

# December 10, 2023

## Northcrest News

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



### The Week at a Glance!

#### Sunday, December 10

- 11:15 Bus, Men's BB vs Prairie View A&M
- 2:00 Hymn Sing, AL
- 2:30 Bus to Ames Choral Society, St. Andrew
- 4:15 Bus to Womens' BB vs N. Dakota St.

#### Monday, December 11

- 10:00 Bus to Fareway shopping
- **10—4:00 NC Jingle Jaunt**, List at Front Desk
- 2:00 Northcrest Stitchers' meeting, GR

#### Tuesday, December 12

- 9:30 Bus to Des Moines, Shopping
- 6:00 DMMO Opera Guild meeting, GR

#### Wednesday, December 13

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 1:15 Ames High Orchestra Students, GR

#### Thursday, December 14

- 10:00 Writers' Group, Founders' Rm.
- 11:30 Bus to Nature at Noon, Reiman Garden
- 3:00 Golden K Singers Concert, GR

#### Friday, December 15 **Festive Sweater Day!!!**

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 1:00 Wii Bowling, Wellness Center
- 7:00 Bus to Central Iowa Wind Ensemble, City Auditorium

#### Saturday, December 16

- 2:30 Bus to Ames Chamber Artists, Collegiate Presbyterian Church



#### Health & Wellness

**Podiatry:** Contact Kathy at ext. 7220 for information.



#### **Hearing Aid maintenance:**

January 2: (1st Tuesday of every month, 1:30 pm)



**Massage Therapy:** Darlene, 515-708-1556

#### **Wellness Program News by Adrienne**

**Wii Bowling**, every other week on Fridays, 1:00 pm: Dec. 15

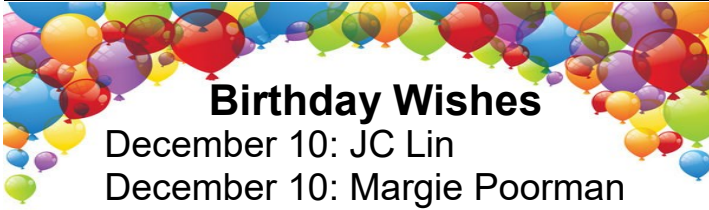


The week of Christmas (Dec 25-29): We will have our 8:30am, a 9am Men's class, and a 9:30am Women's class on Wednesday and Friday.

#### **Sunday Dinner** **December 10, 12:30 p.m.**

**Grilled Steak with A1 Sauce**  
**Cheddar & Garlic Mashed Potatoes**  
**Green Beans**  
**Fresh Fruit**  
**Fruit of the Forest Pie**

# ANNOUNCEMENTS



## Birthday Wishes

December 10: JC Lin  
December 10: Margie Poorman  
December 10: Donna Walker  
December 12: Ruth Ornberg  
December 14: Kent Woodworth  
December 15: Nyle Cottington  
December 15: Susan North  
December 16: Emery Sobotka

## RSV Clinic at Northcrest

**Mon, Dec 18 is the date to save.** The process is different than other vaccinations.

The process will go as follows:

- Print the attached consent form or pick up a consent form at the front desk.
- Fill out the consent form and turn it into the front desk along with your Part D Plan (your prescription plan) and Northcrest will make a copy of your Part D Plan.
- The consent form and a copy of the Part D Plan will be given to Medicap
- Medicap will then report back to Northcrest which residents are covered under their Part D Plan.
- If you are not covered by your Part D Plan there will be an out of pocket expense of \$340.00 to receive the RSV vaccination.
- You will receive a phone call from Northcrest if you are not covered and given the option to opt out of getting the RSV vaccination.
- Northcrest will announce times for vaccinations as we get closer to December 18th.
- **All consent forms and Part D plans (prescription plan) must be turned into the Front Desk no later than Wed, Dec 13.**

## Jingle Jaunt Open Houses

Mon, Dec 11 is going to be a fun day! Those who would like to open their door for visi-



tors, please sign up for 10 to 12:00 or 1 to 4:00 pm. A list will be provided for you.

## Gingerbread House Teams



Sign up as teams of 2-4 people to create spectacular creations starting with small gingerbread house kits. These will be showcased at the Northcrest Holiday Party. All supplies provided. Mon, Dec 18, 1:00 pm, Social Room in Lower Level.

## Upcoming Events in the GR:

### AHS Orchestra students

Wed, Dec 13, 1:15 pm

### Golden K Singers Concert

Thu, Dec 14, 3:00 pm

### Piano Student Recitals

**Sun, Dec 17, 2:00 pm** Jayne McClanahan students

**Sat, Dec 23, 9:30 am.** Karen Tsia students

### Madrigal Singers!

The Ames High Madrigal Singers are coming on Mon, Dec 18, 5:30 pm, GR.

### Northcrest Holiday Party

Treats, music and giggles! Three generations of the Schendel family will perform.

Wed, Dec 20, 3:00 pm

### Live Stream on Channel 116-5

We will offer some of our events in the GR on the Northcrest Channel on your TV. Tune into 116-5 (Digital TV) or 993 (Mediacom Box) for Live Stream. You can see the week's events & menus on 116-3 or 992. Let us know how this works for you!



