



December 11

Northcrest News



Northcrest Community
Over 57 years of service to older adults

The Week at a Glance!

Sunday, December 11

11:30 Bus to WBB vs Jacksonville
2:00 No Hymn Sing today, Green Rm.
2:30 Bus to Ames Choral Society,
St. Andrew's Lutheran Church
3:00 First Baptist Church Vespers, GR
4:15 Men's BB vs McNeese State

Monday, December 12

10:00 Fareway shopping
2:00 Northcrest Stitchers Meeting, GR

Tuesday, December 13

10:30 Bus to Des Moines Shopping
6:30 DM Opera Guild meeting, GR
6:45 Bus to *Love Your Neighbor* event,
Stephens Auditorium

Wednesday, December 14 The Crest is Open

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs or Hy-Vee
10-12 & 1-4 JINGLE JAUNT
Open Houses throughout NC!!
6:00 Ken Jolls on piano, GR
6:30 AHS Madrigal Singers, GR

Thursday, December 15 The Crest is Open

10:00 Writers' Group, Founders' Room
2:00 Game Time in AL, 2nd Floor

Friday, December 16 The Crest is Open **Festive Sweater Day!!**

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart
**3:00 Golden K Singers Holiday
Concert, GR**



Saturday, December 17

7:00 Bus, Ames Chamber Artists,
Collegiate Presbyterian

Health & Wellness

Podiatry: Dr. Gupta is setting his own ap-
pointments. Leave your name & phone number
at the Front Desk and he will contact you.

Hearing Aid maintenance:

January 3 (1st Tuesday of every month, 1:30)

Massage Therapy: Darlene, 515-708-1556

Tap-Fit exercise: 10:30 am Tue, Wed & Fri

Wellness Program News:

The Fitness Class schedule and sign-up sheets for
the Week of Dec 12 are available at the Wellness
Center.

Although we will have a "pause" in Fitness Classes
during the last two weeks of December, the Well-
ness Center room will be open. All equipment and
videos are available for your recreational use. Please
keep in mind that it's a smart idea to do your
workout with a partner – both for safety and
companionship.

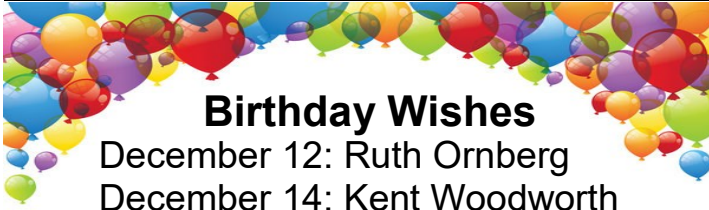
Sunday Dinner December 11, 12:30 p.m.



Baked Turkey
Mashed Potatoes & Gravy
Key West Blend Vegetables
Fresh Melon Salad
Cherry Tart



ANNOUNCEMENTS



Birthday Wishes

December 12: Ruth Ornberg
December 14: Kent Woodworth
December 15: Betty Schneider
December 16: Emery Sobottka

Welcome to Keri



Please welcome Keri Harper Eddy our new Executive Assistant. If you see her in the hallways, introduce yourself and let her know we are glad she has joined the NC family!

Acapella music & fun in the GR!

Anita Coatney & daughter will join ISU group "Count Me In" on Fri, Dec 9, 4 pm.

First Baptist Vespers

All are invited to a Vespers service led by Rev. David Russell of the First Baptist Church on Sun, Dec 11, 3:00 pm, GR.

Northcrest Stitchers

Visitors from "Needle Crafting for Others" will be attending the meeting on Mon, Dec 12, 2 pm in the GR. All are welcome to learn about their projects & share your own.



Jingle Jaunt— Dec 14

Attend the "Jingle Jaunt" open houses on Wed, Dec. 14. 10–12 and 1-4. Sign up at the Front Desk to have an "open door"! Assisted Living will be hosting in the morning and many apartments in Parkway and throughout NC both morning & afternoon. We'll have a list of those participating at the Front Desk for your touring pleasure!

Ken Jolls will bring his professional piano sound to the GR at 6:00 pm on the 14th and **AHS Madrigal Singers** will serenade us at 6:30 pm, GR! What a great day!!!!



Premade Christmas Meal

A Perfect Heat & Serve Meal Option

Choose between
Grilled Ham or Ham Balls

All meals will include **Green Beans, Hash-brown Casserole, Dinner Role & a slice of Apple Pie for \$13.95**

Pre-Order your holiday meal with the **kitchen directly. 515-232-6760 ext. 7212.**

All orders must be placed by Monday, December 19th at 10:00am

Meals will come precooked & refrigerated. You will need to reheat.

Pick up your meal Friday, December 23, between 2:30 & 3:00 pm, Grand Room

The CREST

**OPEN Wed-Fri, Dec 14-16
12:00—2:00 pm, 4:30—7:00 pm**

Soup of the Day:
Pizza Soup



Specials: 4:30-5:00 pm
All Drinks: \$3.50, Select Appetizers: \$5

Clarification on Transportation

Just to clarify for residents riding in our vehicles: Masking is optional in the bus or van for **all Independent and Assisted Living** residents. Health Center residents are still asked to wear masks, as is the driver, and any other passenger on that trip.

