#### October 29, 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 29 **Health & Wellness** 12:45 Bus to the Iowa Statesmen, MET 11:30 Bus to Volleyball vs Oklahoma Podiatry: Contact Kathy at ext. 7220 2:00 Hymn Sing, AL Dining Room for information. Monday, October 30 **Hearing Aid maintenance:** 10:00 Bus to Fareway shopping November 7: (1st Tuesday of every month, 1:30 pm) HALLEWEEN **Tuesday, October 31** 9:30 Tuesday Coffee, L-2 Massage Therapy: Darlene, 515-708-1556 10:15 Video of NC Ravine shown, GR 2:30 Halloween Party, GR 4:15 Wellness Class cancelled for Trick or Wellness Program News by Adrienne Treating in Assisted Living Wii Bowling, every other week on Fridays, 1:00 pm. Nov 3 & 17 Wednesday, November 1 MIING 10:00 Blood Pressure Clinic "Healthoween" Dress up in your costume and 10:00 Book Club, AL come to a Wellness class on Oct 31st and get a 10:15 Bus to DMACC Bistro, Ankeny sweet treat! 10:30 Bus to ALDI or Hy-Vee 6:00 Bus to Women's Basketball Thursday, November 2 **Sunday Dinner** 10:00 Writers' Group, Founders' Room October 29, 12:30 p.m. 10:30 Bus to O.W.L.S., Story County Center 4:00 LaVone Newell on piano, AL Friday, November 3 8:30—10:30 1st National Bank, Founders 10:30: Friday Chat, The ISU Voice, John **Chicken Cordon Bleu** Walters, GR Sour Cream & Chive 10:00 Bus to Walmart & North Fareway **Mashed Potatoes** 1:00 Wii Bowling, Wellness Center Peas 7:00 Bus to Town & Gown, First Methodist **Fresh Melon Salad** Saturday, November 4 **Peach Pie** Bus to ISU Homecoming Step Show, TBA



### ANNOUNCEMENTS

#### **Birthday Wishes**

October 29: Miriam Patterson October 31: Verna Weber November 1: Roseva Albertson November 1: Linda Murken November 2: Beverly Baustian

### **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-2 will host on October 31.** And please plan to stay for a video of the Ravine if you missed the walk a couple weeks ago.

### Veterans Photos

If you have moved into Northcrest in the last year, and if you are a veteran, we invite you to submit a photo of yourself during your service. We make a display in the GR of all our veterans. A copy will be made and the original returned to you. 8 x 10's make the best copies. Our Veterans' Day program will be on Fri, Nov 10. Mark your calendars!

### New NC Pop-Up Apparel Store!

Go online to order your own Northcrest branded apparel! **Store is open until Nov 10**. Save shipping charges if you mark "pick up at Northcrest". Pay by credit card. Item will arrive late November, 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/

In Loving Memory of Nancy Franzenburg Passed 10/23/2023 There are no services planned at this time.

### Halloween is Tuesday, Oct 31!

Join us in the GR at 2:30 for treats and stories! Then visit AL to see the staff's children and pets in costume!!

#### Music from our own residents!

Mark your calendars, and invite guests! **Fri, Nov 17**: Fall Dance with Larry Northup. 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

### Resident Input requested

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

### Manicures Available

We have another stylist for you to visit: Shelby at 320-330-9941. She is available for manicures in the lower level salon by ap-

pointment on Fridays. Choose different levels like a Classic at \$20 or the deluxe Spa manicure at \$35. Treat yourself!!



### The CREST

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

Soup of the Week: Broccoli Cheese Special of the Week: BBQ Chicken Flatbread & BLT Pasta Salad



# PLACES TO GO

# Lunch at the DMACC Bistro

Hop on the bus for lunch at the DMACC Bistro. \$20 for lunch and bus. Menu is post- • ed in Activities Bus book. Wed, Nov 1, Bus at 10:15 am.

# **O.W.L.S**.

Aunt Maudes

Learn about the Iowa Arboretum plans at the Story County Conservation Center. Thu, Nov 2, Bus at 10:30 am.



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. Pay on your own. Mon, Nov 13, Bus at12:30 pm

# **Slater Historical Museum**

We'll see the new Vietnam War display. \$5 bus fee. Tue, Nov 14, Bus at 1:00 pm.

# **ENTERTAINMENT**

## 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

- Sat, Oct 28, Organ Studio Recital, Free, Bus for this outing has been cancelled.
- Sun, Oct 29, Iowa Statesmen, \$5, Bus at 12:45 pm
- Thu, Nov 9, Opera Studio, \$5, Bus, 6:45

\*\*\*Remember many ISU Music events are live streamed at 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 grandkids. \$25 tickets on line. Buses available on:

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



#### <u>Volleyball</u>

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



## Women's Basketball

- Nov 1: vs Truman St, Bus at 6:00 pm
- 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

# **Program for our Veterans**

Save the Date: Friday, November 10 2:00 pm, Grand Room



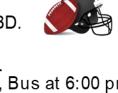


Jim Kellerman from Minnesota jamming with our own resident professional jazz artist. Ken Jolls Monday.

