

OK, OK, that's  
enough!!!!  
Winter arrived in  
full force...



January 14, 2024

## Northcrest News

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

### The Week at a Glance!

#### Sunday, January 14

- 2:00 Hymn Sing, AL

#### Monday, January 15

##### **Martin Luther King Day, No Mail**

- 10:00 Bus to Fareway shopping
- 6:00 Bus to MLK Celebration, City Aud.,  
**All Above —Weather Dependent!**

#### Tuesday, January 16

- 9:30 Tuesday Coffee, Hosted by N-3, in person or view LiveStream: TV 116-5 or 995
- 10:15 Rescheduled Friday Chat on Rose Bowl Float adventure

#### Wednesday, January 17

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 11:15 Bus to The Spice for lunch
- 1:00 Learn about Blue Zones where lifespans are longest, Wellness Center
- 2:00 Low Vision Support Group, Bethesda Lutheran Church, No Bus

#### Thursday, January 18

- 11:00 Intro to Alzheimer's, Conference Rm.
- 5:00 LaVone Newell on piano, AL

#### Friday, January 19

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Jane Esterly-Rettig on Dementia
- 1:00 Bus to Art Exhibit at Morning Bell Coffee, Main St.

#### Saturday, January 20

- 12:15 Bus to WBB vs TCU



#### Health & Wellness

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



#### **Hearing Aid maintenance:**

February 6: 1st Tuesday of every month, 1:30pm

**Massage Therapy:** Darlene, 515-708-1556

#### **Wellness Program News by Adrienne:**

**Wii Bowling**, 1:00 pm: Jan 26



*Please bring a pair of Clean/Dry shoes to change into for exercise in the Wellness Center, if walking from outside to keep the equipment and space clean.*

Wed, Jan 17, 1 pm: Episode 1 of the Blue Zones: In Live to 100: Secrets of the Blue Zones, author and National Geographic explorer Dan Buettner looks for the secrets of longevity, categorizing common features of life in different regions of the world where people's lifespans are longest.

#### Sunday Lunch January 14, 12:30 p.m.

Chicken Cordon Bleu  
Roasted Potatoes  
Sunshine Carrots  
Fresh Fruit  
Apple Pie





### Birthday Wishes

- January 14: Art Mann
- January 14: Dirk Scholten
- January 16: Karsten Smedal
- January 16: Park Woodle
- January 19: Rae Haws
- January 20: Jere Maddux



### Tuesday Coffees

A new year, and a new way of hosting Tuesday Coffee! The live-stream system will allow you to watch on your TV set by tuning into the Northcrest Channel, 116-5 or 995. Hosts for January 16 will be N-3.

### Live Stream

You may need to reprogram your TV to receive Channel 116-5 or 995. You need to do an auto channel search on your tv and it should pick up the channel. If you run into difficulty, put in a work order for one of the Maintenance folks to help.

### Friday Chats, 10:30 am, GR

- **RESCHEDULED to January 16: 10:15 after Tuesday Coffee**—Rose Bowl Parade float building—what an experience! Ronnie and Carolyn Abbott
- **January 19:** Former NC staff member Jane Esterly-Rettig will tell about a dementia prevention course available through Story County Public Health.

### Blizzard Contest Winner

We got more than 3 inches of snow on Tuesday, so we can declare the contest over! No one picked the exact date, January 9, but **Art Mann** guessed January 7, and **Carolyn Abbott** guessed January 14, on either side of the storm! We will award prizes of mixed winter goodies to them. Congratulations Art and Carolyn!!

### Martin Luther King program

Mon, Jan 15, Bus at 6 pm, City Aud.

### Cyber Security Handouts

If you missed the Friday Chat last week on Cyber Security, there are packets of the Power Point presented available in Ronnie's office.

### Introduction to Alzheimers Video

Series on Alzheimer's: Introduction to Alzheimer's. Residents can also watch this on their own time and register going to [alz.org/lowa](http://alz.org/lowa) and selecting the Virtual Monthly Education Series. Thu Jan 18, 11:00 am, Conf/Dining Room .

### Nationally Known Speaker

Christopher Ridenhour is a motivational speaker who will be coming to Northcrest for staff presentations. We are excited that Christopher will also present to Northcresters about active aging, navigating changes and enjoying life as a resident. Christopher has been a national speaker since 2003 and his background comes from Senior Living!! Save the date of **Tue, Jan 30** for his presentation as part of our Tuesday Coffee. 9:30—? Chris is a dynamic speaker and may talk longer than an hour. Well worth the listen!

### Low Vision Support Group

Ames Low Vision Support Group will meet on Wed, Jan 17, 2:00pm at Bethesda Lutheran Church, or by phone at 712-432-5610 access code 782#. No bus scheduled at this time. Let us know if that would be helpful to you.

