

October 15, 2023

Northcrest News

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

The Week at a Glance!

Sunday, October 15 Global Handwashing Day

- 2:00 Hymn Sing, AL Dining Room
- 6:45 Bus, ISU Symphony Orchestra, MET

Monday, October 16

- 10:00 Bus to Fareway shopping
- 1-4:00 NC Coat Drive, F-12
- 6:30 Bridge, Founders' Room
- 7:30 Ames High Choral Concert, No Bus

Tuesday, October 17

- 9:30 Tuesday Coffee, Parkway, Floor 4
- 10:30—12:00 NC Coat Drive, F-12
- 10:30 Bus to Des Moines outing

Wednesday, October 18

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 12:30 to 3:00 COVID Vaccine, Prov.
- 6:30 Bus to City Council Candidate Forum, Ames Public Library

Thursday, October 19

- 10:00 Writers' Group, Founders' Room
- 5:00 LaVone Newell, AL
- 7:00 League of Women Voters Facebook Live, *State of Public Education*, No Bus

Friday, October 20

- 8:30—10:30 1st National Bank, Founders
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat with Mel Crippen, GR
- 11:30 Bus to Medicine Wheel, A. Hayden Pk
- 1:00 Wii Bowling, Wellness Center

Saturday, October 21

- 9:00 Bus to Bethesda Lutheran, Scandinavian Coffee

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

"Partner Power Class": 18th from 2-2:30pm.

Wii Bowling, every other week on Fridays, 1:00 pm

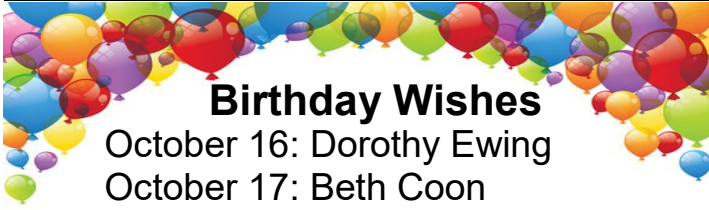


Sunday Dinner
October 15, 12:30 p.m.

Pork Roast
Mashed Potatoes & Gravy
Carrots
Fresh Fruit
Cherry Tart



ANNOUNCEMENTS



Birthday Wishes

October 16: Dorothy Ewing
October 17: Beth Coon
October 19: Ken Jolls
October 20: Earl Canfield
October 20: Carole Sue Triplett

Ames Children's Chorus HERE!

Don't miss a very short concert right here in the GR, **Sat, Oct 14, 9:30 am!!!**



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 4 will host on October 17.**

Friday Chats, 10:30 am, GR

Oct 13: Apple Tasting with Fareway's Dustin. He is bringing a few varieties of apples for us to taste! Find a new favorite!

Oct 20: Mel Crippen from KASI fame!



Clothing that Works Coat Drive

A winter coat drive for Clothing that Works, sponsored by Collegiate United Methodist, will be held **Monday, October 16th from 1:00 -4:00 pm** in Ronnie's office, F-12. Residents can also bring clean coats in good condition, as well as winter scarves, gloves & sweaters, to Coffee on Tue, Oct 17 or drop off before 12:00 noon at F-12. (Please do not bring them at other times if at all possible.)

Zoom lecture: Banning Books in IA

Join a Zoom from the ISU Retirees on the current topic of Banning Books in our school libraries. Go to ISU Retirees Events to find the zoom link. Thu, Oct 19, 3-4:30 pm.

If you have Danish ancestors...

Please call Joanne Frederiksen to learn about a gathering planned by the Museum of Danish America here in Ames. She is anxious to speak to you at 515-232-5219.

The Walk to End Alzheimers



Join our Team! Donations are not necessary. Sat, Oct 14, Bus at 8:30. For more info and to register, see act.alz.org/site/TR?fr_id=16508&pg=team&team_id=795586

Global Handwashing Day-Oct 15

Practice good habits using soap especially with Flu season around the corner!

Flu & Covid Awareness



Please stay home if you don't feel well. Wash your hands often. Have Covid test kits on hand for your own use. Go to Covid.gov/ tests to order and you will receive 4 free at home tests kits by mail. And if you do test positive, stay home for at least 5 days with no interaction with others. Then please wear a mask for the next 5 days. Let's help protect each other!

The State of Public Education

Join Facebook live presentation by Patrick O'Donnell, (Louise's brother) sponsored by the League of Women Voters of Ames & Story County. Thu, Oct 19, 7 pm.

New NC Pop-Up Apparel Store!

Go online to order your own Northcrest branded apparel! Store is open until November 10. You can save shipping charges if you mark "pick up at Northcrest". Pay by credit card. Item will arrive late November. Shirts, jackets, & caps, all with Northcrest logo screenprinted or embroidered. Ask Ronnie for guidance if needed.



