

January 8, 2023

Northcrest News

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

The Week at a Glance!

Sunday, January 8

2:00 Hymn Sing, Green Room

Monday, January 9

10:00 Fareway shopping

2:00 Northcrest Stitchers, GR

Tuesday, January 10

9:30 Tuesday Coffee, Hosts: Landscape Committee

6:15 Bus to MBB vs Texas Tech

Wednesday, January 11 **The Crest is Open**

10:00 Blood Pressure Clinic

10:30 Bus to ALDIs or Hy-Vee

6:00 Bus to WBB vs Kansas St.

Thursday, January 12 **The Crest is Open**

4:00 LaVone Newell on piano, Green Rm

Friday, January 13 **The Crest is Open**

8:30—10:30 1st National Bank, Founders

10:30 Bus to Walmart & North Fareway

Saturday, January 14

10-4:00 Repair Café at the Ames Public Library Auditorium

11:30 Bus to Opera Auditions, MET

7-10:00 Ken Jolls plays at Jazz Club Noir



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, Keri will confirm Dr. Gupta's availability follow up with you to share specifics.

Hearing Aid maintenance:

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

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne
New Year, New Goals!

Making goals can be challenging! Try following the S-M-A-R-T guidelines to achieve your goals:

S- Specific (Be specific on what to achieve)

M- Measurable (Can you measure it?)

A- Achievable (Is this within your reach?)

R- Relevant (Does this fit what you want out of life?)

T- Time-Based (Set a timeline to achieve this goal.)

Smart goals can be used for anything you want to achieve, it doesn't have to be just fitness! My goal this year is to read 50 books by the end of the year. Come check in with me if you need assistance setting your goals. Adrienne

Sunday Dinner January 8, 12:30 p.m.

Pork Roast
Mashed Potatoes & Gravy
Carrots
Fresh Fruit
Blueberry Crisp



ANNOUNCEMENTS



Birthday Wishes

January 5: Twila Rankin (missed!)

January 8: Paul Twedt

January 8: Bernie White

January 13: Kay Ahrens

January 13: Pam Leitner

January 14: Art Mann

January 14: Dirk Scholten

Tuesday Coffee

On January 10th the NC Landscape Committee will host. They are taking this opportunity to say THANK YOU to all of the residents who have worked diligently to make and keep our campus beautiful! Please join us and express your thanks.

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.

Northcrest Stitchers Meeting

All are welcome to join in the monthly NC Stitchers meeting. The program will consist of members sharing their favorite project that they are most proud of or dearly love. They are also encouraging all to bring sewing or crafting items that you no longer need to share with others. If the items are not gone by the end of the meeting, please take them back with you. Mon, Jan 9, 2:00 pm, GR.

Calling all Snowmen

It's time to re-do the display case in the F- Atrium. If you have a snow-themed figurine or item to loan, please identify with your name. Drop it at the Front Desk, or Ronnie's office, F-12. It will get redone next week.



Fareway Shopping

We will add a stop at Fareway North on Fridays when we head to Walmart & N. Grand Mall at 10:30 am. Please kindly choose one to visit, but not all.



Ronnie has moved to F-12

Ronnie has moved to Atrium F-12. 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 it out!

Covid Tests Available via USPS

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

Resident-use Computer

The computer and printer that is available for residents' use has been relocated to the Meditation Room by the Providers Room.

*In Loving Memory
of*

Sue Scott

Passed away on January 3, 2023

The CREST

OPEN Wed-Fri, January 11, 12, 13

12:00—2:00 pm

4:30—7:00 pm

**Soup of the Day:
Chicken & Wild Rice**



Specials: 4:30-5:00 pm

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

PLACES TO GO

Lunch Out

A cold winter day requires some fun—let's go eat at Provisions, Lot F! Soup & Salad, or hearty sandwich; you choose, you pay; but more enjoyable together. A partial menu is with the sign-up sheet. Mon, Jan 16, Bus at 11:00 am.



Opera Auditions

25 young opera singers will perform arias to audition. This competition event is sponsored by the New York Metropolitan Opera. Winners here will advance to the next level. At intermission, enjoy refreshments and visiting with the singers. There is no charge. Attend the auditions at MET Music Hall, Sat, Jan 14, Bus at 11:30 am. Auditions run until 4 or 5:00 pm.

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 to take a bus.

Christian Petersen Museum events

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

SPECIAL NOTICES

Record 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. Note that there are 2 sides: 1 for hours

volunteering here at Northcrest, and another that records your community involvement in Ames organizations. There will be a spring volunteer party to celebrate your kindness, so don't miss out!

Ames Repair Café

Small items that need sewing, electrical or electronic repair can be taken to the Public Library on Sat, Jan 14, 10– 4:00 pm. Volunteers will help you learn how to repair items.

Ken Jolls performs at Noir

Ken is joined by bassist Cheri Hennager, former NC Clinical Director, and vocalist Carlee Carpenter to entertain at the downtown jazz club, Noir, on Sat, Jan 14, 7-10 pm. Let's show NC support!!

Hymn Sing

The Sunday afternoon hymn sing is for those who enjoy singing. Jan Beran says it is definitely not a choir or auditioned group. We just sing together from 2:00 until 2:40 in the lower level Green Room; then move to the Social Room for coffee and chatting.

SPORTS

Men's Basketball

- Jan 10, vs Texas Tech, Bus at 6:15 pm
- Jan 17, vs Texas, Bus at 6:15 pm



Women's Basketball

- Jan 11, vs Kansas State, Bus at 6:00 pm
- Jan 18, vs Oklahoma St., Bus at 6:00 pm
- Jan 21, vs Kansas, Bus at 4:30 pm

"Northcrest Through Our Eyes"

"Through Our Eyes" will be a display of your own photos taken with your cell phone. 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.

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 8

Lunch: Pork Roast, Mashed Potatoes & Gravy, Carrots, Fresh Fruit, Blueberry Crisp

Monday, January 9

Lunch: Mushroom & Swiss Burger with Garlic Aioli on the Side, Potato Chips, Pickle Spear, Fresh Cut Vegetable Salad, Peanut Butter Mousse

Dinner: Baked Pollock with Lemon Butter Sauce, Long Grain & Wild Rice, Key West Blend Vegetables, Peaches, Boston Cream Cake

Tuesday, January 10

Lunch: Taco Chili, Cornbread, Honeydew, Ice Cream Sandwich

Dinner: Bruschetta Baked Chicken Breast, Parmesan & Herb Potatoes, Italian Blend Vegetables, Cantaloupe, Triple-Berry Crumble Cake

Wednesday, January 11

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Watermelon, Grasshopper Bar

Thursday, January 12

Lunch: Beer Battered Cod, French Fries, Coleslaw, Grapes, Banana Bread with Chocolate Glaze

Friday, January 13

Lunch: Bratwurst on a Bun with Sauerkraut, Baked Beans, Apple Slices, Cucumber & Onion Salad, Snickerdoodle

Saturday, January 14

Lunch: Sweet & Sour Chicken, Green Beans, Egg Roll, Mandarin Oranges, Lemon Cream Pie

Dinner: Creamy Pasta & Ham, Normandy Blend Vegetables, Fresh Fruit, Chocolate Cake