

January 21, 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 21

- 2:00 Hymn Sing, AL

Monday, January 22

- 10:00 Bus to Fareway shopping
- 2:45 Bus to Memory Café, Northminster

Tuesday, January 23

- 9:30 Tuesday Coffee, Hosted by J 1-3, in person, Zoom or LiveStream on your TV Channel 116-5 / 995

Wednesday, January 24

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 2:00 Horizon Club Educational Event, GR
- 7:15 Bus to MBB vs Kansas State

Thursday, January 25

- Rest today, look what is coming tomorrow!

Friday, January 26

- 8:30—10:30 1st National Bank, Founders'
- 9:30 Resident Council meeting, GR
- 10:00 Bus to Walmart & North Fareway
- 10:45 Bus to State of Ames, City Church
- 1:30 Bus to Kent Woodworth service, First Methodist Church
- 1:00 Wii Bowling, Wellness Center
- 3:30 Celebration of Life for Kent Woodworth, GR
- 6:30 Bus to *Holmes & Watson*, ACTORS

Saturday, January 27

- 11:45 Bus to MBB vs Kansas



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, Feb 9 & 23

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 24, 1 pm: Episode 2 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 21, 12:30 p.m.

Baked Ham
Mashed Sweet Potatoes
Key West Blend Vegetables
Fresh Fruit
Fruit of the Forest Pie





Birthday Wishes

January 22: Cynthia Johnson
January 22: Kathy Ketchum
January 23: Carolyn Abbott

Tuesday Coffees



Hosts for January 23 will be J 1-3. We'll try a hybrid Tuesday Coffee this next week. The live-stream system will allow you to watch on your TV set by tuning into the Northcrest Channel, 116-5 or 995.

*While mainly positive comments have been heard about the Livestream option, we will offer **Zoom** as well on a trial basis. We will be able to judge which is more popular going forward. Watch for the invitation again on Monday night.*

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. It should then 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

- **January 19:** Former NC staff member Jane Esterly-Rettig will tell about a dementia prevention course available through Story County Public Health. This Friday Chat will be livestreamed.
- **February 2:** Naturalist Amber Piatt from Story Co. Conservation will talk about the Great Backyard Bird Count coming up on the 17th. Maybe NC needs to do our own?



Rose Bowl Float Adventure

If you missed the presentation on the Rose Bowl Parade Float by Ronnie on Tuesday after Coffee, it will be reprised in Assisted Living on Fri, Jan 19 at 3:00 pm.

Kent "Woody" Woodworth Service

Buses are available to attend the memorial for Woody at First Methodist Church. Fri Jan 26, 1:30 pm. A Celebration of Life will be held following the service in the GR at Northcrest, 3:30 pm. You may attend one or both.

Ames Repair Café

Got small appliances or mending that needs fixing? Don't toss it, take it to be repaired! Visit the volunteers at the Ames Repair Café at the Library on Sat, Jan 27, from 10am to 4pm. No Bus.



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. The theme this year is *Footloose & Fancy Free: Oh the places we will see!* Auditions are April 6 and 13. Show is August 23 & 24. Start thinking!!

Do Not Park over the Sidewalk

Please make the job of clearing snow easier for our hard-working maintenance crew by not pulling up to the curb, and extending over the sidewalk. They have moved a mountain of snow in the last week. Thank You, guys!!



CHALLENGE: See the snow angel photo on next page—that was an 1801 Building spontaneous outing! Send a photo of a group you organize being kids! Sledding? Snowman building? Celebrate!

The CREST



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

Soup of the Week: Potato Soup
Special for the Week: Fish Tacos
2 Fish Tacos served with black bean & corn salsa—\$10.95

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. This bus has been cancelled. Go on your own!

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 20th 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.

Fri, Jan 26, City Church, Bus at 10:45 am.

Ken & Friends: Jazz Female Style

America's classical music—rendered by 16 of the best known female singers in the history of the jazz idiom. From Billie Holiday to Lady Gaga, we're reminded of what Duke Ellington said in 1943: “It don't mean a thing if it ain't got that SWING!”

This will be a musical and video celebration! Thanks to Ken Jolls and Friends with Larry Northup on visuals! Wed, Jan 31, 3:00 pm.



Holmes & Watson ACTORS

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 plus \$3 fee.

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



O.W.L.S.

Dan Haug with Prairie Rivers of Iowa will provide some context for the state's 2024 Impaired Waters List. What does "impaired" really mean for people who want to recreate on Iowa's lakes and rivers, what protections does the Clean Water Act provide, and how can we get waters off the list? McFarland Park, Thu, Feb 1, Bus at 10:00 am.

Lunch at DMACC Bistro

Travel to Ankeny for a great lunch with friends at the Bistro! Emily Brouwer, you may know from our own Crest, is in class there and promises great desserts that day! \$24 includes bus and full menu choice.

Wed, Feb 7, 10:45 am.



SPORTS



Women's BB

- Sat, Jan 20, vs TCU, CANCELLED due to TCU injuries
- Wed, Jan 31, vs Oklahoma St. 5:45 Bus

Men's BB

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



Snow Angels outside GR! Just kids at heart!

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 21

Lunch: Baked Ham, Mashed Sweet Potatoes, Key West Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

Monday, January 22

Lunch: Burger with Swiss Cheese. Lettuce, Tomato, Onions & Honey Dijon Mustard on the Side, BBQ Potato Chips, Peaches, Coconut Cream Parfait

Dinner: Creamy Pesto Chicken, Sour Cream & Chive Mashed Potatoes, Carrots, Honeydew & Grapes, Turnover

Tuesday, January 23

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

Lunch: Pulled Pork Sandwich, Baked Beans, Orange Slices, Cucumber & Onion Salad, Cookie

Wednesday, January 24

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

Lunch: Sweet & Sour Chicken over Fried Rice, Stir Fried Vegetables, Egg Roll, Fruit Salad, Cheesecake

Thursday, January 25

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

Lunch: Fish Tacos, Black Bean & Corn Salsa, Grapes, Pecan Bar

Friday, January 26

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

Lunch: Italian Meatball Sub Sandwich, Cauliflower, Fruit Salad, Sherbet

Saturday, January 27

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

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Mandarin Oranges, Lemon Cake