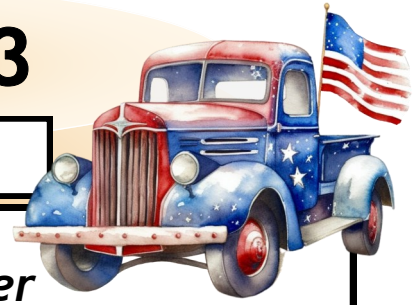


# November 12, 2023

## Northcrest News

Northcrest Community  
Over 58 years of service to older  
adults in the Greater Ames community



### The Week at a Glance!

#### Sunday, November 12

- 11:15 Bus to Men's BB vs Idaho State
- Noon, Watch MBB, ESPN+, GR
- No Hymn Sing today

#### Monday, November 13

- 10:00 Bus to Fareway shopping
- 12:30 Bus to Aunt Maude's for lunch
- 2:00 NC Stitchers, GR


#### Tuesday, November 14

- 9:30 Tuesday Coffee, Hosts Atriums B1 & 2
- 1:00 Bus to Slater History Museum
- 6:00 DM Metro Opera Guild meeting, GR


#### Wednesday, November 15

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee

#### Thursday, November 16

- 10:00 Writers' Group, Founders Room 
- 5:00 LaVone Newell on piano, AL
- 6:30 Bus to Caucus 101, League of Women Voters, Ames Library

#### Friday, November 17

- 8:30—10:30 1st National Bank, Founders
- 10:00 Bus to Walmart & North Fareway
- 11:15 Bus to ISU Tea Room
- 1:00 Wii Bowling, Wellness Center
- **6:30 Fall Dance**  
with Larry Northup & the '50's! 

#### Saturday, November 18

- 7:00 ISU Football vs Texas, Fox TV (No Bus)



#### Health & Wellness

**Podiatry:** Contact Kathy at ext. 7220 for information.



#### **Hearing Aid maintenance:**

December 5: (1st Tuesday of every month, 1:30 pm)



**Massage Therapy:** Darlene, 515-708-1556

#### **Wellness Program News by Adrienne**

**Wii Bowling**, every other week on Fridays, 1:00 pm. Nov 17, Dec 1 & 15



Beginning Nov 13: **Chair Yoga** 1:30—2:15 pm. Please sign up for only 2 Chair Yoga classes per week to make space for all interested.

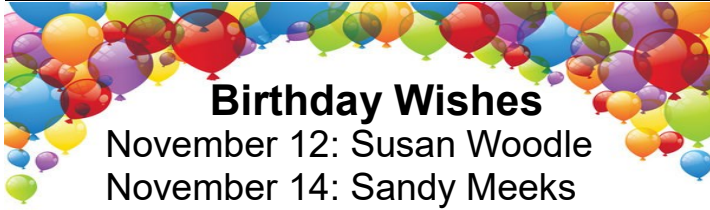
There will be no in-person classes Nov 23 & 24

#### Sunday Dinner November 12, 12:30 p.m.

Pot Roast  
Mashed Potatoes & Gravy  
Green Beans  
Fresh Fruit  
Apple Pie



# ANNOUNCEMENTS



## Birthday Wishes

November 12: Susan Woodle  
November 14: Sandy Meeks  
November 16: Cindy Scholten

## Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Atriums B-1 & 2 will host on November 14.**



## Holiday Cards available

There are now holiday/Christmas cards available in the card rack opposite the Therapy Gym on your way to the Hair Salon. These are made by residents from the HWH Greeting Card Project.



## Snowfall Contest



When do you think the first 1" snowfall will happen at Northcrest? Put your guess of date in the box at Ronnie's office door, F-12, **before Thanksgiving.**

## Friday Chat on SHIP, 10:30 am, GR

Learn more about Senior Health Insurance Information Program. Get a brief review on Medicare, some changes for 2024 & scams. Bruce Johnson presents, Nov 10.

## Veterans Day



On Fri, Nov 10, 2:00 pm, we will have a program showcasing our veterans. 4 of them will take part in a reading of Ted Kooser's *Blizzard Voices*, a retelling of a famous Iowa storm, a bit of Nature at war. GR



## Thanksgiving Buffet

**Tue, Nov 21, 11:30 am, GR**

### Turkey

**Mashed Potatoes & Gravy  
Sweet Potato Casserole  
Green Bean Casserole  
Cranberry Relish  
Vegetable Pasta Salad  
Tossed Salad, Dinner Roll  
Apple & Pumpkin Pie**

Cost: \$18.00

**Reserve by Thu, Nov 16, 10:00 am!**

Call the kitchen,  
515-232-6760,  
ext #7212.



## New System, New Statements!!!

Please don't hesitate to contact the business office with any questions on your statements. 515-232-6760

Cindy Atwood -ext:7224

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

Heidi Palmer -ext: 7204

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

## RSV Vaccination

If you want an RSV vaccine, sign up at the Front Desk so we can get a count. Another announcement will follow with the scheduled date of vaccination.