## The CREST



**Tuesday–Saturday**  
**12-2:00pm and 4:30-7:00pm**

**Soup of the Week: Potato Soup**  
**Special for the Week:**  
**Seasoned Boneless Pork Chop**  
**with choice of 2 sides**

## LECTURES & LEARNING

### OLLI Classes

OLLI catalogs for the winter term in January are now available in the main building and in the Reading Alcove in the Club Room on the 3rd floor of Parkway. The "Learn About" session is December 14<sup>th</sup> at 1:30 on Zoom with a link [www.OLLI.iastate.edu](http://www.OLLI.iastate.edu). Class registration begins on December 15<sup>th</sup> and classes begin on January 8th.

### Nature at Noon, Reiman Gardens

See the beautiful trees, model train, and butterflies. The program will explore holiday decorating with dried materials. No entrance fee. Thu, Dec 14, Bus at 11:30 am.

## PLACES TO GO

### Des Moines Shopping

Let's go shopping at Jordan Creek and Trader Joe's in Des Moines. \$10 Bus fee, Lunch on your own. Tue, Dec 12, Bus at 9:30 am. Home by 4:00 pm.



### Fun, Free, Family Event at the Plex

A full day of music, puppets, crafts, and free lunch at the Plex across from Ames Golf & Country Club. Hosted by Christ Community, 9am - 4pm, Sat, Dec 9, No Bus.

## ENTERTAINMENT

### Ames High School events

Many events are held across 20th St at the High School. Car pool, No bus.

- Holiday Orchestra Concert: Dec 11, 7:30
- Holiday Band Concert: Dec 18, 6:30 pm.

### Nutcracker Ballet

Northcrest is a proud sponsor of the Iowa State Center performances of the beloved Nutcracker. Tickets are \$25 for Seniors. Sat, Dec 9, Bus at 7:00 pm.

### Ames Choral Society

"Peace, Joy, Light", St. Andrew's Lutheran, \$10 at the door, Sun, Dec 10, Bus, 2:30 pm.



### Ames Chamber Artists

*Perspectives on Advent*, presented at Collegiate Presbyterian Church, \$12 Senior tickets at the door, Sat, Dec 16, Bus at 2:30 pm.

### Mannheim Steamroller

This holiday favorite is at C.Y. Stephens. Tue Dec 19, Bus at 7:00 pm.

### Central Iowa Wind Ensemble

Holiday Spectacular, FREE, City Auditorium, Fri, Dec 15, Bus at 6:30 pm.



## SPORTS

### Women's Basketball

**Please note; all buses will leave now 45 minutes before tip-off!**

- Sun, Dec 10, vs N. Dakota St, Bus at 4:15 pm
- Wed, Dec 20, vs UNI, Bus at 5:45 pm.

### Men's Basketball

- Sun, Dec 10, vs Prairie View A&M, Bus at 11:15 am
- Sun, Dec 17, vs Florida A&M, Bus at 4:15 pm



## SPECIAL NOTICES

### Festive Sweater Day

Join all the staff on Fri, Dec 15, wearing your most festive attire! A fun way to giggle at the crazy, wild, beautiful, festive sweaters that many of us have tucked in our closets!



### First Baptist Vespers

The annual First Baptist Vespers will be held on Sun, Dec 17, 4:00 pm, GR.

### Christmas Light Tours

Tour the city to see the lights in the comfort of our buses on Fri, Dec 22. 6:30 pm.

### Grocery Shopping

Since the holidays land on Mondays, shopping at Fareway will be on Tue, 12/26 & 1/2.

### Holiday Office Hours

Please note that Administration Staff offices will be closed all day Christmas, as well as New Year's Day!

**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**.

**Sunday, December 10**

**Lunch:** Grilled Steak with A1 Sauce, Cheddar & Garlic Mashed Potatoes, Green Beans, Fresh Fruit, Fruit of the Forest Pie

**Monday, December 11**

**Lunch:** Pork Burger with Lettuce, Tomato, Red Onion, Grilled Pineapple Rings & BBQ Sauce, Munster Cheese Curds, Apricots, Orange Float

**Dinner:** Goulash, Breadstick, Apple Slices, Three Bean Salad, Cake

**Tuesday, December 12**

**Lunch:** Orange Chicken over Fried Rice, Stir Fried Vegetables, Egg Roll, Cantaloupe, Sugar Cookie

**Wednesday, December 13**

**Lunch:** Smoked Turkey, Cheddar Cheese & Cranberry Mayo on Croissant, Sun Chips, Mandarin Oranges, Blueberry Cheesecake Bar

**Thursday, December 14**

**Lunch:** Taco Chili with Tortilla Chips, Sour Cream & Cheddar Cheese on the Side, Watermelon, Turnover

**Friday, December 15**

**Lunch:** Beer Battered Cod, Potato Chips, Creamy Coleslaw, Honeydew & Pineapple, Oatmeal Bar

**Saturday, December 16**

**Lunch:** Tater Tot Casserole, Normandy Blend Vegetables, Fruit Salad, Cookie

**Dinner:** Peppered Steak over Rice, Vegetable Medley, Grapes, Frosted Brownie

