

# 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 Northerest 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!



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 <a href="mailto:info@oasco.org">info@oasco.org</a> 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**

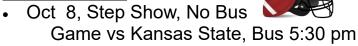
Let's give the ISU Tea Room a try! Oven Fried Chicken, Delmonico Potatoes, Savory Peas. Salad, Dessert, Coffee for \$8, Tue, Oct 25, Bus at 11:15 am.

#### **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 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

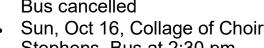
Open Wed, Thu, Fri 12:00-2:00 pm, 4:30-7:00 pm

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