

October 1, 2023

Northcrest News

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

The Week at a Glance!

HEALTHY AGING WEEK!

Sunday, October 1

1:30 Bus to Volleyball vs Baylor
2:00 Hymn Sing, AL Dining Room

Monday, October 2

10:00 Bus to Fareway shopping
1-3:30 Flu Shot Clinic, Pro. Rm.
3:00 Wellness Presentations by Ryan & Darlene, GR

Tuesday, October 3

9:30 Tuesday Coffee, Parkway, Floor 3
10:30 Current Exhibiting Artist Talk by Isaac Pryor, GR
1:30 Hearing Aid Maintenance, Pro. Rm
2:00 Bus to Walk at Ada Hayden Park

Wednesday, October 4

10:00 Blood Pressure Clinic
10:00 Book Club, AL
10:30 Bus to ALDI or Hy-Vee
12:30 Ravine Talk, north side of Fireside
1:00 Walk around Northcrest
2:30 Bus to Brunner Museum
6:30 Bus to Lecture, *Future of Inflation*

Thursday, October 5

2:00 Northcrest Spelling Bee, GR
10:00 Bus to O.W.L.S., McFarland Pk
5:00 LaVone Newell, AL

Friday, October 6

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
10:30 Friday Chat, Scams & Tech, GR
1:30 Virtual Bowling, Wellness Center
2:30 Bus to Carolyn Abbott talk, Green H.
6:00 Bus to Volleyball vs Texas Tech

Saturday, October 7

10-4 Ames Repair Café, Public Library
5:15 Bus to ISU Step Show
6:30 Bus to Central Iowa Symphony, City Auditorium
7:00 ISU Football vs TCU, watch on Fox/FS2

Health & Wellness

Podiatry: Contact Kathy at ext. 7220 for information.



Hearing Aid maintenance:

October 3: (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

"Partner Power Class": Oct 4, 11, & 18 from 2-2:30pm.

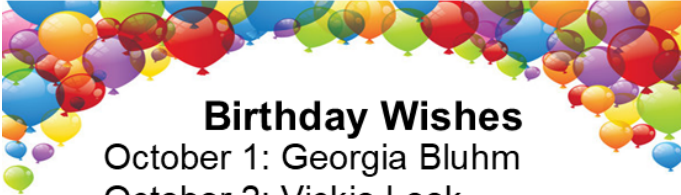
**See the schedule for
Active Aging Week: October 2-6!!**

**Sunday Dinner
October 1, 12:30 p.m.**

**Pot Roast
Mashed Potatoes & Gravy
Green Beans
Watermelon
Lemon Krunch Pie**



ANNOUNCEMENTS



Birthday Wishes

October 1: Georgia Bluhm
October 2: Vickie Leek
October 4: Judy Amfahr
October 4: Norma Sisson
October 7: Carol Elbert
October 7: Wayne Klaiber

Firepit Party

Plan to come out to a firepit party with Paul Lasley and his group Prairie Remnant. Bring a lawn chair on Fri, Sept 29 at 6:30 pm.

Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 3 will host on October 3.**



Artist Talk: Isaac Pryor

Stay after Tuesday Coffee on October 3 to hear from the artist who created our new exhibit of art! He will speak at 10:30, GR.

COVID & Flu Shots, Mon, 1-3:30 pm

Covid shot now available on Mon, Oct 2, along with the flu. The sign-up sheet for both shots is at the Front Desk, along with the necessary consent forms.

Friday Chats, 10:30 am, GR

Oct 6: Shana Moothedath, Scams & Tech
Oct 13: Apple Tasting with Fareway's Dustin

Spelling Bee!

As part of Active Aging Week, we are going to hold a Spelling Bee on Thu, Oct 5. We have a few smartees already on the list! Sign up to have some fun!!



Walk at Ada Hayden Park

Sign up to walk the trail at Ada Hayden Park as part of Active Aging Week,. Tue, Oct 3, Bus at 2:00 pm.

Clothing that Works Coat Drive

Start sorting through your fall and winter clothes. A winter coat drive for Clothing that Works, a clothing closet sponsored by Collegiate United Methodist Church, 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 to Coffee on Tue, Oct 17 or drop off before 12:00 noon at F-12.

National Hispanic Heritage Month

This is National Hispanic Heritage Month. A time to celebrate Latino culture, food, music and good times. Steve Coon, our resident Spanish *admirador*, (fan) will present a Spanish Music Program with popular Latino music and the history of the songs. He even has some Tango, Samba and Rumba music for those who want to dance. Join us Tues, Oct 10 right after Coffee for this Hispanic Heritage Musical celebration!

The Amanas Trip is cancelled.

Due to low response, we'll try this trip some other time.

