

National Grandparents' Day



September 10, 2023

Northcrest News

Northcrest Community
Over 58 years of service to older adults in the Greater Ames community



The Week at a Glance!

Sunday, September 10 Grandparents' Day!

2:00 Hymn Sing, AL Dining Room

Monday, September 11

8:30 Bus to Ada Hayden Golf Cart Tour

10:00 Bus to Fareway shopping

2:00 Northcrest Stitchers, GR

Tuesday, September 12

9:30 Tuesday Coffee, Parkway, Floor 2

4:30 Bus to Arboretum, Tunes in the Trees

Wednesday, September 13

10:00 Blood Pressure Clinic

10:30 Bus to ALDI or Hy-Vee

Thursday, September 14

2:00 Northcrest Foundation Kick-Off, GR

5:10 Bus to Tom Stancliffe, Artist Talk, Christian Petersen Museum

6:00 Bus to Volleyball vs UCSB

Friday, September 15

8:30—10:30 1st National Bank, Founders

10:30 Bus to Walmart & North Fareway

10:30 Friday Chat, Mel Crippen, GR

2:00 Annual NC Foudation Kick-Off, GR

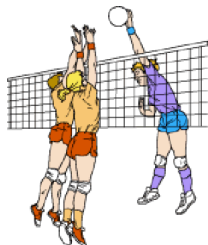
6:00 Bus to Volleyball vs Ohio

7:00 Bus to ACTORS play

Saturday, September 16

12:45 Bus to ISU Organ Festival, MET

1:30 Bus to Volleyball vs Drake



Health & Wellness

Podiatry: Contact Kathy at ext. 7220 for information.



Hearing Aid maintenance:

October 3: (1st Tuesday of every month, 1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

The All-Ability bike will be available for fun fall biking in September. Please sign up at the Wellness Center Binder table.

A 12-week **Tai Chi Class** is available at Northminster Presbyterian Church on Tuesdays and Fridays beginning September 12, 9:00-9:45 am. Free! Car pool with your friends!

Informational Session for 8 Week **Blood Pressure & Walking Program:** Sept 21, 9:15 am, Wellness Center

Sunday Dinner September 10, 12:30 p.m.

Chicken Kiev
Long Grain & Wild Rice
Sunshine Carrots
Watermelon & Grapes
Cherry Pie



ANNOUNCEMENTS



Birthday Wishes

September 5: Dale Christensen
(Missed last week!)

September 10: Pat Magoon

September 12: Charlene Carsrud

September 13: Rita Lemanczyk

September 14: Cynthia Gaunt

September 15: Norm Scott

September 16: Larry Koehrsen

Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 2 will host on September 12.**



Friday Chats, 10:30 am, GR

September 8: Gabriele Edwards, Ames City Forester. Learn how Ames watches over thousands of trees in the city!!

September 15: Mel Crippen, formerly of KASI and forever a fan of Northcrest!

NC Foundation Kick-Off event

The Annual Giving Campaign Kick Off event has now moved to Friday, Sept 15, 2:00 pm, GR. Come learn what your donation does for Northcrest!

Northcrest Stitches



All are welcome to attend this monthly meeting held on the 2nd Tuesday of the month. This month is a class led by Beth Douglas to make a Diagonal Fold Pocket Wallet, a one-page Folded Book and more. Participate by letting Evonn Walling know, or simply come and watch!

Mon, Sept 11, 2:00 pm, GR.

Flu Shot Clinic, October 2, 1-3 pm

The sign-up sheet for the October Flu Shot Clinic is at the Front Desk, along with the necessary consent form. **Please sign up by Sept 29 noon.**

ISU Lecture Series

The ISU Lecture Series can be viewed at lectures.iastate.edu/events. We need 6 or more to go? There is a list in the back of the Activities Book for you to mark your interest.

Ames Artists' Studio Tour



Sat., Sept. 30 & Sun., Oct. 1, During this free, self-guided tour, patrons may visit any number of the fourteen participating studios and discover the original art – paintings, furniture, jewelry, ceramics, and more – created by Ames area artists in their studios. Details on the Ames Community Arts Council's website: www.amesart.org. No Bus.

Beginner Line Dance Lessons

6 week Line Dance Class at the Community Center. Mondays 4:30-5:15 pm, Oct 2-Nov 6. Register at amesparkrec.org for Activity #290330. \$38 each. Maybe a dance club?!

Reiman Gardens Arizona Trip

Take a bus trip with Director Ed Lyon for an Arizona Desert Adventure. February 18-24. Members-only trip now open for registration through Country Travels.

OKTOBERFEST

SEPTEMBER 21, NOON



Join us in the GR for Music and Great German Food!



