

January 23, 2022



# Northcrest News

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

## The Week at a Glance!

### Sunday, January 23 National Pie Day!

12:30 Sunday Lunch

### Monday, January 24

10:00 Spanish Class, Conference Room

1:00 Bus to *The Barn, The Heart of the Farm*, Slater Museum

**Watch for Email regarding the Crest's hours this week!**

### Tuesday, January 25

9:30 Tuesday Coffee, Hosts S-2

1:00 Bus to Fareway North

### Wednesday, January 26

10:00 Blood Pressure Clinic

1:30 BINGO! Grand Room

3:00 Bus to ALDI

**The Crest** is open

6:00 Bus to WBB vs Kansas

7:00 Bus to *Charlie & the Chocolate Factory*, Stephens



### Thursday, January 27

1:00 Bible Study, Library

**The Crest** is open

6:00 Game Night, LIB

6:30 Bus to Lecture, Public Library



### Friday, January 28

8:30-10:30 1st National Bank

9:30 Residents' Council Meeting, Grand

1:00 Bus to WalMart

7:00 Bus to ACTORS,  
*Murder on the Orient Express*

### Saturday, January 29

12:15 Bus to Men's BB vs Missouri

### 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:

- April 13



### Hearing Aid maintenance:

February 1 (1st Tuesday of every month)

All health appointments are held in the Providers' Room



## Sunday Dinner January 23, 12:30 p.m.

**Grilled Steak with A1 Sauce**  
**Twice-Baked Mashed Potatoes**  
**Creamed Corn**  
**Fresh Fruit**  
**Coconut Cream Pie**



*It is the season  
for slipping!  
Please be cautious!*

## ANNOUNCEMENTS

### Tuesday Coffees

On January 25, Locust Hill (NC Drive) S-2, 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 22: Kathy Ketchum  
Slim week for birthdays!  
(Please let us know if we miss anyone!)



### Friday Chat with Joe Pahlka

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. **If the cold is keeping you from attending, call the Front Desk for a shuttle—pick up around 10:15 am!**

### Bible Study

The Northcrest Bible Study will resume this month in the Library. The study is on “Thou Shalt Not Steal”, Chapter 7 of the book “Love Carved in Stone”, for a fresh look at the Ten Commandments. All are Welcome! Always on the 4th Thursday of the month, Jan 27, 1:00 pm. Library.



### Save your zippers!

The Crafty Cresters will meet to create 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.

### Volun-Peers

Need a hand with something? Check out the list of helpers on the Resident side of the website: [northcrestcommunity.org](http://northcrestcommunity.org)!

## The CREST!



**Pop Up**  
**Wed, Jan 26 & Thu, Jan 27**  
**Watch for an email on**  
**Monday**  
**with the menu and hours**



## NOTE FROM DAWN

### Covid Test Kits

Beginning this week, you can order four COVID-19 rapid test kits which will be delivered to your home, free of charge. There is a limit of four test kits per residential address and will take approximately 7-12 days to arrive. This is an at-home, antigen test kit that will take approximately 30 minutes to receive results. The website address to order the kits is [covidtests.gov](http://covidtests.gov).

### MONTHLY STATEMENTS

*Help us serve you better...Please let us know the preferred method of your monthly statement delivery and if you would like to enroll in ACH (automatic withdrawal).*

*Contact Joe Pahlka by January 28th if you prefer e-mail or hand delivery.*

*Joe's Contact Information:*

[jpahlka@northcrestcommunity.org](mailto:jpahlka@northcrestcommunity.org)

*(515) 232-6760 ext: 7220, or stop by in person.*



## WEEKLY COVID UPDATES

The weekly status report of Northcrest Community:

New Cases within the past seven days:  
Residents - 1                      Staff - 3

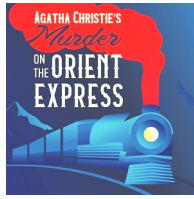
## PLACES TO GO

### 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

### 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.

### OWLS: Des Moines Botanical Garden

Explore the history of Des Moines' premier horticultural institution and the unique collections housed within. This presentation by Heather Wilson will highlight how the Botanical Garden came to be and give insight into future growth and development. McFarland Park, Thu, Feb 3, Bus at 9:45 am.

## ENTERTAINMENT

### Stephens Auditorium Events

- *Charlie and the Chocolate Factory*, Wed, Jan 26, Bus at 7 pm. (Need more to go!)
- *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.



### Bingo!

Beat the winter doldrums. Play for chocolate and Lunch certificates! Wednesdays at 1:30 pm, through March, Grand Room 1.

## SPORTS

### Men's Basketball

- ISU vs TCU, Sat, Jan 22, Bus at 2:15 pm
- ISU vs Missouri, Sat, Jan 29, Bus at 12:15 pm

### Women's Basketball

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

## THINGS TO DO!

### Northcrest Walking Challenge!

This is an 8 week challenge from **February 1 to April 1**. Townhome, Parkway, Assisted Living and 1801 Building residents—you are all invited to enter and compete with yourself to increase your distance weekly! See the insert for specifics. Questions? Ask at Tuesday Coffee January 25.



### Valetine's Day Weekend

#### SAVE THE DATES:

**Love Songs** with our own Richard Wood, and accompanist Linda Fauquet, Friday, February 11, 4:00 pm, Grand Room



### Northcrest's Own "Not-So Newlywed Game"

*Think you know your spouse? You might be surprised! Volunteer to be on the panel answering fun questions about each other.*

*Also asking for your wedding Photo to display, and guess who is who! Even if your spouse is not with us anymore, we'd love to see both of you on such a special day.*

**Valentines Day**  
**Monday, February 14**  
**6:30 pm, Grand Room**

**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 23**

**Lunch:** Grilled Steak with A1 Sauce, Twice-Baked Mashed Potatoes, Creamed Corn, Fresh Fruit, Coconut Cream Pie

**Monday, January 24**

**Lunch:** Chicken Sandwich, BLT Pasta Salad, Pickle Spear, Pear Half with Maraschino Cherry, Cookie

**Tuesday, January 25**

**Lunch:** Turkey Chili, Cornbread, Cantaloupe, Carrot Cake

**Wednesday, January 26**

**Lunch:** Chicken Crepes, Vegetable Medley, Honey Dew, Chocolate Chip Cookie Bar

**Thursday, January 27**

**Lunch:** Shrimp Basket, French Fries, Creamy Coleslaw, Citrus Fruit Salad, Root Beer Float

**Friday, January 28**

**Lunch:** Ham & Cheese Quiche, Blueberry Muffin, Grapes, Cottage Cheese with Green Peppers, Yogurt Parfait

**Saturday, January 29**

**Lunch:** White Cheddar Macaroni & Cheese, Green Beans, Fresh Fruit, Lemon Cake

