



The Week at a Glance!

Sunday, January 1 **New Year's Day**
 11:00—2:00 Grand Room available for socializing. Bring your own lunch!!

Monday, January 2
 10:00 Fareway shopping

Tuesday, January 3
 9:30 Tuesday Coffee, Hosts: Atrium N-1
 1:30 Hearing Aid Maintenance, PR

Wednesday, January 4 **The Crest is Open**
 10:00 Blood Pressure Clinic
 10:30 Bus to ALDIs or Hy-Vee
 6:00 Bus to WBB vs W. Virginia

Thursday, January 5 **The Crest is Open**
 10:00 Writers Group, Founders' Rm

Friday, January 6 **The Crest is Open**
 8:30—10:30 1st National Bank, Founders
 10:30 Bus to Walmart & North Fareway

Saturday, January 7
 Make any New Year's resolutions?
 (Nah, me either!)
 Let's just agree to live every day to the fullest!!

*Remember the
 Repair Café will be on Sat,
 Jan 14 at the Ames Library.
 Do you have something you
 need fixed?*

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.

See inside for exciting news about the new Director of Wellness!!

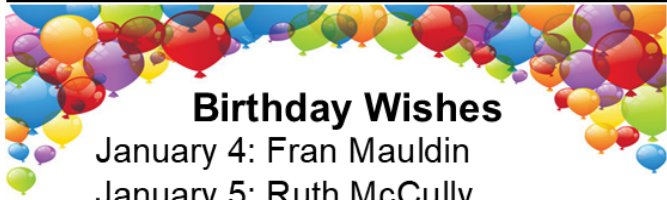
Sunday Dinner January 1, 12:30 p.m.

Sautéed Chicken Breast
Rice Pilaf
Pacific Blend Vegetables
Watermelon & Grapes
Cherry Pie



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year! 	2	3 9:30 Coffee, Atrium N-1 1:30 Hearing Aid Maintenance	4 10:00 Book Club, Assisted Living Activity Room 10:00 BP Clinic 10:30 ALDI's & HyVee 6:00 Bus to WBB vs W. Virginia	5 10:00 Writers' Group 2:00 Game Time, AL	6 10:30 N Fareway & WalMart	7 
8 	9 10:00 Fareway 2:00 Northcrest Stitchers, GR	10 9:30 Coffee, Landscape Committee hosting 6:15 Bus to MBB vs Texas Tech 	11 10:00 BP Clinic 10:30 ALDI's & HyVee 6:00 Bus to WBB vs Kansas St.	12 4:00 LaVone Newell	13 10:30 N Fareway & WalMart	14 11:30 Bus to Metropolitan Opera Auditions, MET 
15 7:00 Bus to <i>On Your Feet</i> , Stephens 	16 Martin Luther King Jr. Day 10:00 Fareway 6:30 Mixed Bridge	17 9:30 Coffee, Atrium N-2 6:15 Bus to MBB vs Texas	18 10:00 BP Clinic 10:30 ALDI's & HyVee 6:00 Bus to WBB vs Oklahoma State	19 10:00 Writers' Group 2:00 Game Time, AL	20 10:30 Friday Chat with Bettina, Visually Impaired Runner 10:30 N Fareway & WalMart	21 1:45 Bus to Jack Trice Photo Exhibition Reception, CPAM 4:30 Bus to WBB vs Kansas
22 	23 10:00 Fareway 3:00 Memory Café, Northminster Presbyterian Church, No Bus	24 9:30 Coffee, Atrium N-3 7:15 Bus to MBB vs Kansas St	25 10:00 BP Clinic 10:30 ALDI's & HyVee 2:00 <i>World Port</i> in concert, GR 5:00 Bus to Artist Talk & Reception, CPAM	26 4:00 LaVone Newell	27 9:30 Residents' Council 10:30 N Fareway & WalMart 7:00 Bus to <i>The Importance of Being Earnest</i> , ACTORS	28 2:30 Bus to WBB vs Oklahoma
29 7:30 <i>Mania; The ABBA Tribute</i> , Stephens	30 10:00 Fareway	31 9:30 Coffee, Atrium E & H				Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30 am

ANNOUNCEMENTS



Birthday Wishes

January 4: Fran Mauldin

January 5: Ruth McCully

January 7: Bernie Mann

Tuesday Coffee starts again!

Hooray—time to start our Tuesday tradition again on January 3 with N-1 from Northcrest Circle hosting. Please note that on January 10, the Landscape Committee will host. It is always good to get back to a normal schedule, isn't it?!

The Kaufmann-Dake Family Singers

Dorothy "Dot" Dake brings her extended family to visit. Their last performance was in Amherst, MA, last year, so they get around! Many of you will know Dot & Dennis Dake and their talented family. Come for more Christmas music and a sing-a-long. As Dot says, Christmas isn't over until January 6!



Main Building Flooring Installation:

Northcrest will be kicking off a flooring project, which will include updating the main building flooring in 3-4 Phases. The good news is the flooring installer has some unexpected free time and our project will kick off sooner than expected!!! Phase 1 of the project will be in Atriums F, H, & E and will include all connecting hallways, the library, the mail room, and the stairs to the Green Room. The installer will be starting with Atriums F & H. Please use caution when around these areas as they install the new flooring. We will continue to keep you informed as the project progresses.

