



**October 22, 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 22**

- 2:00 Hymn Sing, AL Dining Room
- 2:30 Bus to ISU Symphonic Concert Band, City Auditorium

**Monday, October 23**

- 10:00 Bus to Fareway shopping
- **1:00 Jim Kellerman music, GR**
- 7:30 Bus to N. Borlaug Lecture, Mem. Union
- 7:30 Marching Band Spectacular, Ames High Gym, No Bus

**Tuesday, October 24**

- 9:30 Tuesday Coffee, L-1
- 7:00 Bus to Minerica Orchestra, Stephens

**Wednesday, October 25**

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

**Thursday, October 26**

- 6:45 Bus to Octubaween, MET
- 7:30 Ames High Fall Orchestra Concert, No Bus

**Friday, October 27**

- 8:30—10:30 1st National Bank, Founders
- **9:30 Residents' Council Meeting**
- 10:00 Bus to Walmart & North Fareway
- 11:00 Bus to Jewell, Lunch & Ethanol Plant

**Saturday, October 28**

- 12:45 Bus to ISU Organ Studio Recital, MET
- 1:30 Bus to Volleyball vs Oklahoma



**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. Next: Nov 3 & 17

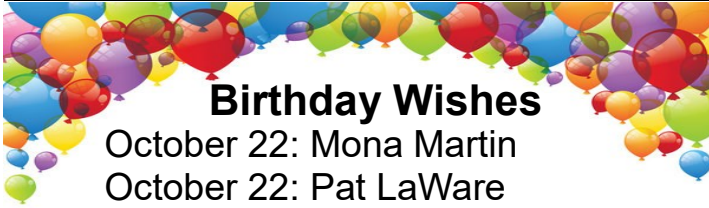


**Sunday Dinner**  
**October 22, 12:30 p.m.**

- Baked Ham**
- Cheddar & Garlic Mashed Potatoes**
- Green Beans**
- Watermelon**
- Cherry Pie**



# ANNOUNCEMENTS



## Birthday Wishes

October 22: Mona Martin  
October 22: Pat LaWare  
October 23: Sally Chase  
October 23: Mary Pepper  
October 24: Bob Ringgenberg  
October 24: Margaret Vance  
October 25: Phyllis Heffron  
October 27: Isabel Hendrickson

## Tuesday Coffees



Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **The Group from Locust Hill, L-1 will host on October 24.**

## Friday Chats, 10:30 am, GR

Oct 20: **Mel Crippen** from KASI fame!  
Nov 3: The Voice, **John Walters**, ISU

## Welcome New Residents

Help us welcome 4 new residents:

- \* Jim Noland & Linda Murken, K-23
- \* Harold and Patricia LaWare, Pkwy 111.  
Welcome to the Northcrest family!



## Leading Age of Iowa Awards

We presented Jan Beran with her (corrected name) award for the 2023 Leading Life Award at Tuesday Coffee. Other Award winners from Northcrest are:

- Caregiver of the Year: Aruna Fernando
  - Support & Service Professional: Leslie Cosman
  - Excellence in Leadership: Heidi Palmer
  - Volunteer of the Year: NC Landscape Committee
  - Board Member of the Year: Kris Evans
- Congratulations to all, and well deserved!!

## Coat Drive Was a Success!

There were over 70 coats donated to Clothing that Works through our drive. Thank you for cleaning your closets!



## Halloween Party is Coming!

Plan on attending the Halloween event on **Tue, Oct 31, 2:30 pm** in the GR! We'll have Dan Bagley, a professional story teller, as well as treats and tricks! Costume choices are totally optional, but you might channel **Movie characters, or Punny ones** as we've done before. You are invited to bring your grand kids too for a costume parade through **Assisted Living 4-5:00 pm**. The staff will bring in their own children and pets for this parade! All are encouraged to go and see the kiddos in costumes in Assisted Living!



## 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 either screen printed or embroidered. Ronnie has a few samples in her office to judge sizing. If not clearly marked mens' or womens', it is unisex sizes & may run large.

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



## The CREST

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



**Soup of the Week: Minestrone**  
**Special of the Week: Rotini**  
**Topped with Chicken,**  
**Marinara Sauce & Cheese**  
**Served with Garlic Bread \$11.50**

## PLACES TO GO

### Medicine Wheel talk

Barb Gurganus was instrumental in getting the Medicine Wheel feature installed in 2003, and will speak about the process.

**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.

### 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!

### Lunch at the DMACC Bistro

Hop on the bus for lunch at the DMACC Bistro. \$20 for lunch and bus. Wed, Nov 1, Bus at 10:15 am.



## ENTERTAINMENT

### ISU Symphonic & Concert Bands

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

### ISU Music: Martha Ellen Tye Hall

- Thu, Oct 26, **Octubaween**, Free, Bus at 6:45 pm
- Sat, Oct 28, **Organ Studio Recital**, Free, Bus at 12:45 pm (Need more to go!)
- Sun, Oct 29, **Iowa Statesmen**, \$5, Bus at 12:45 pm

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

### Mineria Symphony Orchestra

Orchestra of Mexico, Stephens' Auditorium  
Must have ticket. **No purses or bags.**  
Tue, Oct 24, Bus at 7:00 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



### 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

## SPORTS

### Volleyball

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

### Football

**Oct 28: vs Baylor**, Watch in GR on ESPN+ Kick-off at 2:30 pm.

### Step Show:

Nov 4 vs Kansas, Bus TBD.

## SPECIAL NOTICES

### 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 22**

**Lunch:** Baked Ham, Cheddar & Garlic Mashed Potatoes, Green Beans, Watermelon, Cherry Pie

**Monday, October 23**

**Lunch:** Soft Shell Tacos with Lettuce, Tomato & Onion, Sour Cream & Salsa on the Side, Spanish Rice, Cantaloupe, Chocolate Chip Cookie Bar

**Dinner:** Chicken Cacciatore, Roasted Rosemary Potatoes, Normandy Blend Vegetables, Grapes, Triple Berry Crumble Cake

**Tuesday, October 24**

**Lunch:** Tangy Golden Chicken on Romaine with Bacon, Sliced Egg, Cherry Tomatoes & Ranch Dressing, Dinner Roll, Mandarin Oranges, Orange Float

**Wednesday, October 25**

**Lunch:** Smoked Turkey Sub Sandwich with Lettuce, Tomato, Onion, Swiss Cheese & Sweet Chili Mayo, Pickle Spear, Doritos, Peaches, Chocolate Raspberry Jell-O Cake

**Thursday, October 26**

**Lunch:** Pork Burger with Lettuce, Tomato, Red Onion, Grilled Pineapple Rings & BBQ Sauce on the Side, Munster Cheese Curds, Apricots, Oatmeal Bar

**Friday, October 27**

**Lunch:** Beer Battered Cod, Potato Chips, Coleslaw, Honeydew & Pineapple, Oreo Parfait

**Saturday, October 28**

**Lunch:** White Cheddar Macaroni & Cheese, Broccoli, Fruit Salad, Snickerdoodle

**Dinner:** Peppered Steak Over Rice, Vegetable Medley, Watermelon, Caramel Cheesecake

