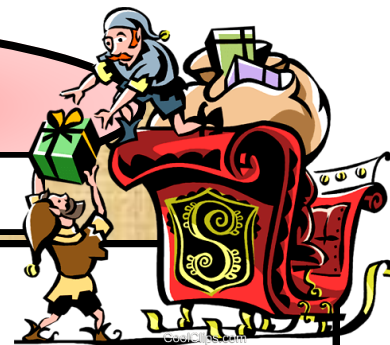


December 18

Northcrest News

Northcrest Community
Over 57 years of service to older adults



The Week at a Glance!

Sunday, December 18

11:15 Bus to Men's BB vs W. Michigan
2:00 Hymn Sing, Green Rm.

Monday, December 19

10:00 Fareway shopping
6:30 Mixed Bridge

Tuesday, December 20

4:00 LaVone Newell on piano, Green Rm.
4:00 Bus to Bob Taylor's visitation,
Adam's Funeral Home
5:45 & 7:30 Christmas Lights Bus Tours

Wednesday, December 21 The Crest is Open First Day of Winter

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs or Hy-Vee
2:00 Northcrest Christmas Party, GR
5:15 Bus to Men's BB vs Omaha

Thursday, December 22 The Crest is Open

4:30 Bus to WBB vs Drake

Friday, December 23 The Crest is Open

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart
2:30—3:00 Pick up reserved Heat & Eat
meal, GR

Saturday, December 24 Christmas Eve



Health & Wellness

Podiatry: Interested in signing up for your first podiatry clinic appointment? Please visit the receptionist desk to sign up. We are currently working with Dr. Gupta to schedule and confirm January appointment times. Once you sign up, we will confirm Dr. Gupta's availability and Keri will follow up with you to share specifics.

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:

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

Sunday Dinner December 18, 12:30 p.m.



Fried Catfish
Long Grain & Wild Rice
Peas & Onions
Fresh Fruit
Yellow Cake with Chocolate Frosting



ANNOUNCEMENTS

Birthday Wishes

December 18: Ron Matthews
December 23: Paul Hinz
December 23: Linda White
December 24: Louise Jones
December 24: Shirley Wood



The Jingle Jaunt: a great success!

Thank you to all who opened your home and hosted an open house on Wednesday! Nothing says "family" more than visiting and sharing stories of Christmas treasures.

Fareway Shopping

Due to popular demand, in January we will add a stop at Fareway North on Fridays when we head to WalMart at 10:30 am.



Music, Music everywhere!

Golden K Singers on Friday, 16th!

Don your festive sweater and attend the annual

Golden K concert on Friday (tomorrow) at 3:00 pm, GR.

Joe Traylor & his troupe will delight with great music and humor!



Northcrest Christmas Party!

There will be music and treats to celebrate the season with Larry Northup and Bob Stumbo providing the sing-a-long! You won't want to miss this. Wed, Dec 21, 2 pm, GR.

The Grand Room on 12/25

The Grand Room will be available for anyone who would like to bring their lunch to eat together on Christmas Day, from 10:30—2:30. **Ken Jolls, our resident jazz artist**, will tickle the ivory in the afternoon for your listening pleasure.

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-Thu, Dec 21 & 22
12:00—2:00 pm, 4:30—7:00 pm**

**Fri, Dec 23, 12-2
Open for lunch only**



Soup of the Day:
Chicken Pot Pie Soup

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

Resident V.V. Raman Blog

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

ENTERTAINMENT

Ames Chamber Artists

Ames Chamber Artists presents *Keep Vigil* with guests Good Company. Fri, Dec 17, Collegiate Presbyterian Church, Tickets available at showtix4u.com, or \$15 at the door. Bus at 7:00 pm.



The Satin Dollz

The Satin Dollz present top-notch entertainment reminiscent of the WWII USO Camp Shows, and are known for their high-energy performances and excellent singing. Felicity, a member from Des Moines will perform Fri, Dec 17, 7:00 pm. Ames City Auditorium, \$5 at the door. No Bus

Christmas Light Tour

Enjoy the colorful lights in Ames with our own driver to take you around the city! Tue, Dec 20. Two time options for you to choose:

- 5:45 pm (1 bus)
- 7:30 pm (2 buses)



Plan Ahead—ACTORS

If you are buying tickets now for ACTORS' *The Importance of Being Earnest*, buses will be available on:

- Fri, Jan 27, 7:00 pm
- Sun, Feb 5, 1:30 pm

SPECIAL NOTICES

Resident-use Computer

The computer and printer that is available for residents' use has been relocated to the Meditation Room by the Providers Room. Both are located near the Wellness Center.

Smile.Amazon.com

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

Greeting Cards made by residents

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

SPORTS



Men's Basketball

- Dec 18, vs Western Michigan, Bus at 11:15 am
- Dec 21, vs Omaha, Bus at 5:15 pm.
- Dec 31, vs Baylor, Bus at 12:45 pm



Women's Basketball

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

"Northcrest Through Our Eyes"

REMINDER!! The Northcrest Art Committee is planning an exhibit for next June and we invite your participation! "Through Our Eyes" will be a display of your own photos. We would like photos showing all our seasons of the NC campus; summer, fall, **winter**, and spring. Outside views, no people please!

Submit up to 5 of your best photos to louiseaodo@gmail.com, submit a thumb drive, or text 515-321-0559. You may submit up until May 10.

Photos of Northcrest Christmas decorations would be great!



*In Loving Memory
of
Bob Taylor*

10/19/1931—12/8/2022

Visitation: Tue, Dec 20, 4-7:00 pm

Bus at 4:00 pm

Adams Funeral Home

Private Burial

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 18

Lunch: Fried Catfish, Long Grain & Wild Rice, Peas & Onions, Fresh Fruit, Yellow Cake with Chocolate Frosting

Monday, December 19

Lunch: Soft Shell Tacos, Refried Beans, Honeydew, Cookie

Dinner: Marinated Pork Chops, Au Gratin Potatoes, Stewed Tomatoes, Cherries, Andes Mint Chocolate Cheesecake

Tuesday, December 20

Lunch: Turkey Tetrazzini, Capri Vegetables, Grapefruit, Ice Cream Bar

Dinner: Seasoned Grilled Steak, Parmesan & Herb Potatoes, Corn, Pineapple & Strawberries, Cream Puff

Wednesday, December 21

Lunch: Reuben, Fresh Cut Vegetable Salad, Pickle Spear, Pears, Yogurt Berry Parfait

Thursday, December 22

Lunch: Shrimp Basket, Curly Fries, Creamy Coleslaw, Watermelon, German Chocolate Brownie

Friday, December 23

Lunch: Chili, Cornbread, Fresh Fruit, Peach Crisp

Dinner: Chicken Biscuit Pot Pie, Key West Blend Vegetables, Cantaloupe & Blueberries, Lemon Bar

Saturday, December 24 **Christmas Eve**

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Fruit Salad, Maple Nut Ice Cream

Dinner: Bourbon Glazed Meatballs, Hash brown Casserole, Green Beans, Grapes, Cherry Cake

