

October 9

Northcrest News

Northcrest Community
Over 57 years of service to older adults

The Week at a Glance!

Sunday, October 9

12:30 Sunday Lunch
2:00 Hymn Sing, Green Rm.
6:30 Fire Pit party with Tom Box

Monday, October 10

10:00 Fareway shopping
2:00 Northcrest Stitchers, GR

Tuesday, October 11

9:30 Tuesday Coffee, Parkway Floor 3
Wear your name tag and bring your cup!
10:45 Ravine Tour #2, meet at the Pergola
6:30 DMMO Opera Guild meeting, GR

Wednesday, October 12 The Crest is open

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs
6:00 Bus to Volleyball vs W. Virginia
7:30 ISU Faculty String Concert, Livecast

Thursday, October 13 The Crest is open

4:00 Enjoy LaVone on piano, Green Rm
6:00 Game Night, LIB
7:00 Bus to Town & Gown concert, MET
7:00 Bus to *Evening with CS Lewis*,
Stephens

Friday, October 14 The Crest is open

8:30-10:30 1st National Bank, Founders'
9:15 Bus to IA Arboretum, and Lunch at
Whatcha Smokin?!
10:30 Bus to Walmart
7:30 Bus to *Whose Live Anyway?*,
Stephens

Saturday, October 15

8-12 Walk to End Alzheimers
1:00—4:00 Open House at Christian
Petersen and Farm House Museums,
No Bus

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
4:00pm Mon & Wed



Wellness Program quick news:

Open gym is available anytime a class is not going on, plus strength and cardio machines can be used while a class is going on EXCEPT during yoga classes.

ALSO- The Yoga Room area and its video system is available for use for solo or small group yoga practice.



Sunday Dinner October 9, 12:30 p.m.

Grilled Ham with
Honey Mustard Sauce
Twice-Baked Mashed Potatoes
Green Beans
Fresh Melon Salad
Cherry Pie



ANNOUNCEMENTS

Tuesday Coffees

On October 11 & 18, Parkway Floor 3 will host. We will gather in the Grand Room as well as via Zoom. Watch for an email invitation. Bring your name tag and mug!



Birthday Wishes

October 9: Maxine Hildebrand- 104!!!

October 10: Elaine Faas

October 13: Duane Mangold

October 13: Kay Scott

October 14: Roberta Abraham

Friday Chats: 10:30 am, GR

October 7: Ron Orth & Rev. Russ Melby, will speak about the Crop Hunger Walk. The Ames Area Walk will be held on Sun, Oct 9, with money raised going to seven hunger-related agencies in Story County and around the world.

Northcrest Stitchers

To all happy Stitchers: we will meet next Monday, Oct 10, in the Grand Room at 2:00. Norma Sisson will demonstrate how she made her delightful Santa chair covers. Bring your show and tell items and we will have some more good fun.

Walk to End Alzheimers'

Support our residents, family & staff members who form Team Heartwood House. Questions about t-shirts and donations may be directed to Jessica, the NC Activity Director. Join in, Sat, Oct 15, CPMI Event Center. Bus at 8:30 am.

DM Metro Opera Guild

The Des Moines Metro Opera Guild is holding their monthly meetings at Northcrest. Learn about the ISU Opera Studio. Tue, Oct 11, 6:30 pm, GR



Fall Foliage Walk



Enjoy a fall walk in the woods with The Outdoor Alliance of Story County at Sopers Mill, 56364 170th St Turn into the park at the Soper's Mill sign, continue down the gravel lane to the first parking area on your left.

The walk is free and open to the public, no registration required. Contact info@oasco.org for more information.

Tue, Oct 11, 1:00 p.m. - 3:30 p.m. No Bus.

Halloween Activities

- Start thinking about a "punny" costume for our party, Mon, Oct 31. Funny, scary, silly, whatever makes you smile... Hijinx are sure to follow!
 - Pumpkins will be available to decorate with stick on features or any creative spin you'd like to show!
- Thu, Oct 27, 2:30 pm, SR.



Larry Koehrsen cuts the ribbon on the newly refurbished walking trail in the Ravine, with help from fellow Landscape Committee members, Jane Lohnes and Brent Pearce. Try it out starting at the Pergola...Larry will lead another tour on Tue, Oct 11, 10:45 am.

