



January 22, 2023

Northcrest News

Northcrest Community
Over 57 years of service to older adults in the Greater Ames community



I should have flown south!

The Week at a Glance!

Sunday, January 22

2:00 Hymn Sing, Green Room

Monday, January 23

10:00 Fareway shopping
2:00 Bus to *A Man Named Otto*, North Grand Cinema
3:00 Memory Café, Northminster Church

Tuesday, January 24

9:30 Tuesday Coffee, Hosts: N-3
2:15 Health Topic: Stressercise! Well/Ctr
7:15 Bus to MBB vs Kansas St.

Wednesday, January 25 The Crest is Open

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs or Hy-Vee
2:00 Enjoy music of World Port, GR
5:00 Bus to Artist's Talk, Harriet Bart Christian Petersen Museum

Thursday, January 26 The Crest is Open

4:00 Join LaVone Newell, piano, Green

Friday, January 27 The Crest is Open

Northcrest Tropical Day!!
8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
10:30 Bus to State of the Community, City Church
12:30 Bus to Tour the Ames Ice Rink
3:30 Tropical treats at the Wellness Center area
7:00 Bus to ACTORS



Saturday, January 28

2:30 Bus to WBB vs Oklahoma

Northcrest Walking Challenge: 1/23 to 2/28!

Join a team!

Health & Wellness

Podiatry: Interested in signing up for your first podiatry clinic appointment? We are currently working with Dr. Gupta to schedule and confirm January appointment times. Once you sign up, information will be given to you about the date and time.

Hearing Aid maintenance:
February 7 (1st Tuesday of every month, 1:30)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne
Interested in learning more about Health and Wellness but not sure where to start? Come to the Wellness Center on Tuesdays at 2:15pm each week and learn about a different Health & Wellness topic! The topic for January 23-27 will be Stressercise!

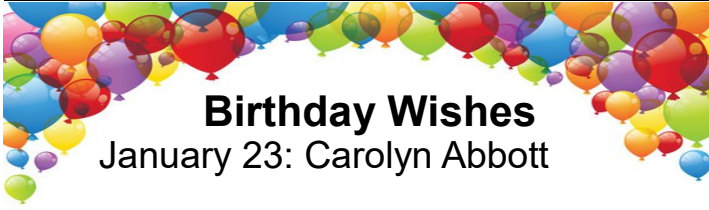
Learn to cope with your stress through exercise, including breathing and light movement. Adrienne will send out each week's topic in the weekly email with the fitness schedule.

Sunday Dinner January 22, 12:30 p.m.

Baked Ham
Cheddar & Garlic Mashed Potatoes
Normandy Blend Vegetables
Cantaloupe & Grapes
Raspberry Pie



ANNOUNCEMENTS



Birthday Wishes

January 23: Carolyn Abbott

Friday Chat

We have one Friday Chat in January. Bettina and Cody Dolinsek will speak about their roles in the Iowa Council of the United Blind. Bettina is a runner and guide with Team Run Free, even though visually impaired. CFO Heidi is friends with this amazing couple and runs in Team Run Free also. Come hear their story, Fri, Jan 20, 10:30 am, GR.



World Port concert

Don't miss the global sounds of Paul Micich on an electric horn with guitarist friend Seth. It is unique and mesmerizing! Paul says "We set out to explore a big world with our music. Give us a listen, and come along." Wed, Jan 25, 2:00 pm, GR.

Piano Recital

Mark your calendar for Sun, Jan 29. Jayne McClanahan will bring her piano students to the Grand Room to experience playing on a top quality piano. All residents are invited to cheer these students on at 2:00 pm.

Main Building Flooring Installation

The new carpeting installation continues. The installers will do their best to keep pathways open and inconvenience to a minimum. Please be patient—it will be worth it!

Kiwanis Pancake Days

FYI: After an absence of 2 years, the annual Pancake Days will be back at 1st United Methodist Church on March 3 & 4. Get \$10 advance tickets from your favorite Kiwanian! Buses will be available.



GAME SHOW, NC Style



Remember the old TV Game Shows called "What's My Line" or "I've Got a Secret"? We are going to recreate that idea Feb 10! If you feel you have a unique "secret" or interesting job from the past that FEW know about, you are invited to submit that information with your name in a box at the Front Desk. The most obscure and surprising will be chosen.

This must be kept a secret!!

We'll also need panelists to guess the secrets, so sign up in the same box with the word **PANELIST** and your name. The event will be at 6:30, Fri, Feb 10, GR.

The Onion Creek Band & Cloggers

They are back! The Onion Creek Band is back rehearsing in our lower level Green Room on Sunday afternoons. It's nice to return to a pre-Covid event. The band practice starts at 3:30, the dancers start at 5:00 pm. If you hear the music wafting through the hallways, venture down to listen and tap your toes!!



