

December 17, 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 17

- 11:30 Bus to WBB vs Troy
- 2:00 Student Piano Recital, GR
- 2:00 Hymn Sing, AL
- 2:00 Benson & Morse Music Duo, HC
- 4:00 First Baptist Church Vespers, GR
- 4:15 Bus to MBB vs Florida A & M


Monday, December 18 RSV Clinic

- 10:00 Bus to Fareway shopping
- 1:00 Gingerbread House Build, by teams, Social Room in Lower Level

Tuesday, December 19

- 9:30 ISU Propel Research Presentation, GR
- 5:00 AHS Madrigal Singers, GR
- 6:30 Playmakers' Meeting, GR
- 7:00 Bus to Mannheim Steamroller, Stephens

Wednesday, December 20

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 3:00 Holiday Party, GR 
- 5:00 LaVone Newell on piano, AL (not Thur)
- 5:45 Bus to WBB vs UNI

Thursday, December 21


- 10:00 Writers' Group, Founders' Rm.
- 6:15 Bus to MBB vs Eastern Illinois

Friday, December 22

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 1:00 Wii Bowling, Wellness Center
- 2:30 Harpist Barb Evenson, HC
- 6:30 Bus to View the City Lights




Saturday, December 23

- 9:30 Piano Student Recital, GR 
- 2:00 Miles Morgan Music, HC
- 3:30 Miles Morgan Music, AL

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, 1:00 pm: Dec. 22 

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 Wed and Thu.

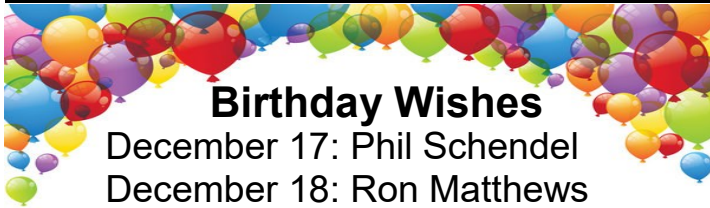
January 4, 2:30: Wellness Bingo

Sunday Dinner December 17, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Normandy Blend Vegetables
Watermelon & Grapes
Raspberry Pie



ANNOUNCEMENTS



Birthday Wishes

December 17: Phil Schendel
December 18: Ron Matthews
December 18: Ida Johnson
December 20: Holly Fuchs
December 23: Paul Hinz
December 23: Linda Gail White



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!

RSV Clinic at Northcrest Postponed

Mon, Dec 18 is NOT going to work for the pharmacy. It will be rescheduled before the end of the month. Kathy will email the new date and times for residents.



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:

Piano Student Recitals

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

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

Northcrest Holiday Party

Wed, Dec 20, 3:00 pm: Treats, music and giggles! Three generations of the Schendel family will perform.

ISU Propel Research Project

Attend a presentation to learn about this ISU research study working to understand couple's collaboration in everyday tasks among older adults. You can even sign up to participate in the study! Tue, Dec 19, GR

Madrigal Singers—NEW DATE!

The Ames High Madrigal Singers have changed their performance date at Northcrest. They are coming on Tue, Dec 19, 5:00 pm, GR.

Congratulations Ted Tedesco!

Ted is retiring from the Story Co. Conservation Board after 15 years of service. He has given hundreds, more like thousands of hours, for the betterment of Ames and Story County. Thank You Ted!

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. Some TV's need to be re-programmed to receive these channels. If you need help to do this, put in a work order.

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 14th at 1:30 on Zoom with a link www.OLLI.iastate.edu. Class registration begins on December 15th and classes begin on January 8th.

KNUT'S KNOTES

The window cleaners are scheduled to clean the exteriors of the windows on townhomes and assisted living starting this Thursday. They hope to wrap up by early next week. They will not be cleaning the windows to the Parkway building at this time due to the siding project.

Next week the maintenance crew will start replacing the batteries to smoke detectors in resident apartments. This will only affect the units in the 1801 building (A-K) and townhomes. This typically takes around two weeks to complete.

THINGS TO DO!

Ames High School events

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

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

Central Iowa Wind Ensemble

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

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!

SPORTS

Women's Basketball

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

- Sun, Dec 17, vs Troy, Bus at 11:15 am
- Wed, Dec 20, vs UNI, Bus at 5:45 pm.

Men's Basketball

- Sun, Dec 17, vs Florida A&M, Bus at 4:15 pm
- Thu, Dec 21, vs Eastern Illinois, Bus at 6:15 pm

Premade Christmas Meal

A Perfect Heat & Serve Meal

All meals will include
Grilled Ham, Green Beans, Dinner Roll & a slice of Apple Pie

Choose between
Hashbrown Casserole or Mashed Sweet Potatoes
\$14.95

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

All orders must be placed by Wednesday, December 20th at 10:00am
Meals will come precooked & refrigerated. You will need to reheat.

Pick up your meal
Saturday, December 23,
between 3:30 & 4:00 pm, Grand Room

The Grand Room is reserved all day on December 25 for residents to gather and socialize.

The CREST

Tuesday–Friday, Dec 19-22

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

Saturday, December 23

4:30—7:00 pm only



Soup of the Week: Minestrone
Special for the Week:

Smoked Turkey, Lettuce & Cheddar Cheese on Croissant with a side of Cranberry Mayo

Thursday, December 28, 4:30—6:30

Crest Party

Heavy Appetizers and Drinks

\$16.50, all inclusive

By Reservation Only

232-6760, dial Extension #7212

Deadline December 26

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 17

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Normandy Blend Vegetables, Watermelon & Grapes, Raspberry Pie

Monday, December 18

Lunch: Brat Burger with Lettuce, Tomato, Onion, BBQ Potato Chips, Pickle Slices, Mandarin Oranges, Sherbet

Dinner: Creamy Pesto Chicken, Roasted Rosemary Potatoes, Key West Blend Vegetables, Honeydew, Bavarian Cream

Tuesday, December 19

Lunch: Spaghetti with Meat Marinara, Garlic Toast, Orange Slices, Tossed Salad with Cucumbers & Balsamic Dressing, Banana Cream Pie

Wednesday, December 20

Lunch: Tuna Melt, Fresh Cut Vegetable Salad, Pickle Spear, Grapes, Cookie

Thursday, December 21

Lunch: French Dip with Au Jus, Green Beans, Peaches, Peanut Butter Bar

Friday, December 22

Lunch: Soft Shell Taco, Refried Beans, Pear Slices, Coconut Cream Parfait

Saturday, December 23

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Broccoli Salad, Lemon Cake

Dinner: Hungarian Goulash with Egg Noodles, Vegetable Medley, Apricots, Oatmeal Raisin Cookie

