

*Congratulations to
Northcrest's
Top Speller:
Harris Seidel!!*

October 8, 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 8

2:00 Hymn Sing, AL Dining Room
1:30 Bus to Lake Wobegon Band, AHS

Monday, October 9

10:00 Bus to Fareway shopping
2:00 Northcrest Stitchers Meeting, GR

Tuesday, October 10

9:30 Tuesday Coffee, Parkway, Floor 4
10:30 Celebrate Hispanic Heritage Month
with Steve Coon, GR
6:00 DM Opera Guild Meeting, GR


Wednesday, October 11

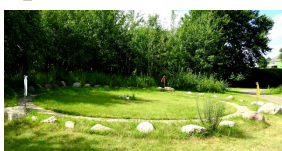
10:00 Blood Pressure Clinic
10:00 Bus to Huxley, Forest Preserve &
The Flight for lunch
10:30 Bus to ALDI or Hy-Vee
6:30 Bus to History Lecture on Trice,
Ames Public Library

Thursday, October 12 Columbus Day

No Mail Today
11:30 Bus to Nature at Noon, Reiman
4:00 Bus to Artist Lecture, Brunnier
5:30 Bus to ISU Lecture, *Gardening Can
Be Murder...* Reiman Gardens

Friday, October 13

8:30—10:30 1st National Bank, Founders
10:00 Bus to Walmart & North Fareway
10:30 Friday Chat, Apple Tasting
with Dustin from Fareway, GR 
11:30 Bus to Ada Hayden Park, Barb
Gurganus presents on Medicine Wheel



Saturday, October 14

8:30 Bus to Walk to End Alzheimers
9:30 Ames Children's Chorus Concert, GR

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

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

Joey Saavedra is hosting a **Free Health Screening Assessment** that includes: Blood Pressure, Lung Function, and BMI on October 12th from 12:30-4:00pm People can sign up in the Wellness Center.

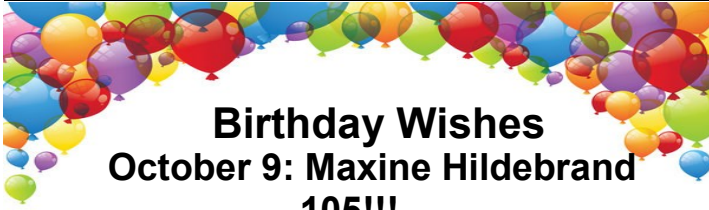


Sunday Dinner October 8, 12:30 p.m.

Sautéed Chicken
Roasted Potatoes
Key West Blend Vegetables
Cantaloupe & Grapes
White Cake



ANNOUNCEMENTS



Birthday Wishes

**October 9: Maxine Hildebrand
105!!!**

October 10: Elaine Faas

October 13: Duane Mangold

October 13: Kay Scott

October 14: Roberta Abraham



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 4 will host on October 10 and 17.**

Friday Chats, 10:30 am, GR

Oct 6: Shana Moothedath, Scams & Tech

Oct 13: Apple Tasting with Fareway's Dustin

Friday Shopping Trips

Please note the departure time for shopping at North Walmart and Fareway on Fridays has been moved up to 10:00 am from now on, per request of the shoppers. All other trips remain as they have been.

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. (Please do not bring them at other times if at all possible.)

National Hispanic Heritage Month

Steve Coon, will present a Spanish Music Program with popular Latino music and the history of the songs. Join us **Tues, Oct 10** right after Coffee for this Hispanic Heritage Musical celebration!



If you have Danish ancestors...

...please call Joanne Frederiksen to learn about a "Kaffe & Kringle" gathering being planned by the Museum of Danish America here in Ames. She is anxious to speak to you at 515-232-5219.



The Walk to End Alzheimers

A bus will be provided if enough interest— Sign up to join our Team Heartwood! Donations are not necessary, and you get a lovely walk from CPMI into the Tedesco Park. Sat, Oct 14, bus at 8:30. For more info and to register, see https://act.alz.org/site/TR?fr_id=16508&pg=team&team_id=795586

Welcome New Residents

Stan Henning and Kay Puttock have joined us as residents in J-24. Welcome Kay & Stan to Northcrest!

Global Handwashing Day-Oct 15

Yes, there is a Global Day to recognize the importance of washing your hands to minimize germs from spreading! Practice good habits using soap especially with Flu season around the corner!



Flu & Covid Awareness

Please stay home if you don't feel well. Wash your hands often. It is wise to have Covid test kits on hand for your own use. The government is again sending out kits at no charge. Go to Covid.gov/tests to order and you will receive 4 at home tests by mail. And if you do test positive, stay home for at least 5 days with no interaction with others. Then please wear a mask for the next 5 days. Let's help protect each other!

The CREST

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

Soup of the Day:

Broccoli & Cheese

Special of the Week:

**Chili Supreme with cheddar cheese,
sour cream, fritos & cornbread**



LECTURES & LEARNING

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, Author Steve Jones on Trice, Public Library, Oct 11, Bus at 6:30 pm

Christiansen Forest Preserve



Nature talk at a Story County Forest Preserve with Naturalist Brandon Clough. Lawn Chairs are recommended. Then on to lunch at The Flight, Huxley. Lunch at your cost. 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.

PLACES TO GO

Iowa Capitol & Historical Building

Tours set up at our State Capitol and at the newly renovated Historical Building, or shop East Village on your own! \$10 Bus fee. Tue, Oct 17, Bus at 10:30am, Home by 5:00 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. Must have 12!

ENTERTAINMENT

Central Iowa Symphony

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

Ames Children's Chorus HERE!

Don't miss a very short concert right here in the GR, Sat, Oct 14, 9:30 am!!!



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.

Ragtime in Randall

Do you love ragtime music? Hop on the bus to go to the big town of Randall for the Ragtime in Randall music event. It is a free will offering for both the music and the "Church Ladies" meal offered at intermission. There are 2 parts, afternoon & evening. The bus riders will decide by vote how long they will stay. Need 12 to go. \$7 bus fee, Sat, Oct 14, Bus at 1:15 pm.

ISU Symphony Orchestra



\$5 at door, MET, Sun, Oct 15, Bus, 6:45 pm
Remember many ISU Music events are live streamed at music.iastate.edu

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



• Fri, Oct 6, vs Texas Tech, Bus at 6:00 pm



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 8

Lunch: Sautéed Chicken, Roasted Potatoes, Key West Blend Vegetables, Cantaloupe & Grapes, White Cake

Monday, October 9

Lunch: Fish Sandwich, Potato Chips, Creamy Coleslaw, Fresh Fruit, Frosted Brownie

Dinner: Moroccan Spice Pork Loin with Apple Chutney, Mashed Sweet Potatoes, Peas, Strawberries, Lemon Bar

Tuesday, October 10

Lunch: Chef Salad, Dinner Roll, Peaches, Yogurt Par fait

Wednesday, October 11

Lunch: Gyro with Lettuce, Tomato, Sautéed Onions, Feta Cheese & Tzatziki Sauce, Macaroni Salad, Watermelon, Cookie

Thursday, October 12

Lunch: Italian Meatball Sub Sandwich, Broccoli, Mandarin Oranges, Molasses Cookie

Friday, October 13

Lunch: Mushroom & Swiss Burger with Garlic Aioli, Onion Straws, Pickle Spear, Honeydew, Peanut Butter Mousse

Saturday, October 14

Lunch: Orange Chicken over Rice, Stir Fried Vegetables, Fortune Cookie, Fruit Salad, Coffee Cake

Dinner: Creamy Pasta & Ham, Vegetable Medley, Grapes, Pecan Bar