Airport trips: requests for a NC driver between 10 pm & 6 am are difficult. Please consider Executive Express, or going the day before to a hotel with an airport shuttle.

PLACES TO GO, THINGS TO DO

ISU Tea Room

The end of semester Themed Lunch & Dessert Buffet is coming! The theme for Dec 9 is **Vegas Casino**. All for \$9.00 posted on your monthly bill. Sign up for the bus on Fri, Dec 9, 11:15 am.



Opera: The Hours

The Metropolitan Opera Live series shows this opera in English, based on the life of Virginia Wolfe. Cinemark off So.16th St. Sat, Dec 10, Bus at 11:30 am. Buy your ticket at the theater, \$24.00, Home by 3:45 pm.

Christmas Shopping

Interested in going to Jordan Creek Mall in Des Moines for the holiday spirit? The new Von Maur store is open too. Trader Joe's is another possible stop. \$7 for bus. Shopping & lunch on your own dime! Home by 5:00 pm. Tue, Dec 13, Bus at 10:30 am.



ENTERTAINMENT

Ames Choral Society

Season's Meetings will be presented at St. Andrew's Lutheran Church, \$10 at the door, Sun, Dec 11, Bus at 2:30 pm.



Love Your Neighbor Celebration

Free tickets available for the 25th anniversary of Good Neighbor Assistance. AHS Madrigal Singers, Cy, ISU Cheer Squad, video, etc. Tue, Dec 13, Bus at 6:45 pm.

SPECIAL NOTICES

Smile.Amazon.com

Remember you can benefit Northcrest by shopping on smile.amazon.com with your regular amazon account. On your first visit, you will be prompted to select a charitable organization to receive donations from your purchases. Northcrest plans to use funds received from this program to help fund a summer BBQ for residents and staff!

V.V. Raman Blog

Resident V.V. Raman has started a new blog in which he plans to recall a significant name or event on each date of the year. If interested and would like to be on his blog list, let him know: vvrsp@rit.edu

Greeting Cards made by residents

Stop at the display of upcycled greeting cards by the Therapy Gym on your way to the Hair Salon. These were made by residents in Heartwood House and are made from your donated cards. Please bring used or unused non-holiday cards to the Front Desk to go to Jessica. The cards are free!

League of Women Voters

The December program is "Immigrants & Refugees: How to Make Ames Welcoming". Diane Birt will cover the situation of immigrants & refugees in Ames. Thu, Dec 15, 7:00 pm, Ames Public Library. No bus.

SPORTS



Men's Basketball

- Dec 11, vs McNeese St, Bus at 4:15 pm
- Dec 18, vs Western Michigan, Bus at 11:15 am
- Dec 21, vs Omaha, Bus at 5:15 pm.



Women's Basketball

- Dec 11, vs Jacksonville, Bus at 11:30 am
- Dec 22, vs Drake, Bus at 4:30 pm

*In Loving Memory
of*

Anne Buck

Passed December 3, 2022
Arrangements pending

Sharon Smedal

8/14/1940—12/1/2022

Funeral Service
Friday, December 9, 10:30 am
Bethesda Lutheran Church
Bus 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.**



*See the great
Employee Appreciation video
on the
Northcrest website—
Thanks Steve Coon!*

Sunday, December 11

Lunch: Baked Turkey, Mashed Potatoes & Gravy,
Key West Blend Vegetables, Fresh Melon Salad, Cherry Tart

Monday, December 12

Lunch: Grilled Chicken on Romaine, with Cherry Tomatoes, Bacon, Cheddar
Cheese & Sliced Egg with Ranch Dressing, Muffin, Honeydew, Cookie

Dinner: Lemon Peppered Tilapia, Rice Pilaf, Peas, Watermelon, Bavarian
Cream

Tuesday, December 13

Lunch: Italian Meatball Sub Sandwich, Green Beans, Mandarin Oranges, Fruit
Pie

Dinner: BBQ Chicken Drumsticks, Cowboy Baked Beans, Strawberries, Angel
Food Cake with Custard Sauce

Wednesday, December 14

Lunch: Grilled Turkey & Cheddar on Sourdough with Pesto Aioli, Macaroni
Salad, Bread & Butter Pickles, Bing Cherries, Chocolate Cake

Thursday, December 15

Lunch: Boneless Chicken Bites, French Fries, BBQ Sauce on the Side,
Cranberry Apple Coleslaw, Honeydew, Banana Bar



Friday, December 16

Lunch: Cheeseburger with Lettuce, Tomato & Onion, Potato Chips, Pickle
Spear, Pineapple & Blueberries, Mini Vanilla Swirl Cone

Saturday, December 17

Lunch: Pulled Pork Sandwich, Potato Salad, Orange Slices, Broccoli Salad,
Rocky Road Brownie

Dinner: Seafood Pasta Bake, Breadstick, Spiced Apple Rings, Three Bean Salad,
Cookie