



December 24, 2023 to
January 6, 2024

Northcrest News

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



The Week at a Glance!

Sunday, December 24

- 2:00 NO Hymn Sing

Monday, December 25

Merry Christmas to all! The Grand Room is open all day for socializing!

Tuesday, December 26

- 10:00 Bus to Fareway shopping

Wednesday, December 27

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee

Thursday, December 28

- 2:00 The 2 Daves entertain, HC
- 3:15 The 2 Daves entertain, AL
- **4:30 Holiday Party in the Crest**, by rsvp

Friday, December 29

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 4:00 Kaufmann/Dake Family Singers, GR

Saturday, December 30

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

Sunday, December 31 New Year's Eve!!

- 11:15 Bus to Men's BB vs N. Hampshire

Monday, January 1

Happy New Year! Welcome 2024!

Tuesday, January 2

- 9:30 Tuesday Coffee is back! Hosts N-1
- 10:30 (delayed this week) Fareway shopping



Wednesday, January 3

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 5:45 Bus to wBB vs Kansas

Thursday, January 4

- 10:00 Writers Group, Founder's Room
- Bus to O.W.L.S., *Symbols of Iowa*
- 2:30 Wellness Bingo
- 5:00 LaVone Newell, piano, AL

Friday, January 5

- 10:00 Shopping at N. Walmart & Fareway
- 10:30 Friday Chat, with Shana Moothedath, cyber security & safeguards

Saturday, January 6

Health & Wellness



Hearing Aid maintenance:

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

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

The week 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. There will be NO Jan 1 Yoga.

Wellness Bingo, January 4, 2:30: GR

Wii Bowling, 1:00 pm: Jan 12 & 26



Sunday Lunch

December 24, 12:30 p.m.

Broccoli & Cheese Chicken

Rice Pilaf

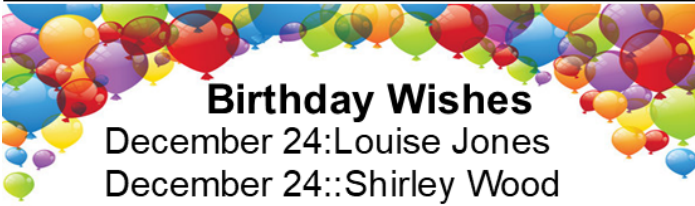
Italian Blend Vegetables

Fresh Fruit

Apple Pie



ANNOUNCEMENTS



Birthday Wishes

December 24: Louise Jones
December 24: Shirley Wood
December 28: Dorothy Rust
January 4: Fran Mauldin
January 5: Ruth McCully
January 5: Twila Rankin

Tuesday Coffees are Back!

We start the new year right with Tuesday Coffee on January 2, hosted by N-1 from Northcrest Circle. Wear your new Northcrest clothing if you ordered any. And remember to wear your name tag and bring your own coffee mug.

Thank You from Maxine Julius

*I would like to thank my friends and neighbors at Northcrest who came to the funeral of my son, Mark Julius, or supported me in many other ways. Your friendship is especially appreciated in these difficult times.
Maxine Julius, Unit J-16*

Gingerbread Houses: A Success!

Without a hammer or a nail, 7 charming gingerbread houses were constructed on Monday. The "carpenters" included Ellen Wilson, Pam Leitner, Carolyn Abbott, Anne Walden, Judy Brooks, Susan North, Mary Pepper, Diane Oppedal, Ida Johnson, Jan Heuss, Lorraine Stumbo, Charlene Carsrud, Kathy Ketchum, Beverly Hucker, Louise Ward, Norma Sisson and Ruth Ornberg. The houses were admired by all the Northcresters attending the Holiday Party on Wednesday.



Wellness Assessments

Assessments will be held again in the months of January & February. Adrienne will contact those that are coming up on 6 months first, then opening it up to everyone. See the Wellness Table for sign up Jan 9-12, new times will be added weekly.


Friday Chats

We start on January 5 with a rescheduled presentation on Cyber Security. Shana Moothedath of ISU's Electrical and Computer Engineering Department will bring her expertise to talk about the best practices to reduce the risks of identity theft. 10:30, GR.