Fareway Shopping

We will add a stop at Fareway North on Fridays when we head to WalMart at 10:30 am. Please choose one to visit, but not both.



Ronnie has moved to F-12

After nearly 10 years in the office upstairs, Ronnie has moved to the main floor in Atrium F. If the door is closed, she may be working on exciting plans for your enjoyment and needs to concentrate. But, it's an **Open Door Policy**—when it's open, come on in and check out her new digs!



Tuba Christmas video

Did you miss attending the Tuba Christmas concert earlier this month? It was recorded as a 1 hour youtube video and you can enjoy it with this link:

<https://youtu.be/6kIAhV95utw>



And speaking of videos...

Resident videographer, Steve Coon, worked his magic again at our NC Christmas party. View it here:

<https://www.youtube.com/watch?v=2DVIhv1DS6w>

Dementia Prevention Course

Jane Esterly-Rettig, a former nurse here at NC, is facilitating a 10-week course on reducing dementia risk. \$20 includes consultations with professionals such as a dietitian or pharmacist. The course **starts Tue, Jan 3 at 1:30-3:30 pm, City Church**. For more info, call Jane at Story County Public Health, 515-233-7510.

Covid Tests Available via USPS

Each household can still order 4 free Covid at-home tests at [COVIDtests.gov](https://www.covidtests.gov).

The CREST

OPEN Wed-Fri, January 4, 5, 6

12:00—2:00 pm

4:30—7:00 pm



Soup of the Day:

Tomato Basil

Specials: 4:30-5:00 pm

All Drinks: \$3.50, Select Appetizers: \$5

ENTERTAINMENT

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



Upcoming Shows at Stephens

- Sun, Jan 15, *On Your Feet*, the story of Gloria & Emilio Estefan, Bus at 7:00 pm
- Sun, Jan 29, *Mania: the ABBA tribute*, Bus at 7:30 pm

Remember we need 6 or more to sign up to take a bus.

SPECIAL NOTICES

Volunteer Sheets

This is the time of year to finalize reporting your volunteer hours. The "Blue" sheets are available at the Front Desk or on our website: go to Resident Log-In, Resources and Links, Volunteer Hours Log. You can print on blue if you like! Note that there are 2 sides: 1 for hours volunteering here at Northcrest, and another that records your community involvement in Ames organizations. All those reported hours were very important in maintaining our non-profit status with the city last year. And it is good for your own spirit! Turn in to the Front Desk.

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.

SPORTS



Men's Basketball

- Dec 31, vs Baylor, Bus at 12:45 pm
- Jan 10, vs Texas Tech, Bus at 6:15 pm

Women's Basketball

- Jan 4, vs W. Virginia, Bus at 6:00 pm
- Jan 11, vs Kansas State, Bus at 6:00 pm



ISU Music Auditions

Interested in young students pursuing careers in Opera? Attend the auditions at MET music hall, Sat, Jan 14, Bus at 11:30 am. Auditions run until 4 pm.



Save the Date for Cool Music

Just a teaser—*World Port* will visit Northcrest on Wed, Jan 25 for a 2:00 concert. This is beautiful music played with guitar and an electronic horn that produces incredible sounds. Be prepared to be amazed!

WELLNESS CENTER NOTES

New Wellness Director!

Northcrest is excited to welcome **Adrienne Silberstein** as the new Wellness Coordinator. Adrienne has been personal training and teaching fitness classes since 2014. She has a Masters in Kinesiology from Iowa State University, and her Bachelors in Sports and Exercise Sciences from Upper Iowa University. She is certified in personal training and group fitness while also working towards her senior fitness specialist certification. She has a passion for helping people move more and improve their quality of life! She is extremely excited to join



"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 winter decorations would be great!



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, January 1

Lunch: Sautéed Chicken Breast, Rice Pilaf, Pacific Blend Vegetables, Watermelon & Grapes, Cherry Pie

Monday, January 2

Lunch: Taco Salad, Sour Cream & Salsa on the Side, Cornbread Muffin, Pears, Cookie

Dinner: Pork Loin with Blackberry Rum Sauce, Roasted Rosemary Potatoes, Key West Blend Vegetables, Peaches, Custard

Tuesday, January 3

Lunch: Quiche Lorraine, Dinner Roll, Orange Slices, Cottage Cheese, Mini Swirl Cone

Dinner: Baked Salmon with Creamy Dill Sauce, Lemon Herb Orzo, Peas, Fruit Salad, Cake

Wednesday, January 4

Lunch: French Dip with Au Jus, Broccoli, Cantaloupe & Blueberries, Magic Bar

Thursday, January 5

Lunch: Breaded Flounder, Fresh Fried Chips, Creamy Coleslaw, Cherries, Orange Float

Friday, January 6

Lunch: Spaghetti with Meat Marinara, Garlic Toast, Spiced Apple Rings, Three Bean Salad, Maple Butter Blondie

Saturday, January 7

Lunch: Chicken Salad on Croissant, Sun Chips, Bread & Butter Pickles, Grapefruit, Oatmeal Raisin Cookie

Dinner: Hungarian Goulash with Egg Noodles, Capri Vegetables, Pineapple, Oreo Parfait