The Walk to End Alzheimers

You can support our Team Heartwood on Sat, Oct 14 by joining on the walk! For more info, see https://act.alz.org/site/TR?fr_id=16508&pg=team&team_id=795586

*In Loving Memory
of*

Betty Schneider

12/15/1924 - 9/25/2023

Future Services planned

The CREST

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

***Soup of the Day:
Chicken Noodle***



LECTURES & LEARNING

Brunnier Museum tour

Wed, Oct 4: Join Cindy Scholten on a tour of the current Brunnier exhibits! Cameo glass and environmental artist, handmade paper artists, as well as epergne and industrial glass. No charge. Bus at 2:30 pm.

ISU Lecture at Memorial Union

Wed, Oct 4: *Future of Inflation, Interest Rates & Banking*, Bus at 6:30 pm

O.W.L.S.

Jessica Butters from Prairie Rivers of Iowa will cover why we should care about pollinators, create habitat for them, & the current habitat challenges. Thu, Oct 5, Bus, 10 am.



Carolyn Abbott on Exhibit at GH

Carolyn Abbott is exhibiting her amazing textile art at Green Hills. She will speak on Fri, Oct 6. We will take a bus at 2:30pm.

ISU Lecture at Reiman Gardens

Thu, Oct 12: *Gardening Can be Murder, How Gardens Have Inspired Mystery Writers*. Bus at 5:30 pm.

Brunnier Artist Lecture

Thu, Oct 12: April Surgent will talk about her exhibit and unique expression of environmental change through glass. Bus 4:30 pm.

Jack Trice: More Than Football

Ames History Talk, Oct 11, Bus at 6:30 pm

Christiansen Forest Preserve

Nature talk, & lunch at The Flight, Huxley. Wed, Oct 11, Bus at 10:00 am. \$5 bus.

Medicine Wheel at Ada Hayden Park

Join a Kiwanis Meeting celebrating the Native American Medicine Wheel at Ada Hayden Park. Barb Gurganus was instrumental in getting this 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 13, Bus at 11:30 am.

ENTERTAINMENT

Town & Gown

Baltimore Consort, First Methodist, Fri, Sept 29, Bus at 7:00 pm.



Central Iowa Symphony

Start the season with "Chills & Thrills" and Caleb Polashek on violin. \$20 tickets at the door of Ames City Auditorium. Sat, Oct 7, Bus at 6:30 pm.



Lake Wobegon Band

See the new Performing Arts Center at our neighbor across 20th St, Ames High. The Lake Wobegon Brass Band is playing with some AHS students joining in on Sun, Oct 8, 2:00 pm. A bus will be scheduled if enough need. Free! See Polly Gilbert for more info.

SPORTS

Football

Northcrest is again a sponsor of the ISU Tail Gate Step Show for most home games.

Step Shows:

Oct 7 vs TCU, Bus at 5:15 pm (Game on Fox/FS2)

Nov 4 vs Kansas, Bus to be determined.



Volleyball

- Sat, Sept 30, vs Baylor, Bus at 1:30 pm
- Fri, Oct 6, vs Texas Tech, Bus at 6:00 pm



Bus sign-up sheets now available through December for Men's and Women's Basketball.















Go to amesart.org for a map, or start at Little Woods: Herbs & Teas, 136 Main St Self-guided, no bus



Ames Repair Café

Need a repair on jewelry, sewing, electronics? Sat, Oct 7, 10-4, Public Library, No Bus