Stay Well!

It is the season for sharing, but let's not share Flu, colds, Covid, RSV, etc! If you test positive for Covid, new guidance is available through Dawn, so give a call. Wash your hands and stay healthy for everyone's sake!

Double Newsletter

You will notice this newsletter covers 2  weeks of information. There will NOT be one next week, due to your editor working on a float for the Rose Bowl Parade! Watch for the Kiwanis float on New Years Day! (There may be a program in the making.)

KNUT'S KNOTES

- ⇒ The 1800 Northcrest Court deck replacement project will be wrapping up at the end of the month. The Fireside Room deck will be started Dec 21/22 and completed by the end of next week. During this time the Fireside Room can still be utilized but access to the deck will not. Sorry for any inconvenience for those who have reserved the room.
- ⇒ Just a reminder that garbage pick up will be a day later than normal the next two weeks due to the holidays.

In Loving Memory

Kent "Woody" Woodworth
12/14/1937 - 12/14/2023

Friday, January 26

Memorial Service

2:00 pm, Bus at 1:30 pm

First United Methodist

Celebration of Life

3:30—5:00 pm, NC Grand Room

THINGS TO DO!

Piano Student Recital

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

Kaufmann & Dake Family Singers

Family members of Dorothy & Dennis Dake from Massachusetts and Iowa return to give us their annual concert of holiday music.

Fri, Dec 29, 4:00 pm, GR

Visit the Memory Tree in HC

The Northcrest Memory Tree is located just inside the doors of the Health Center. Names on our memory tree represent the special residents we have had the privilege of caring for at Northcrest. We include residents who have passed away the past year at NC, along with residents who have a connection with someone still living or working at NC. As team members of NC, we are grateful for our ability to carry out our work with so much purpose and meaning and we have been honored to have had the chance to know and love the residents we have said goodbye to.

Grand Room open Christmas Day

Feel free to gather and spend time with your Northcrest family in the Grand Room!

Grocery Shopping

Since the holidays land on Mondays, shopping at Fareway will be on Tue, 12/26 & 1/2 12/26 10:00 am, 1/2 at 10:30 am due to the Tuesday Coffee.

Holiday Office Hours

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

Live Stream on Channel 116-5

Some events in the GR will be broadcast on the NC Channel on your TV. Tune into **116-5 (Digital TV) or 995 (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, put in a work order.

SPORTS

Women's Basketball

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

- **Wed, Jan 3**, vs Kansas, Bus at 5:45 pm

Men's Basketball

- **Sun, Dec 31**, vs N. Hampshire, Bus at 11:15 am
- **Tue, Jan 9**, vs Houston, Bus at 5:15pm

FOOD, FRIENDS & FUN!

Baked Potato Bar

Thu, January 11, Noon, GR

Cost:\$13.25

Sign up by January 8th by 10:00am!

Call Main Kitchen: 515-232-6760, ext.7212.



The CREST

Tuesday–Friday, Dec 26-29

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

Saturday, December 30

Closed for Lunch, Open 4:30—7:00pm

Soup of the Week: Chicken & Wild Rice

Special for the Week:

Fresh Mozzarella & Pepperoni

Garlic Bread Pizza with Orange slices



Thursday, December 28, 4:30—6:30

Holiday Party in the Crest

Heavy Appetizers and Drinks

\$16.50, all inclusive

By Reservation Only

232-6760, dial **Extension #7212**

Deadline December 26

Tuesday—Saturday, January 2-6







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

Soup of the Week: Broccoli & Cheese Soup

Special for the Week:

Chicken Fried Beef Steak with

White Peppered Gravy & Choice Of One Side

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 New Year's Day 	2 9:30 Coffee, Atrium N-1 10:30 Fareway Shopping 1:30 Hearing Aid Maintenance	3 10:00 Book Club, AL 10:30 ALDI's & Hy-Vee 5:45 Bus to WBB vs Kansas	4 10:00 Writers' Group 10:00 Bus to O.W.L.S. 2:30 Wellness Bingo, GR 5:00 LaVone Newell, AL	5 10:00 N Walmart & Fareway 10:30 Friday Chat: Shana Moothedah & cyber security	
7 	8 10:00 Fareway 2:00 NC Stitches, GR	9 9:30 Coffee, Atrium N-2 5:15 Bus to MBB vs Houston	10 10:00 BP Clinic 10:00 Book Club, LIB 10:30 ALDI's & Hy-Vee 5:45 Bus to WBB vs W. Virginia	11 12:00 Baked Potato Bar, GR	12 10:00 N Walmart & Fareway	13 11:15 Bus to WBB vs Baylor 4:15 Bus to MBB vs Oklahoma State
14	15 Martin Luther King, Jr Day No Mail Today 10:00 Fareway 6:30 Mixed Bridge, Founders'	16 9:30 Coffee, Atrium N-3	17 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	18 10:00 Writers' Group 5:00 LaVone Newell, AL	19 10:00 N Walmart & Fareway 10:30 Friday Chat, Jane Esterly-Rettig, Dementia	20 12:15 Bus to WBB vs TCU
21 1:30 Bus to Brunner Museum for Curator's Tour, Elizabeth Catlett exhibit	22 10:00 Fareway 2:45 Bus to Memory Cafe	23 9:30 Coffee, Atriums J 1-3 	24 10:00 BP Clinic 10:30 ALDI's & Hy-Vee 2:00 Horizon Club Educational Event, GR 7:15 Bus to MBB vs Kansas State	25	26 9:30 Residents' Council, GR 10:30 N Walmart & Fareway 10:45 Bus to State of Ames, City Church 3:30 Celebration of Life for Woody Woodworth, GR 6:30 Bus to ACTORS, Holmes & Watson	27 11:45 Bus to MBB vs Kansas
28	29 10:00 Fareway 	30 9:30 Coffee, Atriums J 1-3	31 10:00 BP Clinic 10:30 ALDI's & Hy-Vee 5:45 Bus to WBB vs Oklahoma State			

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 24

Lunch: Broccoli & Cheese Chicken, Rice Pilaf, Italian Blend Vegetables, Fresh Fruit, Apple Pie

Monday, December 25 Merry Christmas!

Dietary Department open for Health Services only

Tuesday, December 26

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

Lunch: Taco Salad, Muffin, Fruit Salad, Ice Cream Sandwich

Wednesday, December 27

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

Lunch: Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the Side, Fresh Fried Chips, Bread & Butter Pickles, Cantaloupe, Banana Bar

Thursday, December 28

The Crest Is Open Noon-2:00pm & **Holiday Party By Reservation- 4:30pm-6:30pm**

Lunch: Hot Chicken Salad, Normandy Blend Vegetables, Mandarin Oranges, Melty Bar

Friday, December 29

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

Lunch: Turkey Chili, Cornbread, Watermelon, Carrot Cake

Saturday, December 30

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

Lunch: Sloppy Joe Sandwich, Corn Chips, Grapes, Cucumber & Onion Salad, Chocolate Cream Pie

Sunday, December 31

Lunch: Pork Roast with Gravy, Rosemary Roasted Potatoes, Normandy Blend Vegetables, Fresh Fruit, Cherry Pie

Monday, January 1 Welcome 2024!!

Lunch: Four Cheese Baked Ziti with Marinara Sauce, Breadstick, Strawberries, Three Bean Salad, Peppermint Brownie

Tuesday, January 2

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

Lunch: Hot Turkey Sandwich, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Pears, Mini Vanilla Swirl Cone

Wednesday, January 3

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

Lunch: Reuben, Fresh Cut Vegetable Salad, Pickle Spear, Grapefruit, Lemon-Lime Mousse

Thursday, January 4

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

Lunch: Hot Ham & Cheese Croissant, Potato Chips, Grapes, Carrot & Celery Sticks with Ranch, Cookie

Friday, January 5

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

Lunch: Oriental Chicken Salad, Dinner Roll, Mandarin Oranges, Dreamland Bar

Saturday, January 6

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

Lunch: Italian Sausage Grinder with Roasted Peppers, & Monterrey Cheese Sauce, Corn, Tropical Fruit Salad, Oreo Pie



Menus are subject to change.