

**FALL BACK**

Daylight Savings Time Ends

**November 5, 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 5

##### Daylight Saving Time Ends!

- 2:00 Hymn Sing, AL Dining Room

#### Monday, November 6

- 10:00 Bus to Fareway shopping
- 10:30 Bus to Women's BB vs Butler
- 6:15 Bus to Men's BB vs Green Bay

#### Tuesday, November 7

- 9:30 Tuesday Coffee, Hosts Atriums A & C
- 10:30 Shuttle to Bethesda Lutheran to vote
- 1:30 Hearing Aid Maintenance, Prov. Rm

#### Wednesday, November 8

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 6:15 Horizon Club Dinner by invitation

#### Thursday, November 9

- 6:15 Bus to Men's BB vs Lindenwood
- 6:45 Bus to ISU Opera Studio, MET

#### Friday, November 10

- 8:30—10:30 1st National Bank, Founders
- 10:00 Bus to Walmart & North Fareway
- 10:30: Friday Chat, SHIIP, GR
- **2:00 Veterans' Day Program, GR**
- 6:00 Bus to VB vs Kansas
- 7:00 Bus to ACTORS, Avenue Q

#### Saturday, November 11 No Mail Today

- 3:30 Bus to VB vs Kansas
- 7:00 Bus to Ames Piano Quartet, MET



#### Health & Wellness

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

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

November 7: (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



Daylight Savings Time ends this weekend and we're supposed to "fall back."



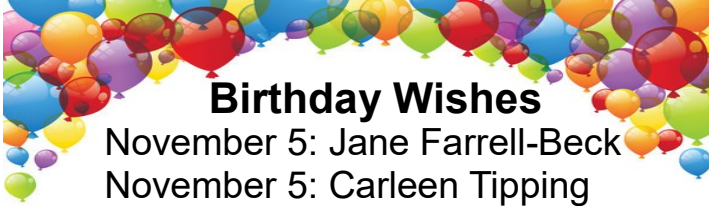
Fortunately that's my specialty!

**Sunday Dinner**  
**November 5, 12:30 p.m.**

**Baked Turkey**  
**Mashed Potatoes & Gravy**  
**Key West Blend Vegetables**  
**Pineapple & Grapes**  
**Fruit of the Forest Pie**



# ANNOUNCEMENTS



## Birthday Wishes

November 5: Jane Farrell-Beck  
 November 5: Carleen Tipping  
 November 7: Patty Twedt  
 November 7: Beverly Hucker



## Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Atriums A & C will host on November 7.**

## New System, New Statements!!!

Please be aware that your monthly statements this month and going forward will appear different. If you have any questions as you review them, please don't hesitate to contact the business office with any questions. 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)

## Veterans Day



The photos are up in the GR of our NC Veterans. We thank you for your service!

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.

## Manicures Available

Call Shelby at 320-330-9941. She is available for manicures in the lower level salon by appointment on Fridays.

## RSV Vaccination

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

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

Learn more about Senior Health Insurance Information Program, which answers questions on Medicare and related health insurance. Bruce Johnson presents, Nov 10.

## New NC Pop-Up Apparel Store!

Last week to order your own Northcrest branded apparel! **Store is open until Nov 10.** Great Christmas gift idea for your family to give to you!!

<https://pmapparel.chipply.com/northcrest/>



## Resident Input requested

Do you have grandchildren? How do they address you? Grandma? Pop—Pop? I would like to write about these terms of endearment, not using your name, of course, but showing the array of such names. This would be a short article for a future Northcrest. Just e-mail [jfarrell@iastate.edu](mailto:jfarrell@iastate.edu) or drop me a line at #401 Parkway.

## Thanksgiving Lunch

A special Thanksgiving Lunch will be offered for Independent Living residents on Tue, Nov 21, 11:30 to 1:00, GR.

Reserve in advance by calling the kitchen, ext #7212.



## The CREST

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

Wednesday, the 8th: Lunch ONLY

Soup of the Week: Potato  
 Special of the Week:  
**Fish Tacos with Black Bean  
 & Corn Salsa, \$11.50**



*In Loving Memory  
 of*

**Ursula von Godany**

2/15/1924—10/29/2023

Service was held on 11/2/2023  
 afternoon

## PLACES TO GO

### Election Day is Tue, Nov 7

There will be a vehicle available as the schedule allows to transport to Bethesda Lutheran Church for voting. Sign up to show interest for a 10:30 tentative time.

