



January 30, 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 30

12:30 Sunday Lunch
2:00 Hymn Sing, Green Room

Monday, January 31

10:00 Spanish Class, Conference Room

Tuesday, February 1

9:30 Tuesday Coffee, Hosts A & C
The Crest is open: 12-2 & 4:30-7
1:00 Bus to Fareway North
1:30 Hearing Aid Maintenance
5:15 Bus to MBB vs Kansas



Wednesday, February 2 Groudhog Day!

10:00 Blood Pressure Clinic
10:00 Book Club, LIB
The Crest is open: 12-2 & 4:30-7
1:30 BINGO! Grand Room
3:00 Bus to ALDI
6:00 Bus to WBB vs Kansas State



Thursday, February 3

9:45 Bus to O.W.L.S.
10:00 Writers' Group, Conference R
The Crest is open: 12-2 & 4:30-7
4:00 LaVone Newell on piano, GR
6:00 Game Night, LIB



Friday, February 4 The Olympics Start!

8:30-10:30 1st National Bank
10:30 Friday Chat with Pat Girton:
"40 Acres Without a Mule!"
1:00 Bus to WalMart



Saturday, February 5

5:30 Bus to WBB vs Oklahoma State



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 30, 12:30 p.m.

Sautéed Chicken Breast
Rice Pilaf
Key West Blend Vegetables
Watermelon & Grapes
Cherry Crisp



Watch the Olympics! February 4-20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Exercise, GR Mon-Fri, 8:30 am Game Night, LIB Thursdays, 6 pm Play Pool, L Level Tue & Wed, 2 pm		1 9:30 Coffee, Atrium A & C 1:00 Fareway 1:30 Hearing Aid Maintenance 5:15 Bus to MBB vs Kansas	2 Groundhog Day 10:00 BP Clinic 10:00 Book Club, LIB 1:30 Bingo, Grand Room 3:00 ALDI's 6:00 Bus to WBB vs Kansas State	3 9:45 Bus to O.W.L.S. 10:00 Writers' Group, Conference Room 4:00 LaVone Newell, piano Green Room	4 10:30 Friday Chat, Pat Girton, "40 Acres & No Mule" , Grand Room 1:00 N WalMart 	5 5:30 Bus to WBB vs Oklahoma State
6  1:30 Bus to ACTORS 2:00 Hymn Sing, Green Rm 7:00 Sunday Series , Onion Creek Cloggers and Band, Grand Room	7 10:00 Spanish Class, Conference Room 7:00 Bus to <i>Fiddler on the Roof</i> , Stephens Auditorium	8 9:30 Coffee, Atrium B-1 & 2 1:00 Fareway 6:30 Bus to DMMO program, MET	9 9:30 Crafty Cresters, Zipper Art, Social Room 10:00 BP Clinic 3:00 ALDI's 4:45 Bus to Chang Lecture and Art Exhibit, Christian Petersen	10 	11 10:30 Friday Chat, Richard Wood's daughter, Costumer 1:00 N WalMart 4:00 Richard Wood Sings Love Songs, Grand Room 	12 2:15 Bus to MBB vs Kansas State
13 2:00 Hymn Sing, Green Rm	14 10:00 Spanish Class 2:00 NC Stitchers, Grand Rm 6:30 Not-So Newlywed Game Show , Grand Room 	15 9:30 Coffee, Atrium N-1, 2, 3 1:00 Fareway	16 10:00 BP Clinic 11:30 Bus to lecture at ISU Christian Petersen Museum 2:00 Low Vision Support Call 3:00 ALDI's	17 10:00 Writers' Group, Conference Room 4:00 Alzheimer's Support Group, FR 4:00 LaVone Newell, piano 7:00 Bus to <i>South Pacific</i> , Stephens Auditorium	18 1:00 N WalMart	19 12:15 Bus to MBB vs Oklahoma 5:30 Bus to WBB vs Oklahoma 6:30 Bus to Town & Gown Musicale, St. John's
20 2:00 Hymn Sing, Green Rm 	21 10:00 Spanish Class 6:30 Mixed Bridge	22 9:30 Coffee, Atrium N-1, 2, 3 1:00 Fareway 6:30 Bus to Cirque Mechanics, Stephens	23 10:00 BP Clinic 3:00 ALDI's 5:15 Bus to MBB vs West Virginia 6:30 Bus to Land Protection Lecture, Public Library	24 10:00 Bible Study, LIB	25 9:30 Residents' Council 1:00 N WalMart	26 12:30 Bus to WBB vs Texas Tech
27 2:00 Hymn Sing, Green Rm	28 10:00 Spanish Class 3:00 Memory Café, Northminster Pres. Church 5:30 Bus to WBB vs Baylor 7:00 Bus to Polish Philharmonic Orchestra, Stephens					

ANNOUNCEMENTS

Tuesday Coffees

On February 1, Atriums A & C 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 30: Sherry Bundy

January 30: Steve Coon

January 30: Marilyn Curry

February 1; Jim Bolinger

February 1: Julianne Jorstad

February 1: LaVone Newell

February 4: Anne Buck

(Please let us know if we miss anyone!)



League of Women Voters

Join a Zoom meeting this Friday morning, Jan 28, 8:30 am. Go to website: <https://my.lwv.org/iowa/ames-story-county> to find the zoom link.