## The CREST

**Open Tuesday thru Friday  
12-2:00pm and 4:30-7:00pm**

**Soup of the Week: Corn Chowder  
Special of the Week:  
Pork Tenderloin Sandwich with  
your choice of one side  
\$11.50**



*In Loving Memory  
of*

**Dolores Gronemeyer**

9/5/1929—11/3/2023

Celebration of Life,  
Friday, Nov 10, 6-8:00 pm,  
Grand Room

## PLACES TO GO

### Aunt Maudes

Hop on the bus to go to Aunt Maude's for a late lunch with your friends. With our large group, they have reserved a separate room and select menu for us. Invite guests or family to join in for fun. Mon, Nov 13, Bus at 12:30 pm.

### Slater Historical Museum

We'll see the new Vietnam War display. A timely outing to celebrate our veterans. \$5 bus fee. Tue, Nov 14, Bus at 1:00 pm.

### Caucus 101

The League of Women Voters present Dr. Dave Peterson, ISU Professor of Political Science to discuss candidates, Iowan's changing preferences and compare this cycle to the 2020 Caucuses. Public Library, Thu, Nov 16, Bus at 6:30 pm.

### ISU Tea Room

We can sneak in one trip to the Tea Room in McKay Hall this semester. Chicken Crepes are the special. \$9 on your monthly bill. Fri, Nov 17, Bus at 11:15 am.

### Holiday Shopping

By request, a bus will be offered to shop at Target and the new shops on South Duff. Riders will choose either Target or T.J. Maxx complex. Mon, Nov 27, Bus at 1:00 pm. Home by 4:00 pm.

### Des Moines Shopping

Are you interested in a trip to Jordan Creek and Trader Joe's? \$10 Bus fee, Lunch on your own. Tue, Dec 12, Bus at 9:30 am. Home by 4:00 pm.

## ENTERTAINMENT

### ISU Music: Martha Ellen Tye Hall

- Sat, Nov 11, **Ames Piano Quartet**, free, Bus at 7:00 pm.
- \*\*\*Remember many ISU Music events are live streamed at [music.iastate.edu](http://music.iastate.edu)\*\*\*

## ACTORS Play

*Avenue Q*, a musical that has been described as Muppets for adults! Puppets explore sexuality, self-worth, racism and more. Not for the grandkids. \$25 tickets on line.

Buses available on:

- Fri, Nov 10, Bus cancelled
- Sun, Nov 19, 1:30pm



### C.Y. Stephens:

- \* The Fab Four, Sun, Nov 19, Bus 7:00 pm
  - \* Mannheim Steamroller, Tue Dec 19, 7:00
- We need more bus riders. Are there other events you have tickets for?*

## SPORTS



### Volleyball

- **Fri, Nov 10**, vs Kansas, Bus at 6:00pm
- **Sat, Nov 11**, vs Kansas, Bus at 3:30pm
- **Wed, Nov 22**, vs UCF, Bus at 6:00 pm

### Women's Basketball

- **Nov 20**, vs Southern, Bus at 6:00 pm

### Men's Basketball

- **Nov 12**: vs Idaho State, Bus, 11:15 am
- **Nov 19**, vs Grambling St. Bus at 11:15 am.



### Music from our own residents!

Mark your calendars, and invite guests!

**Fri, Nov 17:** Fall Dance with Larry Northup. We'll be channeling the '50's, so roll up your jeans, break out the bobby socks, and get ready to have some fun!! Great music, trivia, and dancing! 6:30 pm, GR.

**Wed, Nov 22:** Ken Jolls and friends will present fabulous female vocalists through video and live music. 3:00 pm, GR



Rosemary Clooney,  
among many others



**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, November 12**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Green Beans, Fresh Fruit, Apple Pie

**Monday, November 13**

**Lunch:** Oriental Chicken Salad, Dinner Roll, Tropical Fruit Salad, Spice Cake

**Dinner:** Pork Loin with Blackberry Rum Sauce, Corn Bread Stuffing, Peas, Honeydew, Banana Bar

**Tuesday, November 14**

**Lunch:** Italian Sausage Grinder with Roasted Peppers, Onions & Monterrey Cheese Sauce, Cantaloupe & Pineapple, Monster Cookie

**Wednesday, November 15**

**Lunch:** Reuben, Fresh Cut Vegetable Salad, Pickle Spear, Peaches, Root Beer Float

**Thursday, November 16**

**Lunch:** Tuna Salad on Oat Berry Bread, Potato Chips, Carrot Sticks, Grapes, Sugar Cookie

**Friday, November 17**

**Lunch:** Ham & Cheese Quiche, Muffin, Strawberries, Cottage Cheese, Yogurt Parfait

**Saturday, November 18**

**Lunch:** Sweet & Sour Chicken over Fried Rice, Stir Fried Vegetables, Egg Roll, Mandarin Oranges, Cherry Cheesecake

**Dinner:** Beef Stroganoff, Vegetable Medley, Fresh Fruit, Chocolate Cake