Isn't the snow beautiful? A photo of a snow sculpture made on the NC Campus would be fun to submit for the NC Art Exhibit!!
louiseaodo@gmail.com



The CREST

OPEN Wed-Fri, January 25-27
12:00—2:00 pm and 4:30—7:00 pm

Soup of the Day:
Steak & Mushroom



Specials: 4:30-5:00 pm
All Drinks: \$3.50, Select Appetizers: \$5

PLACES TO GO

Movie: A Man Named Otto

Otto is a grumpy isolated widower with staunch principles, strict routines and a short fuse, who gives everyone in his neighborhood a hard time as he watches over it like a hawk. Will an unlikely friendship with new neighbors help him change?

\$6.50, Bus to North Grand Cinema, Mon, Jan 23, 2:00 pm

Christian Petersen Museum events

- Sat, Jan 21, Photo Exhibit & Reception, Morrill Hall, Bus at 1:45 pm.
- Wed, Jan 25, *Harriet Bart: Material Alchemy*. Artist Talk & Reception, Morrill Hall, Bus at 5:00 pm.

State of the Community Luncheon

Community leaders will report on their efforts to better serve the community. Attend in person at City Church, or watch on Facebook at League of Women Voters of Ames. Reserve optional Hickory Park lunch at PREZ.LWVASC@gmail.com. Bus at 10:30 am, Fri, Jan 27.

Tour of Ames Ice Rink

Get a behind-the-scenes look at the Ames/ISU Ice Arena! Learn about the challenge of keeping ice in peak condition and all the activities that keep the facility open nearly around the clock! Dress warmly!! Fri, Jan 27, Bus at 12:30 pm.

Tour the Knoll, ISU President's Home

A special tour set up in collaboration with ISU Museums will be sure to inform and delight! Docent Rae Reilly will lead us through this historic home commenting on the art and history! Space limited. \$5 on your monthly bill. Bus on Wed Feb 15, 12:30 pm.

O.W.L.S.

Program: *The Return of Iowa's Bald Eagles*. Thu, Feb 2, Bus at 9:45 am.

Tea & Talk at Terrace Hill, DM



Tour the Governor's Mansion and have tea & treats, while listening to John D. Thompson, writer of *Iowa Poems 175*. \$17 covers the event and bus. Deadline to cancel without charge is Feb 4.

Sat, Feb 11, Bus at 12:45 pm.

ENTERTAINMENT

ACTORS



ACTORS' *The Importance of Being Earnest*, buses available on:

- Fri, Jan 27, 7:00 pm
- Sun, Feb 5, 1:30 pm



Upcoming Shows at Stephens

- Sun, Jan 29, Mania: the ABBA tribute, Bus at 7:30 pm
- Fri, February 3, *Hairspray*, Bus at 7 pm.
- Mon, Feb 13, *My Fair Lady*, Bus at 7 pm.
- Fri, March 3, National Orchestra of Ukraine, Bus at 7:00 pm
- Sat, March 4, *R.E.S.P.E.C.T.*, Bus at 7pm
- Sun, March 5, *Ireland with Michael*, Bus at 6:30 pm

Get your own tickets and remember we need 6 to take a bus.

SPORTS



Men's Basketball

- Jan 24, vs Kansas St, Bus at 7:15 pm
- Feb 4, vs Kansas, Bus at 10:15 am



Women's Basketball

- Jan 21, vs Kansas, Bus at 4:30 pm
- Jan 28, vs Oklahoma, Bus at 2:30 pm
- Feb 4, vs Baylor, Bus at 4:30 pm



*Dig out your Hawaiian shirt! NC will have a "Luau Day" on **Fri, Jan 27** with staff & residents invited to wear your most tropical clothing. We'll channel the warm weather of Hawaii!*

3:30 There will be Tropical treats at the Wellness Center Coffee area to enjoy!

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 22

Lunch: Baked Ham, Cheddar & Garlic Mashed Potatoes, Normandy Blend Vegetables, Cantaloupe & Grapes, Raspberry Pie

Monday, January 23

Lunch: Pulled Chicken Sandwich, Potato Salad, Strawberries, Fresh Cut Vegetable Salad, Cookie

Dinner: Lasagna, Breadstick, Pineapple Rings, Side Salad, Caramel Cheesecake

Tuesday, January 24

Lunch: Soft Shell Taco with Lettuce, Tomato & Onion, Sour Cream & Salsa on the Side, Spanish Rice, Honeydew, Ice Cream Bar

Dinner: Pork Tenderloin with Cranberry Chutney, Scalloped Potatoes, Peas & Onions, Apricots, Fruit Pie

Wednesday, January 25

Lunch: Beer Battered Tilapia, Fresh Fried Chips, Coleslaw, Watermelon, German Chocolate Brownie

Thursday, January 26

Lunch: Smoked Turkey Sandwich on Marble Rye Bread with Lettuce, Tomato, Onion & Dijonnaise, Apple Slices, Corn Chips, Marinated Artichoke Salad, Yogurt Parfait

Friday, January 27

Lunch: Hot Chicken Salad, Capri Vegetables, Fresh Fruit, Sherbet

Saturday, January 28

Lunch: White Cheddar Macaroni & Cheese, Green Beans, Grapes, Snickerdoodle

Dinner: Peppered Steak over Rice, Mixed Vegetables, Tropical Fruit Salad, Spice Cake