

January 16, 2022

Northcrest News

I HAVE A DREAM
MARTIN LUTHER KING JR. DAY

Northcrest Community
Over 55 years of service to older adults
in the Greater Ames Community



The Week at a Glance!

Sunday, January 16

12:30 Sunday Lunch

Monday, January 17 Martin Luther King, Jr Day (No Mail)

10:00 Spanish Class, Conference Room

6:30 Mixed Bridge, Grand Room

Tuesday, January 18

9:30 Tuesday Coffee, Hosts S-1

1:00 Bus to Fareway North

Wednesday, January 19

10:00 Blood Pressure Clinic

1:30 BINGO! Grand Room

2:00 Low Vision Phone Call meeting

3:00 Bus to ALDI

4-6:30 **The Crest** is open

4:30 Bus to Brunnier Museum

6:00 Bus to WBB vs Texas



Thursday, January 20

Kiwanis Paper Pick up today.

10:00 Writers Group, Conference Room

4:00 LaVone Newell on piano, Green Rm

4:00 Alzheimers' Support Group, FR

4-6:30 **The Crest** is open

6:00 Game Night, LIB



Friday, January 21

8:30-10:30 1st National Bank

10:30 Friday Chat with Joe Pahlka, Grand

1:00 Bus to WalMart

Saturday, January 22

2:15 Bus to Men's BB vs TCU

DAILY EXERCISE

Exercise, Green Room, M-F 8:30 am
Check out the Exercise Videos on the NC Website, Resident Section!!



Podiatry Clinic by appointment:

- January 19
- April 13



Hearing Aid maintenance:

February 1 (1st Tuesday of every month)

All health appointments are held in the Providers' Room



Sunday Dinner January 16, 12:30 p.m.



Pork Roast
Long Grain & Wild Rice
Peas & Onions
Watermelon & Grapes
Coconut Cream Pie

ANNOUNCEMENTS

Tuesday Coffees

On January 18, Locust Hill, S-1, will host. If you prefer to join via Zoom, watch for an email invitation, or use <https://us02web.zoom.us/j/82722193489>

Birthday Wishes

January 14: Art Mann
January 14: Dirk Scholten
January 16: Karsten Smedal
January 16: Park Woodle
January 20: Jere Maddux
January 22: Kathy Ketchum
(Please let us know if we miss anyone!)



Martin Luther King, Jr. Day

Mon, Jan 17 is a federal holiday celebrating Dr. King. Story County will celebrate with a hybrid event at the Ames program at 6:30 pm. You can live-stream on Facebook at **Ames/StoryCountyMLKCelebration** or YouTube via [youtube.com/user/AmesChannel12](https://www.youtube.com/user/AmesChannel12). Remember there will be no mail delivery that day.

Friday Chat with Joe Pahka

Get acquainted with our new Executive Assistant Joe! He will tell you about his road to Northcrest on Fri, Jan 21, 10:30 am, Grand Room.

Low Vision Support Group

The next meeting of the low vision support group is Wed, Jan 19 at 2 PM via telephone number 712-432-5610 access code 872#. Janet A. Hsieh will lead us in a discussion of the things we do every day to make our lives manageable. We will discuss ideas about identifying clothes, cooking, reading and writing, and getting around. She will be sharing her personal tips and tips from the Iowa Department For The Blind. Please bring your thoughts and ideas to share and take home new ideas.

Save your zippers!

The Crafty Cresters will meet to create



The CREST!



Pop Up

Wed, Jan 19 & Thu, Jan 20

4:00pm-6:30pm

Turkey Chili- \$4.50
BLT Sandwich- \$4.00
BLT & Chips- \$5.75
Fresh Fried Chips & Ranch-
\$5.00
Pub Mix-\$1.25
Gelato- \$3.50



lapel pins with zippers. Bring scissors and metal zippers (extras will be available). Future events will be discussed too! Join in Wed, Feb 9, 9:30 am, Social Rm.

Bus Guidelines Updated



As a precaution for everyone's safety, we are requesting you wear a mask on the buses, and will restrict riders to Northcrest residents only. No guests or family members please. This policy will be reconsidered in the future.

In Loving Memory

Ed Sorenson

9/27/1936—1/7/2022

Service on Friday, January 14
Memorial Lutheran Church
Bus at 9:30 am

Lorene Hoover

4/5/1930—1/13/2022

Services pending in the future.

PLACES TO GO

ACTORS

Get your tickets to *Murder on the Orient Express!* Buses available for

- Fri, Jan 28, 7:00 pm
- Sun, Feb 6, 1:30 pm

ACTORS requests that all attendees be masked.



