

November 26, 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 26

- 2:00 Hymn Sing, AL

Monday, November 27

- 10:00 Bus to Fareway shopping
- 1:00 Shopping on South Duff
- 3:00 Memory Café,
Northminster Presbyterian Church, No Bus

Tuesday, November 28

- 9:30 Tuesday Coffee, Hosts Atriums F-1 & 2,
(Last Coffee for 2023!)
- 10:15-ish: **Mustard Seed Farm** to give short
presentation on volunteer opportunities, GR

Wednesday, November 29

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

Thursday, November 30

- **4:30 ISU Shadow Puppets, GR**



Friday, December 1

- 8:30—10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 1:00 Wii Bowling, Wellness Center
- **4:00 Mei Hsuan Huang's piano students, GR**
- 7:00 Bus to Town & Gown, MET



Saturday, December 2

- 1:45 Bus to Tuba Christmas, Stephens Aud.
- 6:30 Bus to Central IA Symphony, City Aud.



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



Brain Games start December 7:

American History Trivia,
2:30—3:30, GR

Sign up as an individual or
with a partner at the Wellness
Center.



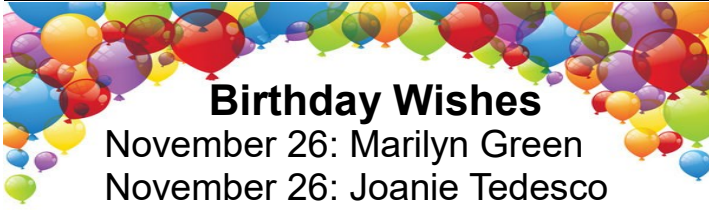
Sunday Dinner

November 26, 12:30 p.m.

Pork Roast with Gravy
Roasted Rosemary Potatoes
Key West Blend Vegetables
Cantaloupe
Blueberry Tart



ANNOUNCEMENTS



Birthday Wishes

November 26: Marilyn Green
November 26: Joanie Tedesco
November 27: Marvel Snyder
November 29 Bob Martin
December 1: Jan Beall



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Atriums F-1 & 2 will host on November 28. This will be the last Tuesday Coffee of 2023. No Coffees are held in December.**



ISU Shadow Puppets

ISU Theatre presents *The Velveteen Rabbit*, a touring production, hosting several performances. One you can attend on your own is Sat, Dec 2 at 10:00 am at the Ames Public Library. **But 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

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). Take a look. If you need guidance, contact Joanie Tedesco.



Holiday Cards available

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

In Loving Memory of Gwen Ward

July 11, 1932-November 11, 2023
Memorial service Sat, December 2, 2 pm
Rasmussen-Ryan Funeral Home, Nevada

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

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



Deck the Halls...Safely!

The following is a list of things to keep in mind when decorating for Christmas and other holidays:



- Live decorated Christmas trees, tree branches and wreaths are not allowed in any of the residential apartments, hallways, or townhomes. Artificial trees are welcome inside the buildings for your celebration of the holiday. Trees may not be placed in corridors.
- All artificial Christmas trees, wreaths, seasonal decorations, including electrical, must be flame/fire retardant.
- Decorative materials may not be placed on light fixtures, electrical equipment, electrical outlets, circuit breaker panels, fire or smoke doors.
- Decorations shall not be placed in a manner which would obstruct access or visibility to exits, exit signs, or fire alarms. No decorations shall be permitted that reduce corridor clearances to less than 8 ft.
- Open flame of any type (including candles) is prohibited.
- Extension cords of any kind are not allowed in the Health Center. Use carefully in the Independent Living apartments and town homes.

The CREST



**Now Open on
Tuesday, 28th — Saturday, 2nd!
12-2:00pm and 4:30-7:00pm**

**Soup of the Week: *Clam Chowder*
Special for the Week:
*Fancy Grilled Cheese***

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

No Buses offered for these two events:

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 if you choose.

Sat, Dec 2, Buses at 1:45 pm.



ISU Holiday Concert

Featuring ISU Choirs & the Symphony Orchestra. \$5 Senior tickets, Stephens Aud. Sun, Dec 3, Bus at 2:30 pm.

Good Company Concert

"Winter Song", St. Andrew's Lutheran, \$15 tickets at the door. Sun Dec 3, Bus at 6:30 pm. There is also a Live Stream option for \$20. Go to GoodCompanySings.com to register and purchase.



Ames High School events

Many events are held across 20th St at the High School. Car pool, or let Ronnie know your interest to bring in a driver and bus.

- Jazz Band Concert: Dec 4, 6:00 pm
- Holiday Orchestra Concert: Dec 11, 7:30
- Holiday Band Concert: Dec 18, 6:30 pm.

Bells & Brass Concert

Resident Dee Dreezen is promoting her hand-bell choir that is holding a free concert, including a small brass group, at Collegiate Methodist Church on Thu, Dec 7, Bus at 7:00 pm.



Nutcracker Ballet

Northcrest is a proud sponsor of the Iowa State Center performances of the beloved Nutcracker. Tickets are \$25 for Seniors. Let Ronnie know if you want her to get one for you. Sat, Dec 9, Bus at 7:00 pm.

Mannheim Steamroller

This holiday favorite is at C.Y. Stephens. Tue Dec 19, Bus at 7:00 pm.

SPORTS



Volleyball

- **Sat, Nov 25**, vs Cincinnati, Bus 1:30pm

Women's Basketball

- **Sun, Dec 3**, vs UNCW, Bus 12:30 pm
- **Wed, Dec 6**, vs IOWA, Bus 5:30 pm

Men's Basketball

- **Thu, Dec 7**, vs IOWA, Bus 5:45 pm



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 26

Lunch: Pork Roast with Gravy, Roasted Rosemary Potatoes, Key West Blend Vegetables, Cantaloupe, Blueberry Tart

Monday, November 27

Lunch: Boneless Chicken Bites, BBQ Sauce on the Side, French Fries, Orange Slices, Pepperslaw, Mini Vanilla Swirl Cone

Dinner: Stuffed Bell Peppers, Corn O'Brian, Fruit Salad, Peanut Butter Mousse

Tuesday, November 28

Lunch: 1/4lb All Beef Hot Dog with Minced Onion & Relish, Baked Beans, Watermelon, Health Bar Cheesecake with Whipped Cream

Wednesday, November 29

Lunch: Gyro with Lettuce, Tomato, Sautéed Onions, Feta Cheese & Tzatziki Sauce, Tater Tots, Honeydew, Cake

Thursday, November 30

Lunch: Grilled Chicken on Lettuce with Apple Chips, Cheese, Pecans, Red Onion & Fuji Apple Dressing, Muffin, Fruit Salad, Peppermint Brownie

Friday, December 1

Lunch: Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, Pickle Spear, Macaroni Salad, Mandarin Oranges, Chocolate Chip Cookie

Saturday, December 2

Lunch: Quiche Lorraine, Dinner Roll, Grapes, Cottage Cheese, Coffee Cake

Dinner: Creamy Pasta & Ham, Broccoli, Peaches, Banana Cream Pie

