeper's Daughter</i> , ACTORS	25 10:00 Fareway 2:45 Bus to Memory Café, Northminster Presbyterian	26 9:30 Coffee, Atrium E & H 2:00 President's Address, The State of Northcrest, GR	27 10:30 ALDI's or Hy-Vee 4:30 Bus to VB vs Utah 	28 Thanksgiving 	29 Admin Offices Closed 10:00 N Walmart or Fareway 4:30 Bus to VB vs Kansas	30 10:00 Anita Coatney's grandkids on piano & cello, GR

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, October 27

Lunch: Pork Roast with Gravy, Roasted Potato Medley, Capri Vegetables, Fresh Fruit, Yellow Cake with Chocolate Frosting

Monday, October 28

Lunch: Fish Tacos, Black Bean & Corn Salsa, Watermelon, Blueberry Crisp

Dinner: Chicken Piccata, Garlic & Chive Mashed Potatoes, Carrots, Pear Halves, Peanut Butter Mousse

Tuesday, October 29

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

Lunch: Brat Burger with Lettuce, Tomato, Onion, Potato Chips, Fruit Salad, Sherbet

Wednesday, October 30

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

Lunch: Chicken Strips with Ranch Dressing on the Side, Curly Fries, Cauliflower, Grapes, Cupcake



Thursday, October 31

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

Lunch: Goulash, Breadstick, Orange Slices, Three Bean Salad, Oatmeal Raisin Cookie

Friday, November 1

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

Lunch: Chili, Corn Bread, Cherries, Maple Butter Blondie

Saturday, November 2

The Crest is Open 9:30am-11:00am: Coffee, Muffins, Eggs, Toast, Bacon & More

11:00am-1:00pm: Saturday Lunch Menu

Lunch: White Cheddar & Macaroni Cheese, Broccoli, Tropical Fruit Salad, Coconut Cream Parfait

Dinner: Ham Balls, Knoll Potatoes, Peas, Cantaloupe, Apple Cheesecake Bar