COMMUNITY EVENTS

Opening Reception at the Brunner

Visit the fantastical world of glass artist Amber Cowan during the opening reception for the exhibition



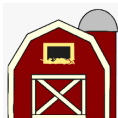
Mythical Bounty: Glass Sculpture by Amber Cowan.

Then stay to hear Cowan speak about her highly intricate works of art and her unique process of repurposing pressed glass at 5:30 p.m. Light refreshments will be served at the reception.

Wed, Jan 19, Bus at 4:30 pm.

Slater Museum outing

We'll get a private tour at the wonderful Slater Historical Association Museum of their newest exhibit: *The Barn, Heart of the Farm*. Sign up to take the bus on Mon, Jan 24, 1:00 pm.



Water Quality Efforts Lecture

Outdoor Alliance of Story County is sponsoring a lecture on the county's water quality efforts. Ames Public Library, Thu, Jan 27, Bus at 6:30 pm.

SPORTS

Men's Basketball

- ISU vs Texas, Sat, Jan 15, Bus at 12:15 pm
- ISU vs TCU, Sat, Jan 22, Bus at 2:15 pm

Women's Basketball

- ISU vs Texas. Wed, Jan 19, Bus at 6 pm
- ISU vs Kansas, Wed, Jan 26, Bus, 6 pm.

ENTERTAINMENT

Stephens Auditorium Events

- *Charlie and the Chocolate Factory*, Wed, Jan 26, Bus at 7:00 pm.
- *Fiddler on the Roof*, Mon, Feb 7, Bus at 7:00 pm
- *South Pacific*, Thu, Feb 17, Bus at 7:00 pm.
- Polish Philharmonic Orchestra, Mon, Feb 28, Bus at 7:00 pm.

THINGS TO DO!

Northcrest Walking Challenge!

Are you a solo walker, or a social walker? Be ready to sign up yourself or as a Team (up to 5 members). Pick a fun **Team Name** (to keep members anonymous) and a Team Leader. This person will report the distances weekly to the Evening Receptionist who will log in to a master spreadsheet.



This is an 8 week challenge from **February 1 to April 1**. Town-home, Parkway, and 1801 Building residents—you are all invited to enter and compete with yourself to increase your distance weekly! Details to be announced at Tuesday Coffee January 25. Get out your walking shoes!



Bingo!

Beat the winter doldrums and play for chocolate bars! Wednesdays at 1:30 pm, Grand Room, starting January 19, Grand Room 1.



Volun-Peers

Need a hand with something? Check out the list of helpers on the Resident side of the website: northcrestcommunity.org!

WEEKLY COVID UPDATES

The weekly status report of Northcrest Community:

New Cases within the past seven days:	
Residents - 0	Staff - 7

**Pick-up times for Regular Daily Meals at the 2300 Front Desk:
Lunch, Monday- Saturday: Sign up by 10:00am
Lunch is Ready For Pick Up at 2300 entry at 12:00 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? New Extension

After calling 232-6760, please dial **Extension #7212** or choose option 4.



Sunday, January 16

Lunch: Pork Roast, Long Grain & Wild Rice, Peas & Onions, Watermelon & Grapes, Coconut Cream Pie

Monday, January 17

Lunch: ¼ LB All Beef Hot Dog with Minced Onion & Relish, Baked Beans, Apple Slices, Cucumber, Onion & Tomato Salad, Spice Cake

Tuesday, January 18

Lunch: Taco Salad with Sour Cream & Salsa, Spanish Rice, Mandarin Oranges, Blondie

Wednesday, January 19

Lunch: Reuben Sandwich, Fresh Cut Vegetable Salad, Pickle Spear, Blueberries & Pineapple, Cookie

Thursday, January 20

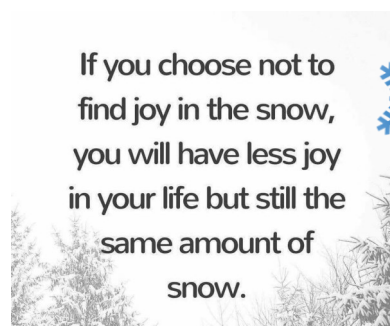
Lunch: Hot Chicken Salad, Mixed Vegetables, Cantaloupe, Dreamland Bar

Friday, January 21

Lunch: Salmon Club on Croissant with Lettuce, Tomato & Bacon, Fresh-Fried Chips, Sweet Gherkin, Pear Half, White Cake

Saturday, January 22

Lunch: Pulled Pork Sandwich, Potato Salad, Orange Slices, Oriental Broccoli Salad, Banana Bar with Cream Cheese Frosting



If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.