Northcrest Abbreviations:

GR: Grand Rm, (don't confuse with Green Rm; that will be spelled out if used from now on)

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

Iowa Arboretum and Lunch



Spend a fall day with a Hop-On Guide, Donald Lewis, on our bus touring the grounds at the Iowa Arboretum. Then a stop at Whatcha Smokin' in Luther for lunch on the way home! \$15 for tour and bus billed to your NC account. Lunch on your own dime. Fri, Oct 14, Bus at 9:15 am.

Movie Choice: North Grand Cinema White Bird

Julian has struggled to belong ever since he was expelled from his former school. To transform his life, Julian's grandmother finally reveals her own story of courage. During her youth in Nazi-occupied France, a boy shelters her from mortal danger. Together, they find first love in a stunning, magical world of their own creation, while the boy's mother risks everything to keep her safe.

Ticket to Paradise

George Clooney and Julia Roberts reunite on the big screen as exes who find themselves on a shared mission to stop their lovestruck daughter from making the same mistake they once made.

\$5 on Tuesdays, **Bus on Oct 18**, Time TBA

Lunch Out

Let's give the ISU Tea Room a try! Oven Fried Chicken, Delmonico Potatoes, Savory Peas. Salad, Dessert, Coffee for \$8, Tue, Oct 25, Bus at 11:15 am.

SPORTS



ISU Volleyball

- Oct 7, vs Kansas, Bus at 6:00 pm
- Oct 12, vs W. Virginia, Bus, 6:00 pm
- Oct 19, vs Texas, Bus at 6:00 pm
- Oct 28, vs TCU, Bus at 6:00 pm

ISU Football



- Oct 8, Step Show, No Bus
Game vs Kansas State, Bus 5:30 pm
- Oct 29, vs Oklahoma, Bus TBA

ENTERTAINMENT

ISU Music—music.iastate.edu

- Sat, Oct 8, Organ Concert, Livecast, Bus cancelled
- Sun, Oct 16, Collage of Choirs, \$10, Stephens, Bus at 2:30 pm
- Tue, Oct 25, Octubaween, Free, MET, Bus at 6:45 pm.
- Sun Oct 30, Statesmen, \$5, Bus at 12:45 pm.

Central Iowa Symphony

Concert of Violin & Viola, Sat, Oct 8, Bus at 6:30, City Auditorium

Town & Gown

Harp & Violin Concert, MET, \$30 at the door. Thu, Oct 13, Bus at 7:00 pm



Elvis Tribute

Joseph Hall performs in tribute to Elvis. The Talent Factory, Nevada, \$20 on line at IOWATALENTFACTORY.com No Bus

CY Stephens events

Purchase your own tickets on-line at center.iastate.edu. (Or ask Ronnie)

- Thu, Oct 13, Evening with CS Lewis, Bus at 7 pm
- Fri, Oct 14, *Whose Live Anyway*, Bus at 7:30 pm

If you have tickets for shows beside the major musical productions, please let the Front Desk or Ronnie know. Buses won't be scheduled for all shows automatically without a request. Need 6 to take a bus!

The CREST

Open Wed, Thu, Fri
12:00-2:00 pm, 4:30-7:00 pm

Specials: 4:30-5:00 pm

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

Soup of the Day:

Tomato Basil



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 9

Lunch: Grilled Ham with Honey Mustard Sauce, Twice Baked Mashed Potatoes, Green Beans, Fresh Melon Salad, Cherry Pie



Monday, October 10

Lunch: Breaded Flounder, Waffle Fries, Creamy Coleslaw, Mandarin Oranges, Chocolate Chip Cookie

Dinner: BBQ Chicken Thighs, Baked Potato, Corn, Fresh Apple Salad, Caramel Cheesecake

Tuesday, October 11

Lunch: Taco Salad, Corn Muffin, Cantaloupe, Yellow Cake with Chocolate Frosting

Dinner: Jambalaya, Stir-Fried Vegetables, Fruit Salad, Cream Puff

Wednesday, October 12

Lunch: Grilled Turkey & Cheese on Sourdough with Pesto Aioli, Potato Chips, Bread & Butter Pickles, Cherries, Oatmeal Bar

Thursday, October 13

Lunch: Gyro, Sweet Potato Fries, Pineapple, Chocolate Cream Pie

Friday, October 14

Lunch: Cheese Tortellini with Meat Marinara, Garlic Toast, Spiced Apple Rings, Three Bean Salad, Cookie

Saturday, October 15

Lunch: Orange Chicken over Fried Rice, Asian Style Green Beans, Fortune Cookie, Pears, Spice Cake

Dinner: Beef Stroganoff with Egg Noodles, Peas & Onions, Honeydew, Banana Pie