



October 16

Northcrest News

Northcrest Community
Over 57 years of service to older adults

The Week at a Glance!

Sunday, October 16

12:30 Sunday Lunch
2:00 Hymn Sing, Green Rm.
2:30 Bus to Collage of Choirs, Stephens
Tentative—need 6 to go

Monday, October 17

10:00 Fareway shopping
6:30 Mixed Bridge

Tuesday, October 18

9:30 **Tuesday Coffee, Parkway Floor 3**
Wear your name tag and bring your cup!
2:30 Bus to North Grand Cinema

Wednesday, October 19 **The Crest is open**

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs
2:00 Low Vision Support Group,
Bethesda Lutheran Church, No Bus
6:00 Bus to VB vs Texas

Thursday, October 20 **The Crest is open**

10:00 Writers' Group
4:00 Alzheimers Support Group, FR
6:00 Game Night, LIB

Friday, October 21 **The Crest is open**

8:30-10:30 1st National Bank, Founders'
10:30 Bus to Walmart

Saturday, October 22

9:30—1:30 Scandinavian Coffee,
Bethesda Lutheran Church, No Bus

Health & Wellness



Hearing Aid maintenance:

November 8 (1st Tuesday of every month, 1:30)

Massage Therapy: Darlene, 515-708-1556

Tap-Fit exercise: 10:30 am Tue
4:00pm Mon & Wed



Wellness Program News:

Spiro 100 exercise videos are now available in Parkway Exercise room for those residents to use for their solo workouts. Diane Oppedal graciously offers to help other Parkway residents learn how to navigate the system.

Two new classes in the Wellness Center:

1. Men's Group Training, Fridays, 9-9:30.
2. Orientation to Yoga, Wednesdays 2:20- 2:50.
Please see details at the Wellness Center.

Personal Training will now be offered! Is this the same as working with a Physical Therapist? According to John Mongar, Fitness Director at Ames Fitness Center, Physical Therapy helps remedy injuries, and Personal Training helps to prevent injuries. Physical Therapy and Personal Training can complement each other.

Sunday Dinner October 16, 12:30 p.m.

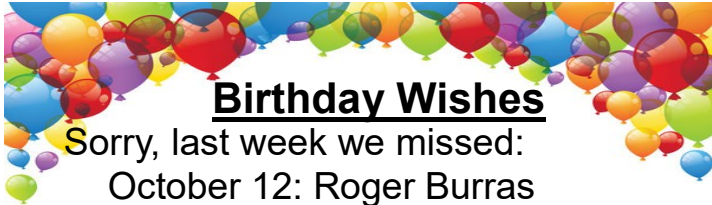
Baked Turkey with Gravy
Cranberry Walnut Sage Dressing
Pacific Blend Vegetables
Cantaloupe & Blueberries
Apple Crisp



ANNOUNCEMENTS

Tuesday Coffees

On October 25 & Nov 1, Parkway Floor 4 will host. We will gather in the Grand Room as well as via Zoom. Watch for an email invitation. Bring your name tag and mug!



Birthday Wishes

Sorry, last week we missed:

October 12: Roger Burras

October 16: Dorothy Ewing

October 17: Beth Coon

October 19: Kenneth Jolls

October 19: Bob Taylor

October 20: Earl Canfield

October 20: Carole Sue Triplett

October 22: Mona Martin

Newspapers in Wellness Center

Please **do not remove** the newspapers from the Wellness sitting area. Those are for all to enjoy all day and into the evening!

Help us wish Joe Pahlka farewell!

Yes, you are reading this correctly. Joe Pahlka, Executive Assistant, will be leaving Northcrest on October 21st to return to his former employer, with a promotion! For those who may not know, Joe commutes almost two hours each day and will now be able to work 15 minutes from his home. We are very sad to see Joe leave but are excited for him to have almost two extra hours each day with his family. Please stop in to wish him well in his new endeavor, he will be greatly missed! (He is going to miss us too!)



Fire Pit Party video

If you weren't able to attend Sunday night's gathering around the Fire Pit, you can still hear a bit of the concert with Tom Box. Thanks to Steve Coon, we have a great video of a part of the event. Log in to your resident portion of the Northcrest website!

Halloween Activities

- Plucky Paws group visits with a Pet Costume Parade, **Sat, Oct 22**, 4:15 pm, Wellness Center.
- Pumpkins will be available to decorate with stick on features or any creative spin you'd like to show! **Thu, Oct 27**, 2:30 pm, SR.
- Plan a "punny" costume for our party, Funny, scary, silly, whatever makes you smile... **Mon, Oct 31**, 3:00 pm.



The Low Vision Support Group

The Low Vision Support Group will meet Wed, Oct 19 from 2:00 to 3:30 at Bethesda Lutheran Church and via phone at 712-432-5610 access code 782#.

Our guest speaker will be Dr. Linda Lehman from the McFarland Eye Clinic, who will discuss all things eye related. For more info, contact Janet Anderson-Hsieh. No Bus.