What a delight to hear such great musicians playing off each others creativity!!









Sun	Mon	Tue	Wed	Thu	Fri	Sat
	HELLO COVEMPS	28	1 10:00 Book Club, AL 10:15 Bus to DMAAC BISTRO 10:30 ALDI's & Hy-Vee 6:00 Bus to Women's BB	2 10:00 Writers' Group 10:30 Bus to O.W.L.S., Story Co. Conservation Ctr 4:00 LaVone Newell. Piano, AL	3 10:00 N Walmart & Fareway 10:30 Friday Chat with John Walters, ISU "Voice" 7:00 Bus to Town & Gown, 1st Methodist Church	<b>4</b> Football vs Kansas TBA Bus to Step Show
5 Daylight Savings Time Ends	<b>6</b> 10:00 Fareway 10:30 Bus to Women's BB	<b>7</b> 9:30 Coffee, Atrium A & C 1:30 Hearing Aid Maintenance	8 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	9 NC Pop-Up Apparel Store closes tomorrow!	<b>10</b> 10:00 N Walmart & Fareway 10:30 Friday Chat, SHIIP, Bruce Johnson	11 VETERANS DAY
2:00 Hymn Sing, AL	6:15 Bus to Men's BB		Horizon Club Dinner, GR	6:15 Bus to Men's BB 6:45 Bus to Opera Studio, MET	2:00 <b>Veteran's Day</b> Program 6:00 Bus to VB vs Kansas 7:00 Bus to ACTORS	3:30 Bus to VB vs Kansas 7:00 Bus to Ames Piano Quartet , MET
<b>12</b> 11:15 Bus to Men's BB 2:00 Hymn Sing, AL	<b>13</b> 10:00 Fareway 2:00 NC Stitchers 12:30 Bus to Aunt Maude's for lunch	<ul> <li>14</li> <li>9:30 Coffee, Atrium B-1 &amp; 2</li> <li>1:00 Bus to Slater History Museum, Vietnam Veterans Display</li> <li>6:00 DM Metro Opera Guild meeting, GR</li> </ul>	<b>15</b> 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	<b>16</b> 10:00 Writers' Group 4:00 LaVone Newell. Piano, AL	17 10:00 N Walmart & Fareway 6:30 Fall Dance with 50's theme, Larry Northup, GR	<b>18</b> Football vs Texas
<b>19</b> 11:15 Bus to Men's BB 1:30 Bus to ACTORS 2:00 Hymn Sing, AL 7:00 Bus to The Fab Four, Stephens	20 10:00 Fareway 6:00 Bus to Women's BB 6:30 Mixed Bridge	21 9:30 Coffee, Atrium E & H 2:00 Northcrest President's Address, GR	22 10:00 BP Clinic 10:30 ALDI's & Hy-Vee 3:00 Ken Jolls and friends, Playing the music of famous female singers, GR	23 HAPPY Thanksgiving Day	<b>24</b> 10:00 N Walmart & Fareway	25 1:30 Bus to VB vs Cincinnati
<b>26</b> 2:00 Hymn Sing, AL	27 10:00 Fareway 3:00 Memory Café, Northminster Presbyterian Church, No Bus	28 9:30 Coffee, Atrium F-1 & 2	<b>29</b> 10:00 BP Clinic 10:30 ALDI's & Hy-Vee	30 4:30 ISU Shadow Puppets, GR, Nicole Bennett-Tuel		Game Night, LIB Thursdays, 6 pm 1st National Bank Fridays: 8:30-10:30 am Wellness Center, See schedule at W.C. for classes, or go on own!

#### 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.** 

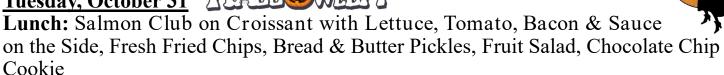
### Sunday, October 29

Lunch: Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Peas, Fresh Melon Salad, Peach Pie

### Monday, October 30

Lunch: Enchilada Casserole, Refried Beans, Honeydew, Oreo Pie Dinner: Rotisserie Chicken, Mashed Potatoes & Gravy, Corn, Cherries, Turnover

### Tuesday, October 31



### Wednesday, November 1

Lunch: Grilled Chicken Sandwich with Lettuce, Tomato, Onion & Cheddar Cheese, BBQ Chips, Pear Slices, Coconut Cream Pie

#### Thursday, November 2

Lunch: Turkey Tetrazzini, Pacific Blend Vegetables, Mandarin Oranges, Brownie

#### Friday, November 3

Lunch: French Dip with Au Jus, Green Beans, Peaches, Cherry Cake

#### Saturday, November 4

Lunch: Hot Chicken Salad, Normandy Blend Vegetables, Fresh Fruit, Cookie Dinner: Ham Balls, Au Gratin Potatoes, Key West Blend Vegetables, Grapes, Lemon Cream Pie