### Aunt Maudes

Hop on the bus to go to Aunt Maude's for a late lunch with your friends. 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. \$5 bus fee. Tue, Nov 14, Bus at 1:00 pm.

## ENTERTAINMENT

### Music from our own residents!

Mark your calendars, and invite guests!

**Fri, Nov 17:** Fall Dance with Larry North-up. He is planning a '50's theme! 6:30, GR.

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

### Town & Country

The Castalian Quartet perform. First Methodist Church, \$35 tickets at the door.

Fri, Nov 3, Bus at 7:00 pm

### ISU Music: Martha Ellen Tye Hall

- Thu, Nov 9, **Opera Studio**, \$5, Bus, 6:45
- Sat, Nov 11, **Ames Piano Quartet**, free, Bus at 7:00 pm.

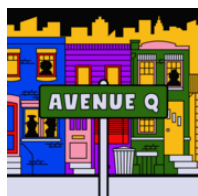
\*\*\*Remember many ISU Music events are live streamed at [music.iastate.edu](http://music.iastate.edu)\*\*\*

### ACTORS Play

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

Buses available on:

- Fri, Nov 10, 7:00 pm
- Sun, Nov 19, 1:30pm



## C.Y. Stephens: Interest expressed—

- \* 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

### Football

#### Step Show:



Nov 4 vs Kansas, Bus at 4:00 pm

### Women's Basketball

- **Nov 6:** vs Butler, Bus at 10:30 am

### Men's Basketball

- **Nov 6:** vs Green Bay, Bus at 6:15 pm
- **Nov 9:** vs Lindenwood, Bus at 6:15 pm
- **Nov 12:** vs Idaho State, Bus, 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.

### Invitation from the ISU Retires Association – “Rock On” In Retirement Symposium

You are invited to join the ISU Retirees for the 11th annual “Rock On” In Retirement Symposium on **Tuesday, Nov. 7**. This year's theme will be “Retirement: Welcome to the Club.” The symposium will again be held in person at the ISU Alumni Center in Ames and online with Zoom. This year's topics include information on making the most of your retirement.

- **Tips and Tricks to Make Travel Easier** with Shellie Andersen, vice president of business development and constituent engagement, ISU Alumni Association
- **What do We Do With All Our Stuff?** with Tisa Johnson, owner, Senior Transitioning of Central Iowa
- **Don't Sit too Soon** with Curt and Cindy Liljedahl (*ISU '83*), elementary education and agronomy

More information and the link to register can be found on the [Rock On in Retirement page](#).

**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 5**

**Lunch:** Baked Turkey, Mashed Potatoes & Gravy, Key West Blend Vegetables, Pineapple & Grapes, Fruit of the Forest Pie

**Monday, November 6**

**Lunch:** Spaghetti with Meat Marinara, Garlic Toast, Apple Slices, Three Bean Salad, Cupcake

**Dinner:** BBQ Chicken Thighs, Baked Potato, Stewed Tomatoes, Peaches, Blueberry Cheesecake

**Tuesday, November 7**

**Lunch:** Cheeseburger with Lettuce, Tomato & Onion, Curly Fries, Pickle Slices, Fruit Salad, Oatmeal Pie

**Wednesday, November 8**

**Lunch:** Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Broccoli Salad, Peanut Butter Cookie

**Thursday, November 9**

**Lunch:** Ham, Turkey Croissant with Swiss Cheese, Lettuce & Dijon Mustard on the Side, Sun Chips, Pickle Spear, Applesauce, Chocolate Cream Pie

**Friday, November 10**

**Lunch:** Grilled Bratwurst with Sauerkraut, Baked Beans, Grapes, Yellow Cake with Chocolate Frosting

**Saturday, November 11**

**Lunch:** Sloppy Joe Sandwich, Corn Chips, Orange Slices, Cucumber & Onion Salad, Pistachio Pudding

**Dinner:** Hungarian Goulash with Egg Noodles, Normandy Blend Vegetables, Fruit Salad, Cookie