**The CREST**



**Tuesday –Saturday,**  
**12-2:00pm and 4:30-7:00pm**  
**Dinner 4:30—7:30pm**

**Soup of the Week: Vegetable Beef & Barley**

**Special for Tue—Fri only:**  
**Pesto Cheese Tortellini with Garlic Toast & Grapes**

## Volunteer Hours

Turn in your 2023 volunteer hours sheets as soon as possible. Receptionist Lynette would like to have those compiled by the end of January. If you have questions about your hours, stop by the Front Desk on Wednesday nights, and she will be able to help you. Thank you for all you do; those volunteer hours you put in throughout Ames helps Northcrest maintain our non-profit status!!

## Senior Variety Show Dates

For those planning on participating, dates have been announced: Kick off and Social is Thu, Feb 15, 3:30 pm at Northminster. Auditions are April 6 and 13. Show is August 23 & 24. Start thinking!!

## **PLACES TO GO, THINGS TO DO**

### Coffee and Art Exhibit

Artist Kristin M Roach exhibit at Morning Bell Coffee Roasters on Main St. This amazing coffee shop offers an intimate experience with the work. The light is stunning, the coffee is superb, and the artwork creates an immersive aviary experience. Shop Main St by request. Fri, Jan 19, 1:00 pm.

### Lunch at The Spice

Want to try a little Thai food? A group makes it fun! Pay on your own. Wed, Jan 17, Bus at 11:15 am.

### Brunnier Museum

Attend a Curator's talk on the new Elizabeth Catlett exhibit.

Catlett (1915 – 2015) was one of the most prominent African American artists of the 20<sup>th</sup> century. Through prints and sculpture, Catlett makes visible with empathy those that were always overlooked in art because of their race. Her own strength and courage were derived from recognizing the strength of her enslaved grandparents and the importance of education modeled by

her own parents, which allowed her access to understand her own voice and creativity. Sun Jan 21, Bus at 1:30 pm.

### “State of Ames” Address

Hear from a panel of influential community leaders about what's happening in Ames. An optional Hickory Park lunch is available for \$15. You must register by Jan 23 to attend. Contact Louise O'Donnell for more info, [louiseaodo@gmail.com](mailto:louiseaodo@gmail.com). Fri, Jan 26, City Church on Oakwood Rd. Bus at 10:45 am.

### ACTORS Holmes & Watson

**It's NOT elementary...**

Sherlock Holmes is dead. Or is he? Three men in an asylum all claim to be Holmes. Join Dr. Watson as he tries to identify who is lying. There are guaranteed twists and turns right up to the very end!

Let Ronnie know if you need tickets. \$20

- Fri, Jan 26, Bus at 6:30 pm
- Sun, Feb 4, Bus at 1:30 pm



## **SPORTS**

### Women's BB

- Sat, Jan 13: vs Baylor, 11:15 Bus
- Sat, Jan 20, vs TCU, 12:15 Bus
- Wed, Jan 31, vs Oklahoma St. 5:45 Bus

### Men's BB

- Sat, Jan 13: vs Oklahoma St, 4:15 Bus
- Wed, Jan 24 vs Kansas St., 7:15 Bus
- Sat, Jan 27, vs Kansas, 11:45 Bus



*In Loving Memory*

**Wallace Sanders**

6/24/1933 - 1/6/2024

Funeral Service was held Thursday  
January 11

**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.**

*Menus are subject to change.*

**Sunday, January 14**

**Lunch:** Chicken Cordon Bleu, Roasted Potatoes, Sunshine Carrots, Fresh Fruit, Apple Pie

**Monday, January 15**

**Lunch:** Bratwurst with Sauerkraut, Baked Beans, Cantaloupe, Cake

**Dinner:** Stuffed Bell Pepper, Corn O' Brian, Apricots, Fruit Pie

**Tuesday, January 16**

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

**Lunch:** Cheeseburger with Lettuce, Tomato, Onion Rings, Pickle Spear, Fruit Salad, Peanut Butter Cookie

**Wednesday, January 17**

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

**Lunch:** Enchilada Casserole, Spanish Rice, Pears, Lemon Cream Pie

**Thursday, January 18**

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

**Lunch:** Grilled Chicken Sandwich with Lettuce, Tomato, Onion & Mayo on the Side, BLT Pasta Salad, Bread & Butter Pickles, Watermelon, Magic Bar

**Friday, January 19**

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

**Lunch:** Turkey & Swiss Croissant, Sun Chips, Grapes, Vegetable Salad, Vanilla Ice Cream

**Saturday, January 20**

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

**Lunch:** Tater Tot Casserole, Green Beans, Cherries, Cookie