

October 30

Northcrest News

Northcrest Community
Over 57 years of service to older adults



The Week at a Glance!

Sunday, October 30

12:30 Sunday Lunch
12:45 Bus to the Statesmen, MET
2:00 Hymn Sing, Green Rm.

Monday, October 31

10:00 Fareway shopping
3:00 Halloween Party, GR



Tuesday, November 1

9:30 **Tuesday Coffee, Parkway Floor 4**
Wear your name tag and bring your cup!
1:30 Hearing Aid Maintenance
2:15 Bus to movie at North Grand Cinema
6:00 Bus to Volleyball vs Chicago State

Wednesday, November 2 The Crest is open

10:00 Book Club, AL
10:00 Blood Pressure Clinic
10:30 Bus to ALDIs & Hy-Vee
5:15 Bus to 1619 Lecture, Stephens
6:00 Bus to Women's BB vs Winona St.

Thursday, November 3 The Crest is open

9:45 Bus to O.W.L.S.
10:00 Writers' Group
2:00 Games in AL, 2nd Floor Activity
6:00 Game Night, LIB

Friday, November 4 The Crest is open

8:30-10:30 1st National Bank, Founders'
10:30 Friday Chat on IA Arboretum
10:30 Bus to Walmart
6:00 Bus to Volleyball vs Kansas St.

Saturday, November 5

12:30 Bus to ISU Step Show
1:30 Bus to Football vs W. Virginia



*Just in! Thanksgiving Buffet for residents & guests on November 23!
Details next week...*

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, Wed & Fri
NEW TIMES!



Wellness Program News:

“NOW’S YOUR CHANCE NOVEMBER!”
Cold weather is coming and it may hamper your outdoor activities somewhat. November is a good time to get more comfortable with your Wellness Center and the ways you can stay active while staying inside an ice, snow, and wind-free environment. See the insert for details on the various classes!



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

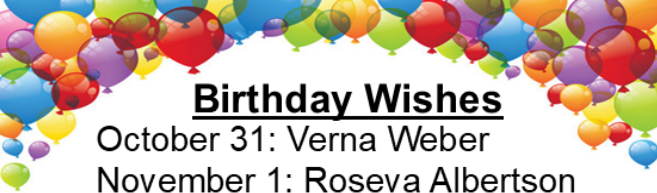
Pot Roast
Mashed Potatoes & Gravy
Pacific Blend Vegetables
Fresh Fruit
Fruit of the Forest Pie



ANNOUNCEMENTS

Tuesday Coffees

On Nov 1, Parkway Floor 4 will host. We will gather in the Grand Room as well as via Zoom. Watch for an email Zoom invitation. Bring your name tag and mug! Reps from L-1 & 2 will be up next month.



Birthday Wishes

October 31: Verna Weber
November 1: Roseva Albertson
November 2: Beverly Baustian
November 5: Jane Farrell-Beck
November 5: Carleen Tipping

Special Birthday Treats

There will be birthday cake at the Nov 1, Tuesday Coffee, thanks to Roseva Albertson, who is celebrating her 90th birthday! Come enjoy cake and wish Roseva a Happy Birthday!



Halloween Activities

Halloween Party—**Mon, Oct 31**, 3pm, GR. Dress up if you like, or come as you are! There will be a couple of surprise visitors, and “interesting” treats! Ask Ronnie if you need ideas/props!



First 1” of Snow Contest

Make your best guess of the date that we will receive our first full inch of snow or more! There is a box at the Front Entry, or you can email Ronnie with your name and date. Deadline to submit an entry is **Nov. 1**. A winter-themed prize will be awarded!



Friday Chat

We'll have Mark Schneider from the Iowa Arboretum talking about the new Treehouse Village Project. (He was our impromptu tour guide when we visited the Arboretum 2 weeks ago.)
Fri, Nov 4, 10:30 am, GR.

'Tis the season: Scarves & Bows!

Bring your scarves of various sizes to learn from each other new fun ways to tie and wear them! Ronnie will show the “florist” method of tying bows for wreaths or large packages. Bring your own ribbon & scissors to practice with. Meet in the Founders' Rm by the Wellness Center, Tue, Nov 8, 1:30 pm.



Disposal of potting materials

The enclosure (fortress) south of garage #17 on the east side of the Main Building has been cleaned out and is now user friendly. Residents are encouraged to deposit their soil and plant materials from hanging baskets & pots in the bins there.

Recycle plastic grocery bags!

Housekeeping uses grocery bags for storing soiled rags as they clean daily. You can bring yours to Tuesday Coffee for Ronnie to deliver, or directly to Director 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.



Veteran's Day—“Norma on Nimitz”

We'll have our annual salute to Northcrest Veterans with music and memories. Norma Sisson will share memories of her childhood pen pal, Admiral Nimitz!
Fri, Nov 11, 2:00 pm, GR.



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

Lion's Club Turkey Dinner

The annual Lion's Club Turkey dinner will be a drive-through pick up this year. See "Tip" Leonard Tipping for tickets or info. Fri, Oct 28, 5-7:00 pm, Bethesda Lutheran, No bus.

