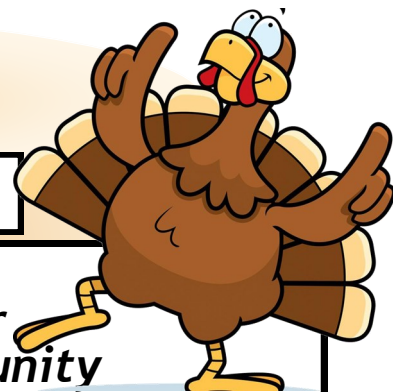


November 19, 2023

Northcrest News

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



The Week at a Glance!

Sunday, November 19

- 11:15 Bus to Men's BB vs Grambling State
- 1:30 Bus to ACTORS, Avenue Q
- 2:00 Hymn Sing today

Monday, November 20

- 10:00 Bus to Fareway shopping
- 6:00 Bus to Women's BB vs Southern

Tuesday, November 21

- 9:30 Tuesday Coffee, Hosts Atriums E & H
- 11:30 Thanksgiving Buffet, by RSVP
- 2:30 Northcrest President's Address, GR
- 7:00 Playmakers' Meeting, GR

Wednesday, November 22

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 6:00 Bus to Volleyball vs UCF

Thursday, November 23



Friday, November 24

- NOT Today—1st National Bank
- 10:00 Bus to Walmart & North Fareway

Saturday, November 25

- 11:00 Tune into KHOI for an interview with some special Northcresters!
- 1:30 Bus to Volleyball vs Cincinnati



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. Dec 1 & 15



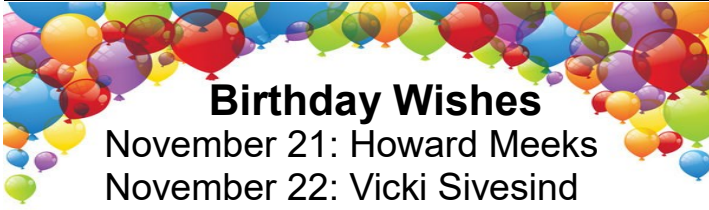
Chair Yoga 1:30—2:15 pm. Please sign up for only 2 Chair Yoga classes per week to make space for all interested.

There will be no in-person classes Nov 23 & 24
Watch for upcoming details on the Brain Games starting December 7!!!!

Sunday Dinner November 19, 12:30 p.m.

**Chicken Piccata
Rice Pilaf
Sunshine Carrots
Watermelon & Grapes
Raspberry Pie**

ANNOUNCEMENTS



Birthday Wishes

- November 21: Howard Meeks
- November 22: Vicki Sivesind
- November 24: Janet Anderson-Hsieh
- November 24: Judy Brooks
- November 24: Susan Zawacky

Tuesday Coffees



Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Atriums E & H will host on November 21. This meeting will be concise, so the Thanksgiving lunch set-up can be completed.**

Northcrest President's Address

Hear the scoop on the State of Northcrest from President Omar Barrientos on Tues, Nov 21, 2:30 pm, GR

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.**

Housewares Loan Closet

Don't forget the Housewares Loan Closet in the lower level of the 1801 building when entertaining during the holidays (or any time). There are water pitchers, small appliances, baking pans, cake and pie carriers, roasters, large pots, etc. Take a look. If you need guidance, contact Joanie Tedesco.

All are welcome to Playmakers mtg

Listen to a reading of *The Time Machine*, written by H.G. Wells. Tue, Nov 21, 7:00 GR

In Loving Memory
of
Gwen Ward

Passed on November 11, 2023

CONGRATULATIONS NORTHCREST!

The results are in for the Community's Choice Awards Best of Story County and Northcrest did it again!

Northcrest has been named the 2023 Best of Story County for:

1. Retirement/55+ Community
2. Assisted/Senior Living
3. Employer 101-500 Employees



Northcrest was also named as a top 3 finalist in:

1. Non-Profit/Charity Organization
2. Home Health Care Services
3. Person of the Year - Dawn Borwig

Thank you to everyone who voted and for the recognition that Northcrest is the Best!

