



# December 3, 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 3

- 12:30 Bus to Women's BB vs UNCW
- 2:00 Hymn Sing, AL
- 2:00 Bus to ISU Holiday Concert, Stephens
- 6:30 Bus to Good Company, St. Andrew's

#### Monday, December 4

- 10:00 Bus to Fareway shopping
- 6:00 Ames High Jazz Band Concert, No Bus

#### Tuesday, December 5

- **1-3:00 EMPLOYEE APPRECIATION PARTY, Grand Room**
- 1:30 Hearing Aid Maintenance, Prov. Rm.

#### Wednesday, December 6

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 10:30 Bus to Mark Julius Funeral, Bethesda Lutheran
- 1:00 Artist Talk, Leslie Leavenworth, GR
- 5:30 Bus to Women's BB vs IOWA

#### Thursday, December 7

- 9:10 Cy-Ride Tutorial with Jan Beran, Gather at the Wellness Center
- 10:00 Bus to O.W.L.S.
- 10:00 Writers' Group, Founders' Rm.
- 2:30 American History Trivia, GR
- 5:00 LaVone Newell, AL
- 5:45 Bus to Men's BB vs IOWA
- 7:00 Bus to Bells & Brass, Collegiate Meth.

#### Friday, December 8

- 8:30—10:30 1st National Bank, Founders'
- 9:30 Residents' Council Meeting, GR
- 10:00 Bus to Walmart & North Fareway

#### Saturday, December 9

- 7:00 Bus to Nutcracker Ballet, Stephens



### Health & Wellness

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



**Hearing Aid maintenance:**



December 5: (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



**Brain Games start December 7:**

**American History Trivia**, 2:30—3:30, GR  
Sign up as an individual or with a partner at the Wellness Center. Answer the 40 open ended and multiple choice questions using the whiteboard provided. Individual or team with the most points wins!



## Sunday Dinner December 3, 12:30 p.m.

**Baked Ham**  
**Sour Cream & Chive Mashed Potatoes**  
**Normandy Blend Vegetables**  
**Fresh Fruit**  
**German Chocolate Cake**



## ANNOUNCEMENTS

### **Birthday Wishes**

December 7: Ida Jahren

### **Snowfall Contest**

We had 3 winners for the first 1" of snowfall on Sun, Nov 26. Ruth Ornberg, Beth Coon, and Janet Heintz all guessed correctly! They won candy and a ticket to the Nutcracker Ballet, which Northcrest is a sponsor! BUT WAIT...all future guesses are recorded and the contest continues with a guess for the first BLIZZARD (or 3", whichever comes first!) The calendars with your guesses are displayed at the Wellness Center on Adrienne's office window. Thanks to Adrienne for creating those!

### **Funeral for Maxine Julius' son**

Maxine Julius has lost her son Mark. The service is Wed, Dec 6 at Bethesda Lutheran Church. Bus to attend is at 10:30 am.

### **New Artist on Display & Talk**

Leslie Leavenworth will talk about her art on Wed, Dec 6 at 1:00 pm, GR

### **Cy-Ride Tutorial**

Join Jan Beran on an adventure with Cy-Ride on Dec 7! Assemble at the Wellness center area at 9:10 a.m. We will go to the Mall on the bus which passes on 24th at 9:25 a.m. across the street from Heartwood House, Northcrest. Those who want to go to Campus will access the bus at 24th where it stops right by the bench at 9:25. The fare each way is 50 cents. Complete bus schedules will be available on the bus. The buses on 24th run at 40 minutes intervals. Thu, Dec 7, 9:10 am.

*In Loving Memory*  
of  
**Pat Johnson**  
Passed 11-30-2023

### **Family Holiday Gatherings**

Please remember to be good neighbors with groups visiting. Discourage running in the halls for safety concerns. Be aware that loud laughter and voices carry between floors and down halls. Thank You!

### **Jingle Jaunt Open Houses**

Save the date of Mon, Dec 11! Those who would like to open their door for visitors, please sign up for 10 to 12:00 or 1 to 4:00 pm. Fun way to celebrate the holiday and each other!

### **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

### **Northcrest Holiday Party**

Three generations of the Schendel family will perform! Wed, Dec 20, 3:00 pm

## The CREST

**Tuesday, Dec 5th:**  
**4:30—7:30pm, dinner only**  
**Wed, 6th—Sat, 9th**  
**12-2:00pm and 4:30-7:00pm**

**Soup of the Week: Wisconsin Cheese**  
**Special for the Week:**  
**Grilled Chicken with Bourbon Glaze**  
**& choice of 2 sides, \$11.95**

## PLACES TO GO

### Holiday Gift Market

A public service announcement: Mustard Seed Farm is going to be at the holiday market at Prairie Moon Winery (3801 W 190th St, Ames) on Sun, Dec 3, from 12pm-6pm selling some of the crafts and candles made at the farm by volunteers. No Bus

### O.W.L.S.



Join Ty Smedes on a photo journey through Mongolia and learn about using eagles in hunting. Thu, Dec 7, Bus at 10:00 am.

