

# 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

- 12:45 Bus to the Iowa Statesmen, MET
- 11:30 Bus to Volleyball vs Oklahoma
- 2:00 Hymn Sing, AL Dining Room

#### Monday, October 30

- 10:00 Bus to Fareway shopping

#### Tuesday, October 31

- 9:30 Tuesday Coffee, L-2
- 10:15 Video of NC Ravine shown, GR
- 2:30 Halloween Party, GR
- 4:15 Wellness Class cancelled for Trick or Treating in Assisted Living



#### Wednesday, November 1

- 10:00 Blood Pressure Clinic
- 10:00 Book Club, AL
- 10:15 Bus to DMACC Bistro, Ankeny
- 10:30 Bus to ALDI or Hy-Vee
- 6:00 Bus to Women's Basketball

#### Thursday, November 2

- 10:00 Writers' Group, Founders' Room
- 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 Walters, GR**
- 10:00 Bus to Walmart & North Fareway
- 1:00 Wii Bowling, Wellness Center
- 7:00 Bus to Town & Gown, First Methodist

#### Saturday, November 4

- Bus to ISU Homecoming Step Show, TBA



#### 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. Nov 3 & 17



**"Healthoween"** Dress up in your costume and come to a Wellness class on Oct 31st and get a sweet treat!

#### Sunday Dinner October 29, 12:30 p.m.

**Chicken Cordon Bleu**  
**Sour Cream & Chive**  
**Mashed Potatoes**  
**Peas**  
**Fresh Melon Salad**  
**Peach Pie**



## 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/>



### 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 North-up. 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? great-grandchildren? 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 Northcrest. Just e-mail [jfarrell@iastate.edu](mailto: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 appointment 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**



*In Loving Memory*  
*of*

**Nancy Franzenburg**

Passed 10/23/2023

There are no services planned  
 at this time.

## 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 posted in Activities Bus book. Wed, Nov 1, Bus at 10:15 am.



### O.W.L.S.

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



### Aunt Maudes

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 at 12:30 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](http://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

## SPORTS



### Volleyball

- **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
			<b>1</b> 10:00 Book Club, AL 10:15 Bus to DMAAC BISTRO 10:30 ALDI's & Hy-Vee  6:00 Bus to Women's BB	<b>2</b> 10:00 Writers' Group 10:30 Bus to O.W.L.S., Story Co. Conservation Ctr 4:00 LaVone Newell. Piano, AL	<b>3</b> 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
<b>5</b>  Daylight Savings Time Ends  2:00 Hymn Sing, AL	<b>6</b> 10:00 Fareway 10:30 Bus to Women's BB  6:15 Bus to Men's BB	<b>7</b> 9:30 Coffee, Atrium A & C 1:30 Hearing Aid Maintenance	<b>8</b> 10:00 BP Clinic 10:30 ALDI's & Hy-Vee  Horizon Club Dinner, GR	<b>9</b> NC Pop-Up Apparel Store closes tomorrow!  6:15 Bus to Men's BB 6:45 Bus to Opera Studio, MET	<b>10</b> 10:00 N Walmart & Fareway 10:30 Friday Chat, SHIP, Bruce Johnson  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	<b>14</b> 9:30 Coffee, Atrium B-1 & 2  1:00 Bus to Slater History Museum, Vietnam Veterans Display  6:00 DM Metro Opera Guild meeting, GR	<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	 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	<b>20</b> 10:00 Fareway  6:00 Bus to Women's BB 6:30 Mixed Bridge	<b>21</b> 9:30 Coffee, Atrium E & H <b>2:00 Northcrest President's            Address, GR</b>	<b>22</b> 10:00 BP Clinic 10:30 ALDI's & Hy-Vee 3:00 Ken Jolls and friends, Playing the music of famous female singers, GR 	<b>23</b> 	<b>24</b> 10:00 N Walmart & Fareway	<b>25</b> 1:30 Bus to VB vs Cincinnati
<b>26</b> 2:00 Hymn Sing, AL	<b>27</b> 10:00 Fareway  3:00 Memory Café, Northminster Presbyterian Church, No Bus	<b>28</b> 9:30 Coffee, Atrium F-1 & 2	<b>29</b> 10:00 BP Clinic  10:30 ALDI's & Hy-Vee	<b>30</b>  4:30 ISU Shadow Puppets, GR, Nicole Bennett-Tuel	<b>Game Night, LIB</b> Thursdays, 6 pm <b>1st National Bank</b> Fridays: 8:30-10:30 am <b>Wellness Center, See</b> 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**



**Lunch:** Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the Side, Fresh Fried Chips, Bread & Butter Pickles, Fruit Salad, Chocolate Chip Cookie

**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