Alzheimers Assoc. Virtual Program

Join the Alzheimer's Association for a free 4-week virtual education series surrounding topics on communication, driving, doctor visits, dementia-related behaviors and managing money. The series targets caregivers of people living with dementia, but all are welcome. Thursdays in December at 11:00 am. Register at: <https://alz-org.zoom.us/meeting/register/tJwkd-ipqD8oG9DbbGhQL5VyYNX3cibSBLSK#/registration>

Holiday Cards available



Holiday cards are available in the card rack opposite the Therapy Gym, made by residents from the HWH Greeting Card Project.

The CREST

Open only on
Wednesday November 22 and
Friday, November 24
12-2:00pm and 4:30-7:00pm

Soup of the Week:
Butternut Squash & Apple



PLACES TO GO

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

Remember many ISU Music events are live streamed at music.iastate.edu

Nov 28: Piano Studio Recital, 7:30 pm

Nov 29: Jazz Night, 7:30 pm

Town & Gown

The Canellakis-Brown Duo play cello & piano. \$35 ticket at the door, MET.

Fri, Dec 1, Bus at 7:00 pm



Central Iowa Symphony

Chuckles & Laughs, a concert with a sense of humor! \$20 tickets at the door, City Auditorium, Sat, Dec 2, Bus at 6:30 pm. (Pre-show talk at 6:45 pm.)



Tuba Christmas

It's that time of year—break out the tubas! Hop on one of the 2 buses we have scheduled to go to this free concert at C.Y. Stephens. We will go early to take advantage of early opening for Senior groups. We even have a Loge Box reserved for Northcrest as a sponsor! You will be able to sit on the main floor as well. Sat, Dec 2, Buses at 1:45 pm.

Mannheim Steamroller

C.Y. Stephens, Tue Dec 19, Bus at 7:00 pm.

SPORTS



Volleyball

- **Wed, Nov 22**, vs UCF, Bus at 6:00 pm
- **Sat, Nov 25**, vs Cincinnati, Bus at 1:30 pm.



Women's Basketball

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

Men's Basketball

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

Music from our own residents!

Mark your calendars, and invite guests!

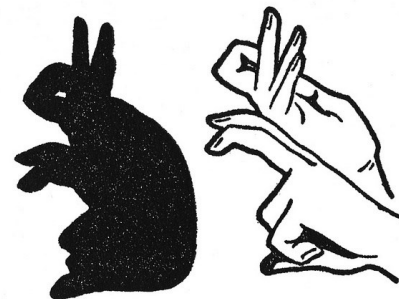
Fri, Nov 17: Fall Dance with Larry Northup. We'll be channeling the '50's, so roll up your jeans, break out the bobby socks, and get ready to have some fun!! Great music, trivia, and dancing! 6:30 pm, GR.



RESCHEDULED: Ken Jolls and friends will present a very ambitious event in January. Stay tuned for the date.

Shadow Puppets to Visit

ISU Theatre presents *The Velveteen Rabbit*, a touring production, and they are coming to Northcrest for a preview! This is a new stage adaptation of the beloved classic with original music and puppetry. Thu, Nov 30, 4:30 pm, GR



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 19

Lunch: Chicken Piccata, Rice Pilaf, Sunshine Carrots, Watermelon & Grapes, Raspberry Pie

Monday, November 20

Lunch: Western Burger with Lettuce, Tomato, Fried Onions & BBQ Mayo on the Side, French Fries, Pickle Spear, Honeydew, M&M Brownie

Dinner: Baked Salmon with Creamy Dill Sauce, Garlic & Cheddar Mashed Potatoes, Pacific Blend Vegetables, Tropical Fruit Salad, Molasses Cookie

Tuesday, November 21

Lunch: Chili, Cornbread, Fresh Fruit, Carrot Cake

Wednesday, November 22

Lunch: Breaded Flounder, Potato Chips, Creamy Coleslaw, Watermelon, Magic Bar

Thursday, November 23

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Sage Dressing, Green Bean Casserole, Cranberry Relish, Pumpkin Pie

Friday, November 24

Lunch: Pulled Chicken Sandwich, Potato Salad, Orange Slices, Cucumber & Tomato Salad, Snickerdoodle

Saturday, November 25

Lunch: Taco Salad, Salsa & Sour Cream on the Side, Muffin, Pear Halves, Lemon Cake

Dinner: Chicken Pot Pie with Biscuit, Broccoli, Pineapple & Blueberries, Black Forest Pudding