### 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.

## ENTERTAINMENT

### Town & Gown

The Canellakis-Brown Duo play cello & piano. \$35 ticket at the door, MET. Fri, Dec 1, Bus at 7:00 pm

### Central Iowa Symphony



*Chuckles & Laughs*, a concert with a sense of humor! \$20 tickets at the door, City Auditorium, Sat, Dec 2, Bus at 6:30 pm. (Pre-show talk at 6:45 pm.)

### Tuba Christmas



It's that time of year—break out the tubas! Hop on one of the 2 buses we have scheduled to go to this free concert at C.Y. Stephens. We will go early to take advantage of early opening for Senior groups. We have **Loges 13 & 15** reserved for Northcrest as a sponsor! You can also sit on the main floor if you choose. Sat, Dec 2, Buses at 1:45 pm. (Promptly)

### ISU Holiday Concert



Featuring ISU Choirs & the Symphony Orchestra. \$5 Senior tickets, Stephens Aud. Sun, Dec 3, Bus at 2:30 pm.

### Good Company Concert

"Winter Song", St. Andrew's Lutheran, \$15 tickets at the door. Sun Dec 3, Bus at 6:30 pm. Live Stream option for \$20: GoodCompanySings.com to register and purchase.

### Ames High School events



Many events are held across 20th St at the High School. Car pool, or let Ronnie know your interest to bring in a driver and bus.

- Jazz Band Concert: Dec 4, 6:00 pm
- Holiday Orchestra Concert: Dec 11, 7:30
- Holiday Band Concert: Dec 18, 6:30 pm.

### Bells & Brass Concert



Resident Dee Dreezen is promoting her hand-bell choir that is holding a free concert, including a small brass group, at Collegiate Methodist Church on Thu, Dec 7, Bus at 7:00 pm.

### Nutcracker Ballet



Northcrest is a proud sponsor of the Iowa State Center performances of the beloved Nutcracker. Tickets are \$25 for Seniors. Let Ronnie know if you want her to get one for you. 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.

### Mannheim Steamroller

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

## SPORTS



### Women's Basketball

- **Sun, Dec 3**, vs UNCW, Bus 12:30 pm
- **Wed, Dec 6**, vs IOWA, Bus 5:30 pm
- **Sun, Dec 10**, vs N. Dakota St, Bus at 4:30 pm