Low Vision Research Project

Join a research study on accessible voting machines for those with low vision. If interested, contact Jacklin Stonewall at jacklins@iastate.edu phone 641-751-1056.

Medical Expense Deduction Letter

In answer to some questions from residents, the annual Medical Expense Deduction letter will come with your February 1st statement and include all FAQs.



Greetings from Jan Samuelson:

On Nov 20, Bob died a peaceful death at the age of 92. He was ready to be in heaven. Rev Fred Lewis preached a good message. We want to thank Rashell for the refreshments, the pastor in HC who visited & prayed with Bob. We want to thank the nurses, aides, and staff that helped Bob every day. Bob never had a complaint. Our prayers are with all of you. God Bless you. Jan and family

In Loving Memory

of

Jerry Chase

1/26/2022

Sunday Series February Program

Onion Creek Cloggers & Band will entertain on Sun, Feb 6, 7:00, Grand Rm. Wear your dancing shoes if you think you might be inclined to join a waltz or mixer folk dance!

Bus Guidelines Updated



At this time, masks are required in the Northcrest vehicles. No guests please. Also, a reminder that we need 6 or more residents to warrant bringing in a driver for an outing. If you want the bus to make a trip, ask your neighbors to join you!

Volunteer Log Sheets

Please turn in your 2021 volunteer hours as soon as you can. New 2022 sheets are available at the Front Desk. An event is being planned for Volunteer Week in April!

Covid Test Kits



You can order four COVID-19 rapid test kits delivered to your home, free of charge. This is an at-home, antigen test kit that will take approximately 30 minutes to receive results. Order the kits at covidtests.gov.

MONTHLY STATEMENTS

Please let us know the preferred method of your monthly statement delivery and if you would like to enroll in automatic withdrawal. Contact Joe Pahlka by January 28th if you prefer e-mail or hand delivery.

jpahlka@northcrestcommunity.org

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 - 2

Staff - 4

PLACES TO GO

ACTORS

Get your tickets to *Murder on the Orient Express!* Sun, Feb 6, 1:30 pm

ACTORS requests that all attendees be masked.



OWLS: Des Moines Botanical Garden

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.

Stephens Auditorium Events

- *Fiddler on the Roof*, Mon, Feb 7, Bus at 7:00 pm
- *South Pacific*, Thu, Feb 17, Bus at 7:00 pm.
- *Cirque Mechanics*, Tue, Feb 22, Bus at 6:30 pm.
- *Polish Philharmonic Orchestra*, Mon, Feb 28, Bus at 7:00 pm.
- *Ventriloquist Darci Lynne*, Sat, Mar 5, Bus at 6:30 pm.



Theater Survey!!

The Des Moines Playhouse has rescheduled *Singin' in the Rain* that we planned to see in 2020. Please sign up if you are interested to attend Sun, Apr 3, matinee. Tickets will be approximately \$65. Maybe dinner out afterward?

Is there interest in going to *Hamilton* at the Des Moines Civic Center on Sat, June 4, matinee? Please sign up if you are interested. Tickets run \$100-\$175.

I will research group rates for both shows.

SPORTS

Men's Basketball

- ISU vs Missouri, Sat, Jan 29, Bus 12:15
- ISU vs Kansas, Tue, Feb 1, Bus at 5:15

Women's Basketball

- ISU vs Kansas St., Wed, Feb 2, Bus at 6
- ISU vs OK St., Sat, Feb 5, Bus at 5:30

The CREST!

Hooray! The Crest will be open from now on every Tuesday, Wednesday & Thursday
12:00-2:00 pm
4:30—7:00 pm



Northcrest Walking Challenge!

This is an 8 week challenge from **Feb 1 to April 1**. You are all invited to compete with yourself to increase your distance weekly. If you use a machine to exercise and it measures a distance in miles, it counts! We have a growing number of teams and their progress will be reported every Tuesday at Coffee!



Valetine's Day Weekend

Love Songs with our very own Richard Wood, and accompanist Linda Fauquet!

Love Stories from YOU! Sign up to tell how you met your spouse, your best friend or pet!

Fri, Feb 11, 4:00 pm, Grand Rm

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 on the 14th, 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.

Sign up in box in Front Lobby to participate.

Bring framed photo on 14th am.

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 30

Lunch: Sautéed Chicken Breast, Rice Pilaf, Key West Blend Vegetables, Watermelon & Grapes, Cherry Crisp

Monday, January 31

Lunch: Western Burger, Curly Fries, Pickle Slices, Fresh Fruit, Lemon Bar

Tuesday, February 1

Lunch: Chef Salad with Ham, Turkey, Shredded Cheddar Cheese & Mozzarella Cheese, & Sliced Egg, Honey Oat Bran Muffin, Honey Dew & Pineapple, Pecan Bar

Wednesday, February 2

Lunch: Sausage & Pepperoni Pizza, Orange Slices, Three Bean Salad, Sherbet

Thursday, February 3

Lunch: Tuna Melt, Sun Chips, Pickle Spear, Fresh-Cut Vegetable Salad, Jell-O Cake

Friday, February 4

Lunch: Enchilada Casserole, Shredded Lettuce, Tomato & Onion, Sour Cream on the Side, Refried Beans, Grapefruit, Oreo Parfait



Saturday, February 5

Lunch: Hot Ham & Cheese on Croissant, Potato Chips, Apple Slices, Carrot & Celery Sticks with Ranch, Cookie

