

# November 13

## Northcrest News

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



### The Week at a Glance!

#### Sunday, November 13

11:15 Bus to Men's BB vs N.C, A&T  
12:30 Sunday Lunch  
2:00 Hymn Sing, Green Rm.

#### Monday, November 14

10:00 Fareway shopping  
2:00 Northcrest Stitchers. GR 2

#### Tuesday, November 15

9:30 Tuesday Coffee, NC Drive, L-2  
Wear your name tag and bring your cup!  
11:15 Bus to ISU Tea Room

#### Wednesday, November 16 The Crest is open

10:00 Blood Pressure Clinic  
10:30 Bus to ALDIs or Hy-Vee  
2:00 Low Vision Support Meeting,  
Bethesda Lutheran Church, No Bus  
6:15 Horizon Club dinner, by invitation

#### Thursday, November 17 The Crest is open

10:00 Writers' Group  
2:00 Games in AL, 2nd Floor Activity Rm  
6:00 Game Night, LIB  
No Alzheimer's Support mtg today

#### Friday, November 18 The Crest is open

8:30-10:30 1st National Bank  
No Resident Council meeting this month  
10:30 Bus to Walmart  
**10:30 Friday Chat**, Linda Emmerson,  
current exhibit artist  
8:30 Watch *A Thousand Acres* on PBS

#### Saturday, November 19

Bus TBA—Football vs Texas Tech



#### Health & Wellness

**Podiatry:** Dr. Gupta is setting his own ap-  
pointments. Leave your name & phone number  
at the Front Desk and he will contact you.

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

December 6 (1st Tuesday of every month, 1:30)

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

**Tap-Fit exercise:** 10:30 am Tue, Wed & Fri

#### **Wellness Program News:**

**Now's Your Chance November!**



*"Move More, Sit Less" is the modern fitness motto to  
follow as much as possible. Walk inside or outside, exer-  
cise, stretch, or use hand weights in your apartment or  
the Wellness Center. Whatever methods you choose, let  
the Wellness Center be a resource to support your activi-  
ty goals. Move. Stretch. Breathe. Relax.*

**Masks are now optional to wear on the  
bus. Please use your own discretion.**



**Northcrest offices will be closed over the  
Thanksgiving holiday, Nov 24 & 25.**

### Sunday Dinner November 13, 12:30 p.m.

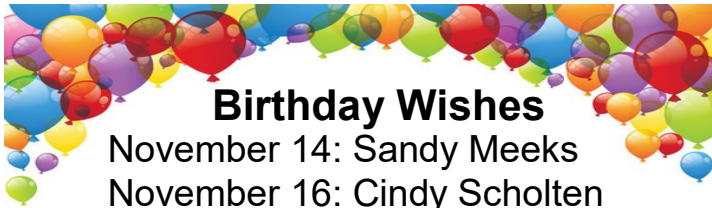
**Baked Ham**  
**Sweet Mashed Potatoes**  
**Key West Blend Vegetables**  
**Fresh Melon Salad**  
**Peach Pie**



# ANNOUNCEMENTS

## Tuesday Coffees

On Nov 15, NC Drive, L-2 will host. We will gather in the Grand Room as well as via Zoom. Watch for an email Zoom invitation. Bring your name tag and mug!



## Birthday Wishes

November 14: Sandy Meeks  
November 16: Cindy Scholten  
November 16: Bill Cobb

## Bank not at NC on Veteran's Day

Due to Veteran's Day on Friday, the 1st National Bank will not hold hours at Northcrest that day.



## Snowfall Contest

We had guesses as early as October 24 for the first 1" of snow here at Northcrest! Watch for the weekly guesses on the scroll at the Front Entry, or on your own TV, Channel **116-3 or 99.2**. Who will win the fun gift basket with winter goodies?

## Friday Chat: 10:30 am, GR.

**Nov 18:** Linda Emmerson, paper artist soon on exhibit in the GR. Traditional time of **10:30 am**, not 1:30 as listed on Monthly calendar.



## Northcrest Stitchers

Charlene Carsrud will demonstrate making a wonderful casserole carrier suitable for Christmas giving and Mary Pepper will show how to make microwaveable bowl covers. If you made something with your dyed dish towels, bring them for show and tell. Everyone is welcome. Mon, Nov 14, 2:00 pm, GR.

## Alzheimer's Support Group

The monthly group meeting has been suspended while new leadership is recruited. No meeting on Nov 17.

## Game Players Unite!

**Sign up** at the Front Desk or just go join game players in Assisted Living on Thu, Nov 17. They meet in the 2nd floor Activity Rm at 2:00 pm.



## Veteran's Day Program

We'll have our annual salute to Northcrest Veterans, Fri, Nov 11, 2:00 pm, GR.

## NC President's Address

Save the date for the annual "State of Northcrest" address with Board President, Joe Traylor. Tue, Nov 22, 2:00 pm, GR.



## Low Vision Support Group

The next meeting of the Ames Low Vision Support Group will be Wednesday November 16 at 2:00pm at Bethesda Lutheran Church at 1517 Northwestern Avenue or via phone at 712-432-5610 access code 782#. Our speaker this month will be Jennifer Lyman representing Vanda Pharmaceutical to discuss a condition called "Non-24 Syndrome" which occurs when our circadian clock doesn't properly reset. No Bus.