### Men's Basketball



- **Thu, Dec 7**, vs IOWA, Bus 5:45 pm
- **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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Wellness Center</b> Lots of Choices for Exercise!</p> <p><b>Game Night, LIB</b> Thursdays, 6 pm</p> <p><b>1st National Bank</b> Fridays: 8:30—10:30 am</p>					<p><b>1</b> 10:00 N Walmart &amp; Fareway</p> <p>4:00 Mei Hsuan's piano students, GR</p> <p>7:00 Bus to Town &amp; Gown, MET</p>	<p><b>2</b> 1:45 Bus to Tuba Christmas, Stephens' Auditorium</p> <p>6:30 Bus to Central Iowa Symphony, City Aud.</p>
<p><b>3</b> 12:30 Bus to WBB vs UNCW</p> <p>2:30 Bus to ISU Holiday Concert, Stephens</p> <p>6:30 Bus to Good Company Concert, St. Andrew's</p>	<p><b>4</b> 10:00 Fareway</p> <p>6:00 Ames High Jazz Band Concert, No Bus</p>	<p><b>5</b> <b>1-3:30 Employee Appreciation Celebration, GR</b></p> <p>1:30 Hearing Aid Maintenance Providers' Room</p> 	<p><b>6</b> 10:00 BP Clinic NO Book Club this month 10:30 ALDI's &amp; Hy-Vee</p> <p>1:00 Leslie Leavenworth, Artist talk, GR 5:30 Bus to WBB vs IOWA</p>	<p><b>7</b> 10:00 Bus to O.W.L.S. 10:00 Writers' Group <b>2:30 American History Trivia, GR</b></p> <p>5:00 LaVone Newell, AL 5:45 Bus to MBB vs IOWA 7:00 Bus to Bells &amp; Brass concert, Coll. Methodist</p>	<p><b>8</b> 9:30 Residents' Council, GR</p> <p>10:00 N Walmart &amp; Fareway</p>	<p><b>9</b> 7:00 Bus to Nutcracker, Stephens</p>
<p><b>10</b> 11:15 Bus to MBB vs Prairie View A&amp;M</p> <p>2:30 Bus to Ames Choral Society, St. Andrew's Lutheran</p> <p>4:30 Bus to WBB vs North Dakota State</p>	<p><b>11</b> 10:00 Fareway <b>10-4 Jingle Jaunt NC Open Houses</b></p>  <p>7:30 Ames High Orchestra Concert, No Bus</p>	<p><b>12</b> 9:30 Bus Holiday Shopping, Jordan Creek, Des Moines</p> <p>6:00 DMMO Opera Guild, GR</p>	<p><b>13</b> 10:00 BP Clinic 10:30 ALDI's &amp; Hy-Vee</p> <p>1:15 AHS Orchestra Students, GR</p>	<p><b>14</b> 11:30 Bus to Nature at Noon, Reiman Gardens</p> <p><b>3:00 Golden K Singers Holiday Concert, GR</b></p>	<p><b>15</b> 10:00 N Walmart &amp; Fareway</p> <p>7:00 Bus to Central Iowa Wind Ensemble, City Auditorium</p>	<p><b>16</b> 2:30 Bus to Ames Chamber Artists, Collegiate Presbyterian</p>
<p><b>17</b> 11:30 Bus to WBB vs Troy</p> <p>2:00 Jayne McClanahan Student Piano Recital, GR</p> <p>4:00 First Baptist Vespers, GR</p> <p>4:15 Bus to MBB vs Fla A&amp;M</p>	<p><b>18</b> 10:00 Fareway 1:00 Gingerbread Build Fest, Social Room 6:30 Mixed Bridge 6:30 Ames High Band Concert, No Bus</p>	<p><b>19</b> 9:30 ISU Propel Research Presentation, GR</p> <p>6:30 Playmakers Mtg, GR 7:00 Bus to Mannheim Steamroller, Stephens</p>	<p><b>20</b> 10:00 BP Clinic 10:30 ALDI's &amp; Hy-Vee <b>3:00 NC Holiday Party, GR</b></p>  <p>6:00 Bus to WBB vs UNI</p>	<p><b>21</b> 10:00 Writers' Group</p> <p>5:00 LaVone Newell, AL</p> <p>6:15 Bus to MBB vs Eastern Illinois</p>	<p><b>22</b> 10:00 N Walmart &amp; Fareway</p>	<p><b>23</b> 9:30 Karen Tsia Piano Student Recital, GR</p>
<p><b>24 Christmas Eve</b></p> <p>11:15 Bus To MBB vs N. Hampshire</p> <p><b>31 New Year's Eve</b></p> 	<p><b>25</b> <b>Merry Christmas</b></p> 	<p><b>26</b></p>	<p><b>27</b> 10:00 BP Clinic 10:30 ALDI's &amp; Hy-Vee</p>	<p><b>28</b></p>	<p><b>29</b> 10:00 N Walmart &amp; Fareway</p>	<p><b>30</b></p>

**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 3**

**Lunch:** Baked Ham, Sour Cream & Chive Mashed Potatoes, Normandy Blend Vegetables, Fresh Fruit, German Chocolate Cake

**Monday, December 4**

**Lunch:** Mushroom & Swiss Burger with Lettuce & Garlic Aioli on the Side, Onion Rings, Pickle Spear, Peaches, Maple Butter Blondie

**Dinner:** Jambalaya, Stir Fried Vegetables, Fresh Fruit, Pecan Pie

**Tuesday, December 5**

**Lunch:** Fish Sandwich, Potato Chips, Creamy Coleslaw, Watermelon, Chocolate Raspberry Jell-O Cake

**Wednesday, December 6**

**Lunch:** Chef Salad, Dinner Roll, Mandarin Oranges, Coconut Cream Pie

**Thursday, December 7**

**Lunch:** Chicken Strips, Mashed Potatoes & Gravy, Green Beans, Honeydew & Blueberries, Cookie

**Friday, December 8**

**Lunch:** Enchilada Casserole, Spanish Rice, Fruit Salad, Vanilla Ice Cream

**Saturday, December 9**

**Lunch:** White Cheddar Macaroni & Cheese, Broccoli, Cantaloupe, Peanut Butter Cookie

**Dinner:** Turkey Ala King with a Biscuit, Mixed Vegetables, Fruit Jell-O, Pumpkin Mousse