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

The CREST

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



Soup of the Week: *Pizza Soup*
Special of the Week:
Smoked Turkey Sandwich with Bacon, Cheddar Cheese, Lettuce, Tomato on Toasted Sourdough

PLACES TO GO

City Council Candidate Forum

Sponsored by the League of Women Voters, hear from the candidates for your City Council. Wed, Oct 18, Bus at 6:30 pm.

POSTPONED Medicine Wheel talk

Barb Gurganus was instrumental in getting the Medicine Wheel feature installed in 2003, and will speak about the process. You may bring your own lunch, or choose a Clayton Farm salad & smoothie for \$18. Bring a lawn chair. **Fri, Oct 20**, Bus 11:30.

ISU Norman Borlaug Lecture

Heidi Kühn, the 2023 World Food Prize Laureate, is the founder and CEO of Roots of Peace, a humanitarian nonprofit organization that replaces landmines with sustainable agricultural farmland. Memorial Union, Mon, Oct 23, Bus at 7:30 pm.

Iowa Capitol & Historical Building

Tours set up at our State Capitol and at the newly renovated Historical Building, or shop East Village on your own! \$10 Bus fee. Tue, Oct 17, Bus at 10:30am, Home by 5:00 pm.

Poet Ethanol Plant Tour: Jewell

Let's explore Jewell with lunch on Main Street, interesting shops, and a tour of the Poet Ethanol Plant! \$14 includes Bus, Hot Turkey Sandwich & Root Beer Float! Fri, Oct 27, Bus at 11:00 am. Home by 4:00 pm. Must have 12!

ENTERTAINMENT

Ragtime in Randall

Go to the town of Randall for the Ragtime in Randall music event. Sat, Oct 14, No Bus.

ISU Symphony Orchestra

\$5 at door, MET, Sun, Oct 15, Bus, 6:45 pm
Remember many ISU Music events are live streamed at music.iastate.edu

ISU Symphonic & Concert Bands

2 bands! \$7 at the door, Ames City Auditorium, Sun, Oct 22, Bus at 2:30 pm.

Visiting Musician: Jim Kellerman

Hailing from Minneapolis, Jim Kellerman will bring his saxophone, clarinet, flute & vocals to play for us.

Jim has played over 35 years and 8000 concerts across the U.S. Don't miss him on Mon, Oct 23, 1:00pm, GR



SPORTS



Volleyball

- Sat, Oct 28, vs Oklahoma, Bus at 1:30p
- Sun, Oct 29, vs Oklahoma, Bus at 11:30p

SPECIAL NOTICES

COVID VACCINE SCHEDULE

Wednesday, October 18th

Alphabetical by LAST NAME:

- **A-G 12:30-1:30PM**
- **H-P 1:30-2:15PM**
- **Q-Z 2:15-3:00PM**

Questions Call Kathy at ext. 7220



Coffee Bar Reminder

Isn't it nice to sit and chat over a hot cup of coffee at the Wellness Center? Please remember this is intended for socializing there, and not to replace your own coffee in your apartment. Thank You!



Bus Requests

We appreciate those of you who are early to sign up, and to show up, for bus outings. The receptionist makes reminder calls the night before to ensure that you intend to go. If you change your mind the next morning, PLEASE remember to cancel your bus ride. It is requested that you are at the pick up point 10 minutes before departure time. This really helps the driver stay on schedule for not only the trip you are on, but perhaps the pick up of another resident that is waiting from another appointment. If you aren't at the pick up point when the driver is ready to go, they will leave. We also ask that you sign up at least 24 hours in advance so the driver can plan on which vehicle to use. The drivers appreciate your assistance in this!

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, October 15

Lunch: Pork Roast, Mashed Potatoes & Gravy, Carrots, Fresh Fruit, Cherry Tart

Monday, October 16

Lunch: Quiche Lorraine, Blueberry Muffin, Strawberries, Cottage Cheese, Monster Cookie

Dinner: Goulash, Breadstick, Apple Slices, Tossed Salad, Fruit Pie

Tuesday, October 17

Lunch: Pulled Pork Sandwich, Potato Salad, Orange Slices, Fresh Cut Vegetable Salad, Maple Walnut Bar

Wednesday, October 18

Lunch: Turkey, Cheese & Cranberry Mayo on Croissant, Sun Chips, Pineapple & Blueberries, Lemon Lime Mousse

Thursday, October 19

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Applesauce, Pumpkin Bar

Friday, October 20

Lunch: Taco Chili with Tortilla Chips, Sour Cream & Cheddar Cheese Cup on the Side, Mandarin Oranges, Mini Vanilla Swirl Cone

Saturday, October 21

Lunch: Tater Tot Casserole, Green Beans, Fruit Salad, Carrot Cake

Dinner: Turkey Ala King with Biscuit, Mixed Vegetables, Fresh Fruit, Peanut Butter Bar