Movie: Ticket to Paradise

Let's try this again: go see this George Clooney and Julia Roberts romp at North Grand Cinema, \$5, Bus on Tue, Nov 1, 2:15 pm.

New Exhibit, Ames History Museum

"Ames in Art" features unique original artwork from AHM's collection. Explore the community - from downtown to Pammel Court and beyond - through the eyes of artists and designers. View the vivid character of Ames through numerous mediums including watercolor, fiberwork, graphite pencil, and the community-designed Bicentennial quilt. Featured artists include Linda Emerson, Stewart Buck, Velma Rayness, and many others Bus on Thu, Nov 10, 1:00 pm.

SPORTS



ISU Volleyball

- Oct 28, vs TCU, Bus at 6:00 pm
- Nov 1, vs Chicago St. Bus at 6:00 pm
- Nov 4, vs Kansas State, Bus at 6:00 pm

ISU Football



- Oct 29, vs Oklahoma, Step Show Bus at 9:00 am, Bus for game at 10:00 am.
- Nov 5, vs W. Virginia, Step Show Bus at 12:30, Bus for game at 1:30 pm.

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
- Nov 7, vs Cleveland St, Bus at 10:30 am
- Nov 10, vs Southern, Bus at 6:00 pm

LECTURES & LEARNING

ISU Lecture— 1619 Project

Iowan, Nikole Hannah-Jones will speak on her Pulitzer Prize winning book *The 1619 Project*. This free lecture is open to students & the general public at Stephens Auditorium. The public is requested to enter via the North doors. No bags are permitted. Wed, Nov 2, Bus at 5:15 pm.



O.W.L.S.

Learn about Iowa's Bald Eagles! Story Co. Center. Thu, Nov 3, Bus at 9:45 am.

Rock On Symposium

The ISU Retirees Association's symposium is at the Alumni Building as well as remotely. Register at ISUalum.org/RetireesEvents. Wed, Nov 9, Bus at 8:00 am. Over at noon.

ENTERTAINMENT

ISU Music—music.iastate.edu

Sun Oct 30, Statesmen, \$5, MET, Bus at 12:45 pm.



Town & Gown

Concert, Fri, Oct 28, 1st Methodist Church, Bus at 7:00 pm. \$30 tickets at the door.

ACTORS: First Date

A musical comedy of a blind date. Fri, Nov 11, Bus at 7:00 pm
Sun, Nov 20, Bus at 1:30 pm.



The CREST

Open Nov 2, 3 & 4

Wed—Fri

12:00—2:00 pm

4:30—7:00 pm



Soup of the Day:

Clam Chowder

Specials: 4:30-5:00 pm

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

Wellness Notes

“NOW’S YOUR CHANCE NOVEMBER!” Cold weather is coming and it may hamper your outdoor activities somewhat. November is a good time to get more comfortable with your Wellness Center and the ways you can stay active while staying inside an ice, snow, and wind- free environment.

Your options:

Try TAP-FIT: A fun way to move your feet and exercise your brain at the same time. Now offered at 10:30am on Tuesday, Wednesday, and Friday mornings.

Try a Group Exercise class: The 8:30 and 1:30 classes teach us how to move and stretch while seated. Learn at class and repeat at home.

The Monday afternoon Circuit class, plus 9am and 9:30 classes, all include using a variety of equipment and machines. Learn in class so you can come back and use on your own time. Instructors will be providing printed flyers of selected exercises that you can refer to when you come to Wellness Center to practice during non-class times.


Try a Yoga class: Yoga promotes strength, balance, and relaxation. Chair and mat options available.

Try an Equipment Orientation: Fill out a request form at the Wellness Center sign-up desk, and place in the Suggestion Box. The instructors will get back to you to set a time for the orientation.

Try a Personal Training session: Chad Norlin, Certified Personal Trainer, has provided his cards at the Wellness Center and 4th Floor Parkway Fitness room bulletin board so you can communicate directly with him to discuss options and a program customized for you.