## Thanksgiving Buffet **Wednesday November 23rd**

12:30 pm Grand Room

**Buffet Style, \$16.25**

**All Residents & Guests Welcome**

*Signup with the kitchen by  
Monday November 21st, 8:00 am*

## **Northcrest Abbreviations:**

**GR:** Grand Rm                      **AL:** Assisted Living  
**HWH:** Heartwood House   **HC:** Health Center  
**1801:** Wellness Area Door   **PR:** Providers Rm  
**2300:** Main Entrance Door   **PKWY:** Parkway apts  
**SR:** Social Rm, Lower Level  
**LIB:** Library   **FR:** Fireside Room, in NC Court  
**MET:** Martha Ellen Tye Music Hall, ISU

## PLACES TO GO, THINGS TO DO

### Ames Veteran's Day Program

The Ames Patriotic Council presents the annual Veteran's Day program on Fri, Nov 11, 11:00 am, at the Ames City Auditorium. No Bus scheduled.

### ISU Tea Room

Chicken Crepes with broccoli, salad, and brownies are on the menu. \$8 on your monthly bill. A Waiting List has been started. Tue, Nov 15, Bus at 11:15 am.

## ENTERTAINMENT

### ACTORS: *First Date*

A musical comedy of a blind date. Fri, Nov 11, Bus cancelled  
Sun, Nov 20, Bus at 1:30 pm.



### ISU Music—music.iastate.edu

Band Extravaganza features the ISU Wind Ensemble, jazzONE, State Storm & Varsity Marching Band all with free admittance thanks to ISU Music. (Regular \$10 tickets) Stephens, Fri, Nov 11, Bus at 7:00 pm.



### Organ Concert at Ames UCC

Celebrate the 50th anniversary of the Gabriel Kney Organ at the United Church of Christ. A special concert will be performed by Dr. Miriam Zach and Michael Surratt on Sun, Nov 20, 3:00 pm. No Bus.

### Town & Gown

Alon Goldstein, Piano concert, MET, Tue, Nov 29, Bus at 7:00 pm.

### Opera *A Thousand Acres*

Iowa PBS is airing an exclusive premier performance of the new American opera, *A Thousand Acres*. Fri, Nov 18, 8:30 pm on your TV. Enjoy with friends!



### The Illusionists, *Magic of the Holidays*

Tickets through center.iastate.edu.  
Wed, Nov 30, Stephens, Bus at 7:00 pm.

## SPORTS



### ISU Volleyball

- Nov 12, vs Texas Tech, Bus at 1:30 pm
- Nov 23, vs Oklahoma, Bus at 6:00 pm

### ISU Football

- Nov 19, vs Texas Tech, TBA



### Men's Basketball

- Nov 13, vs A & T, Bus at 11:15 am
- Nov 20, vs Milwaukee, Bus at 4:15 pm



### Women's Basketball

- Nov 20, vs Columbia, Bus at 10:30 am

## COMMUNITY EVENTS

### Tuba Christmas

Northcrest is a sponsor of this annual favorite at Stephens Auditorium. It is a free event and there is even Loge seating reserved for Northcrest. General seating available. Sat, Dec 3, Bus at 2:15 pm.

*In Loving Memory*  
of  
*Muriel Van Der Maaten*  
June 9, 1930—November 7, 2022  
Her family will greet friends on  
Fri, Nov 18, 3-4:30 pm, Grand Room

### The CREST

**Wed, Nov 16, 12-2:00 pm only**

**Soup of the Day: Tomato Basil**

**Thu, Nov 17 & Fri, Nov 18**

**12:00—2:00 pm**

**4:30—7:00 pm**

**Soup of the Day: Minestrone**

**Specials: 4:30-5:00 pm**

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

***Closed Thanksgiving Week***



**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 13**

**Lunch:** Baked Ham, Sweet Mashed Potatoes, Key West Blend Vegetables, Fresh Melon Salad, Peach Pie

**Dinner:** Tomato Soup, Grilled Cheese Sandwich, Cinnamon Applesauce, Rocky Road Ice Cream

**Monday, November 14**

**Lunch:** Sweet & Sour Chicken over Rice, Stir Fried Vegetables, Fortune Cookie, Honeydew & Pineapple, Chocolate Chip Cookie Bar

**Dinner:** Baked Cod with Orange Sauce & Ditalini, Peas, Fresh Fruit, Grasshopper Bar

**Tuesday, November 15**

**Lunch:** Chef Salad with Ham, Turkey, Cheddar Cheese, Mozzarella Cheese, Sliced Egg & Ranch Dressing, Blueberry Muffin, Watermelon, Yogurt Parfait

**Dinner:** Creamy Pesto Chicken, Cheddar & Garlic Mashed Potatoes, Normandy Blend Vegetables, Fruit Salad, Angel Food Cake with Strawberries

**Wednesday, November 16**

**Lunch:** Taco Chili with Sour Cream, Cheddar Cheese & Green Onion on the Side, Tortilla Chips, Cantaloupe, Cookie

**Dinner:** Lasagna, Garlic Toast, Spice Apple Rings, Three Bean Salad, Yellow Cake with Chocolate Frosting

**Thursday, November 17**

**Lunch:** Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, Potato Salad, Pickle Spear, Pears, Mini Vanilla Swirl Cone

**Friday, November 18**

**Lunch:** Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the Side, Fresh Fried Chips, Bread & Butter Pickles, Mandarin Oranges, Oatmeal Bar

**Saturday, November 19**

**Lunch:** Sloppy Joe Sandwich, Corn Chips, Grapes, Cucumber & Onion Salad, Banana Cream Pie

**Dinner:** Hungarian Goulash with Egg Noodles, Capri Vegetables, Tropical Fruit Salad, Vanilla Pudding Parfait