Recycle those plastic grocery bags!

Leslie, our Housekeeping Director, has a use for all those plastic bags we get at the grocery store; they are used for storing soiled rags as they clean daily. You can bring yours to Tuesday Coffee for Ronnie to deliver, or directly to Leslie's office.

Game Players Unite!

Have you heard of the game 3-to-13? It is similar to Five Crowns and uses 2 standard decks of cards. Sign up at the Front Desk to join players in Assisted Living on Thursdays, November 3 & 17. They meet in the 2nd floor Activity Rm at 2:00 pm. Other games are possible by group choice!



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

Movie Choice: North Grand Cinema

The original movies listed have been re-scheduled by the theater. Let's try: "Amsterdam," an original crime epic about three close friends who find themselves at the center of one of the most shocking secret plots in American history. \$5 on Tuesdays, Bus on Oct 18, 2:30 pm.

Bethesda Scandinavian Coffee

Try Scandinavian treats and a Swedish Meatball Lunch. Sat, Oct 22, 9:30-1:30, Bethesda Lutheran Church, No Bus.

Pet Costume Parade

Are you ready for Cuteness Overload? The Plucky Paws group will bring well-behaved pets in costume for a parade through HC & AL; they will end in the **Wellness Center area around 4:15 pm on Sat, Oct 22**. You are welcome to ooh & ahh at your favorites in that area!



Lunch Out

There is a waiting list already for the ISU Tea Room! Oven Fried Chicken, Delmonico Potatoes, Savory Peas. Salad, Dessert, Coffee for \$8, Tue, Oct 25, Bus at 11:15 am.

SPORTS

ISU Volleyball

- Oct 19, vs Texas, Bus at 6:00 pm
- Oct 28, vs TCU, Bus at 6:00 pm



ISU Football

- Oct 29, vs Oklahoma, Bus TBA
- Nov 5, vs W. Virginia, Bus TBA



Men's Basketball

- Nov 7, vs IUPUI, Bus at 6:15 pm



Women's Basketball

- Nov 2, vs Winona State, Bus at 6:00 pm

LECTURES & LEARNING

Rock On Symposium

The ISU Retirees Association's 10th annual symposium will be held at the Alumni Building as well as remotely. Registration is open now at ISUalum.org/RetireesEvents. Wed, Nov 9, Bus at 8:00 am. Over at noon.

ENTERTAINMENT

ISU Music—music.iastate.edu

- Sun, Oct 16, Collage of Choirs, \$10, Stephens, Bus at 2:30 pm (Need 6!)
- Tue, Oct 25, Octubaween, Free, MET, Bus at 6:45 pm.
- Sun Oct 30, Statesmen, \$5, Bus at 12:45 pm.



Elvis Tribute

Joseph Hall performs in tribute to Elvis. Nov 4, 7:00 pm. The Talent Factory, Nevada, \$20 on line at IOWATALENTFACTORY.com No Bus

CY Stephens events

Purchase your own tickets on-line at center.iastate.edu. (Or ask Ronnie)

- Thu, Oct 13, Evening with CS Lewis, Bus has been cancelled.
- Fri, Oct 14, *Whose Live Anyway*, Bus has been cancelled.

If you have tickets for shows beside the major musical productions, please let the Front Desk or Ronnie know. Buses won't be scheduled for all shows automatically without a request. Need 6 to take a bus!

The CREST

Open Wed, Thu, Fri
12:00-2:00 pm, 4:30-7:00 pm

Specials: 4:30-5:00 pm

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

Soup of the Day:

Chili



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 16

Lunch: Baked Turkey with Gravy, Cranberry Walnut Sage Dressing, Pacific Blend Vegetables, Cantaloupe & Blueberries, Apple Crisp

Monday, October 17

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Pear Slices, Frosted Sugar Cookie

Dinner: Baked Salmon, Long Grain & Wild Rice, Tropical Fruit Salad, Oreo Pie

Tuesday, October 18

Lunch: French Dip with Swiss Cheese & Au Jus, Peas & Onions, Watermelon, Cherry Cake

Dinner: Parmesan Crusted Chicken, Italian Mashed Potatoes, Key West Blend Vegetables, Peach Halves, Custard

Wednesday, October 19

Lunch: Cheeseburger, BBQ Potato Chips, Pickle Spear, Cherries, Pumpkin Bar

Thursday, October 20

Lunch: Grilled Chicken on Lettuce with Dried Apple Chips, Feta Cheese, Pecans, Red Onions & Fuji Apple Dressing, Honey Oat Bran Muffin, Grapefruit, Yogurt Parfait

Friday, October 21

Lunch: Fish Sandwich, French Fries, Creamy Coleslaw, Pineapple, Lemon Bar with Raspberry Sauce

Saturday, October 22

Lunch: Soft Shell Taco, Refried Beans, Honeydew, Turtle Brownie

Dinner: Chicken Pot Pie with Biscuit, Vegetable Medley, Fruit Salad, White Cake