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>1:30 Bus to VB vs Baylor 2:00 Hymn Sing, AL</p>	<p>2</p> <p>10:00 Fareway 1-3:30 Flu & Covid Shot Clinic, Providers Rm. 3:00 Active Aging Talk: Nutrition with Ryan & Massage with Darlene, GR</p>	<p>3</p> <p>9:30 Coffee, Parkway 3 10:30 Artist Talk, Isaac Pryor 1:30 Hearing Aid Maintenance 2:00 Bus to Ada Hayden Hike</p>	<p>4</p> <p>10:00 Book Club, AL 10:30 ALDI's & Hy-Vee 12:45 Ravine Talk & NC Walk 2:30 Bus to Brunnier with Docent Cindy Scholten 6:30 Bus to ISU Lecture on Interest Rates, Inflation</p>	<p>5</p> <p>10:00 Writers' Group 10:00 Bus to O.W.L.S., McFarland Park 2:00 Spelling Bee, GR  5:00 LaVone Newell, AL</p>	<p>6</p> <p>10:30 N Walmart & Fareway 10:30 Friday Chat with Shana Moothedath, Scams & Tech 1:30 Wii Bowling, Wellness 2:30 Bus to Carolyn Abbott's Exhibit and Talk, Green Hills 6:00 Bus to VB vs Texas Tech</p>	<p>7</p> <p>5:15 Bus to Step Show 6:30 Bus to Central Iowa Symphony, City Auditorium ISU Football vs TCU, 7:00, Fox/FS2 TV</p>
 <p>Active Aging Week</p>						
<p>8</p> <p>2:00 Hymn Sing, AL 1:30 Bus to Concert: Lake Wobegon Band, AHS</p>	<p>9</p> <p>10:00 Fareway</p> 	<p>10</p> <p>9:30 Coffee, Parkway 4 10:30 Hispanic Heritage Celebration with Steve Coon, GR</p> 	<p>11</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee 10:00 Bus to Christiansen Forest Preserve & lunch, Huxley 6:30 Bus to Ames History Lecture on Jack Trice, Public Library</p>	<p>12 Columbus Day</p> <p>11:30 Bus to Nature at Noon, Reiman Gardens, The Iowa Arboretum 4:30 Bus to Artist Lecture: Climate Change in Glass, Brunnier 5:30 Bus to ISU Lecture, Reiman Gardens</p>	<p>13</p> <p>10:30 Apple Tasting, Fareway Dustin 10:30 N Walmart & Fareway 11:30 Bus to Medicine Wheel Ada Hayden Park</p> 	<p>14</p> <p>Walk to End Alzheimer's Ceremony at 9:00, CPMI 9:30 Ames Children's Chorus Concert, GR</p>
<p>15</p> <p>2:00 Hymn Sing, AL 6:45 Bus to ISU Symphony Orchestra, MET</p> 	<p>16 NC Coat Drive</p> <p>10:00 Fareway  6:30 Mixed Bridge 7:30 AHS Fall Choral Concert</p>	<p>17</p> <p>9:30 Coffee, Parkway 4</p> 	<p>18</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p>	<p>19</p> <p>10:00 Writers' Group 5:00 LaVone Newell, AL</p>	<p>20</p> <p>10:30 N Walmart & Fareway 10:30 Friday Chat with Mel Crippen</p>	<p>21</p> <p>9-2:00 Scandinavian Coffee at Bethesda Lutheran. Bus at 9:00</p>
<p>22</p> <p>2:00 Hymn Sing, AL 2:30 Bus to ISU Symphonic Concert Band, City Aud.</p>	<p>23</p> <p>10:00 Fareway  1:00 Jim Kellerman music, GR 7:30 Bus to Norman Borlaug Lecture, Memorial Union 7:30 Marching Band Spectacular, AHS Gym</p>	<p>24</p> <p>9:30 Coffee, Atrium L-1 7:00 Bus to Orchestra of Mexico, Stephens</p>	<p>25</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p>	<p>26</p> <p>6:45 Bus to Octubaween, MET 7:30 AHS Fall Orchestra Concert</p>	<p>27</p> <p>9:30 Residents' Council, GR 10:30 N Walmart & Fareway 11:00 Bus to Jewell, Lunch & Ethanol Plant</p> 	<p>28</p> <p>1:00 Bus to Organ Studio Recital, MET 1:30 Bus to VB vs Oklahoma</p>
<p>29</p> <p>12:45 Bus to the Iowa Statesmen, MET 1:30 Bus to VB vs Oklahoma 2:00 Hymn Sing, AL</p>	<p>30</p> <p>10:00 Fareway</p>	<p>31 Halloween</p> <p>9:30 Coffee, Atrium L-2 3:00 Halloween Party! GR</p> 				<p>Wellness Center Lots of Choices for Exercise! Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30—10:30</p>

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 1

Lunch: Pot Roast, Mashed Potatoes & Gravy, Green Beans, Watermelon, Lemon Krunch Pie

Monday, October 2

Lunch: Breaded Flounder, French Fries, Coleslaw, Fresh Fruit, Black Forest Parfait

Dinner: BBQ Chicken Thighs, Baked Potato, Corn, Pears, Banana Cream Pie

Tuesday, October 3

Lunch: Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, Fresh Cut Vegetables Salad, Pickles, Grapes, Cookie

Wednesday, October 4

Lunch: Taco Salad, Muffin, Mandarin Oranges, Apple Crisp

Thursday, October 5

Lunch: Tuna Sandwich on Oatberry Bread, Sun Chips, Pickle Spear, Grapefruit, Pumpkin Blondie

Friday, October 6

Lunch: 1/4lb All Beef Hot Dog with Relish & Minced Onions, Baked Beans, Pineapple, Root Beer Float

Saturday, October 7

Lunch: Hot Ham & Cheese on Croissant, Potato Chips, Orange Slices, Cucumber & Onion Salad, Cake

Dinner: Chili, Cornbread, Cantaloupe, Peanut Butter Cookie