Try a visit to the Wellness Center on your own to stretch, use the Spiro videos, or use the machines and various bands and weights. Or to simply enjoy sitting in a quiet place by a window.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Center Lots of choices for Exercise</p> <p>Game Night, LIB Thursdays, 6 pm</p> <p>1st National</p>		<p>1 9:30 Coffee, Host Parkway 4 1:30 Hearing Aid Maintenance 2:15 Bus to <i>Ticket to Paradise</i>, N. Grand Cinema</p> <p>6:00 Bus to Volleyball vs Chicago State</p>	<p>2 10:00 Book Club, AL 10:30 ALDI's & HyVee 5:15 Bus to 1619 Lecture, Stephens 6:00 Bus to Women's BB vs Winona State</p>	<p>3 Kiwanis Paper Drive 9:45 Bus to O.W.L.S., Iowa's Bald Eagles 10:00 Writers' Group 2:00 Games (3 to 13) in AL, 2nd Floor Activity Room</p>	<p>4 10:30 N WalMart 10:30 Friday Chat with Mark Schneider of IA Arboretum</p> <p>6:00 Bus to Volleyball vs Kansas State</p>	<p>5 Home Coming! 12:30 Bus to Step Show 1:30 Bus to Football vs W. Virginia</p> 
<p>6</p>	<p>7 10:00 Fareway 10:30 Bus to Women's BB vs Cleveland State</p> <p>6:15 Bus to Men's Basketball vs IUPUI</p> <p>5:00 New Residents Gathering, GR</p>	<p>8 9:30 Coffee, Atrium L-1 10:30 Bus to VOTE!! Bethesda Lutheran Church</p> <p>1:30 Class on Wearing Scarves and Tying Bows, Founders' Room 6:30 DMMO Opera Guild meeting, GR</p>	<p>9 8:00 Bus to Rock-On Symposium, Alumni Bldg 10:00 BP Clinic 10:30 ALDI's & HyVee</p>	<p>10 1:00 Bus to Ames History Museum, "Ames in Art" 4:00 LaVone Newell, piano in Green Room 6:00 Bus to Women's BB vs Southern</p>	<p>11 Veteran's Day  10:30 N WalMart</p> <p>2:00 Veteran's Day Program GR with "Norma on Nimitz"</p> <p>7:00 Bus to Band Extravaganza, Stephens 7:00 Bus to ACTORS, <i>First Date</i></p>	<p>12 1:30 Bus to Volleyball vs Texas Tech</p>
<p>13 11:15 Bus to Men's BB vs North Carolina A&T</p>	<p>14 10:00 Fareway 2:00 Northcrest Stitchers, GR</p>	<p>15 9:30 Coffee, Atrium L-2 11:15 Lunch at ISU Tea Room</p> 	<p>16 10:00 BP Clinic 10:30 ALDI's & HyVee 2:00 Low Vision Support Group, Bethesda Lutheran</p> <p>6:15 Horizon Club Annual Dinner, Grand Room</p>	<p>17 10:00 Writers' Group 2:00 Games in AL 4:00 Alzheimer's Support Group, FR</p>	<p>18 9:30 Residents' Council 10:30 N WalMart 1:30 Friday Chat with Linda Emmerson, Grand Rm</p> <p>8:30 <i>A Thousand Acres</i>, opera on PBS</p>	<p>19 Football vs Texas Tech TBA</p> 
<p>20 10:30 Bus to Women's BB vs Columbia 1:30 Bus to ACTORS, <i>First Date</i> 4:15 Bus to Men's Basketball vs Milwaukee</p>	<p>21 10:00 Fareway 6:30 Mixed Bridge</p>	<p>22 9:30 Coffee, Atrium S-1</p>	<p>23 10:00 BP Clinic 10:30 ALDI's & HyVee Thanksgiving Buffet, GR 6:00 Bus to Volleyball vs Oklahoma</p>	<p>24 Thanksgiving</p> 	<p>25 10:30 N WalMart</p>	<p>26</p>
<p>27</p> 	<p>28 10:00 Fareway 3:00 Memory Café, Northminster</p>	<p>29 9:30 Coffee, Atrium S-2 6:00 Bus to Women's BB vs SIUE 7:00 Bus to Town & Gown, MET</p>	<p>30 10:00 BP Clinic 10:30 ALDI's & HyVee 6:15 Bus to Men's BB vs N. Dakota 7:00 Bus to <i>The Illusionists-Magic of the Holidays</i>, Stephens</p>	<p>November</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 30

Lunch: Pot Roast, Mashed Potatoes & Gravy, Pacific Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

Monday, October 31

Lunch: Chicken Noodle over Mashed Potatoes, Broccoli, Fruit Salad, Pecan Bar

Dinner: Fried Catfish, Rice Pilaf, Normandy Blend Vegetables, Watermelon, Oreo Parfait

Tuesday, November 1

Lunch: Tangy Golden Chicken on Romaine with Egg, Cherry Tomatoes, Bacon & Ranch Dressing, Dinner Roll, Pear Halves with Maraschino Cherry, Lemon Lime Mousse

Dinner: Tomato Swiss Steak, Baked Potato, Creamed Corn, Honeydew & Blueberries, Cream Puff Dessert

Wednesday, November 2

Lunch: Salami, Turkey, Roast Beef on Thin Round Bread with Lettuce, Tomato, Onion & Italian Mayo, Doritos, Pineapple, Cherry Tart

Thursday, November 3

Lunch: Mushroom & Swiss Burger with Lettuce & Garlic Aioli, Onion Rings, Pickle Spear, Grapes, Pumpkin Blondie

Friday, November 4

Lunch: Chili, Cornbread, Cantaloupe, Snickerdoodle



Saturday, November 5

Lunch: Hot Ham & Cheese on Croissant, Potato Chips, Orange Slices, Fresh Cut Vegetable Salad, Carrot Cake

Dinner: Peppered Steak, Vegetable Medley, Cherries, Coconut Cream Pie