Brats, Sauerkraut, & lots more!

\$18.95, Call Kitchen to Reserve!

Reservation deadline by

Tue, Sept 19, 9:00 am.

The CREST

Now Open Tuesdays!!

Tue–Fri, Sept 12–15

12-2:00 pm and 4:30-7:00 pm



Soup of the Day: Tomato Basil Bisque
Feature of the Week: Deluxe Grilled Cheese with Bacon

PLACES TO GO

Ada Hayden Golf Cart Tour

The Friends of Ada Hayden are again offering a golf cart tour of the park. Free, 9-10:30 am. Mon, Sept 11, Bus at 8:30 am.

ACTORS Starts 68th Season

The Play That Goes Wrong. \$20 tickets available on-line or at Alpha Copies. Buses will be available on

- Fri, Sept 15, 7:00 pm
- Sun, Sept 24, 1:30 pm

ACTORS



Museum Receptions

Chrisian Petersen: Artist Talk with metal artist Tom Stancliffe. He has the new Ghost Trees installed in the ISU Sculpture Garden. Thu, Sept 14, Bus at 5:10 pm.

Brunner: Glass Epergnes on display. (That is pronounced eh-pr-nay). These are stunning glass table centerpieces with holders for fruit, flowers, etc. Light refreshments will be served.. Sun, Sept 17, Bus at 1:30 pm.



Tunes in the Trees

Go to the Iowa Arboretum for music outside with a fiddler and guitarist! Food truck open at 5, music starts at 6 pm. \$7 plus food. Bring a lawn chair! Tue, Sept 12, Bus at 4:30 pm.



ISU Organ Festival

Enjoy the sounds of the organ at the ISU Martha Ellen Tye Hall (MET) on Sat, Sept 16, Bus at 12:45 pm. (Note the time is earlier than originally posted.)

Tour the Student Innovation Bldg

Another museum sponsored tour discussing the art and the research done in this interesting building! \$5, Wed, Sept 20, Bus 1:10.

League of Women Voters

Who Wins when the States Run Lotteries? This topic will be presented on Thu, Sept 21, at the Public Library. Bus at 6:30 pm.

The Walk to End Alzheimers

Mark your calendar for Sat, Oct 14 for the annual Walk. You can support our Team Heartwood by joining on the walk! For more info, see https://act.alz.org/site/TR?fr_id=16508&pg=team&team_id=795586

The Season at Stephens

Please let me know if you have tickets to shows at Stephens. If there are 6 of you, we can take a bus! Here are just a few... Sun, Oct 1: The Foolers (magicians) Fri, Oct 6: The Guess Who Sat, Oct 21: Illuminate (glow-dance) Tue, Oct 24: Symphony of Mexico *There is a survey in the back of the Activities Book to show interest.*

SPORTS



Football

Northcrest is again a sponsor of the ISU Tail Gate Step Show for most home games. We will plan on taking a bus for these.

Step Shows:

Sept 9 vs Iowa, Bus at 12:00 pm
Sept 23 vs Oklahoma, Bus TBD



Volleyball

- Thu, Sept 14, vs UCSB, Bus at 6:00 pm
- Fri, Sept 15, vs Ohio, Bus at 6:00 pm
- Sat, Sept 16, vs Drake, Bus at 1:30 pm

THE GARDEN SPOT

If you need herbs, contact Margie @ 515-290-2712 or Karen @ 515-231-8656 to harvest for you. They welcome your feedback and any suggestions for herbs in 2024!

In Loving Memory
of

Julianne Jorstad

2/1/1934—8/28/2023

Future services are pending.

Roger Burras

Passed September 3, 2023

Private Family Service

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, September 10

Lunch: Chicken Kiev, Long Grain & Wild Rice, Sunshine Carrots, Watermelon & Grapes, Cherry Pie

Dinner: Vegetable Beef & Barley Soup, Ham & Cheese Sandwich, Cherries, Peppermint Ice Cream

Monday, September 11

Lunch: Western Burger with Lettuce, Tomato & BBQ Sauce on the Side, French Fries, Strawberries, Fresh Cut Vegetable Salad, Cookie

Dinner: Creamy Pesto Chicken, Twice-Baked Mashed Potatoes, Key West Blend Vegetables, Peaches, M&M Brownie

Tuesday, September 12

Lunch: Sweet & Sour Chicken, Stir Fried Vegetables, Egg Roll, Pineapple & Blueberries, Spice Cake

Wednesday, September 13

Lunch: Philly Cheese Steak with Roasted Peppers, Onions & Monterrey Cheese, Broccoli, Honeydew, Turnover

Thursday, September 14

Lunch: Turkey & Cheese Sandwich with Lettuce, Potato Chips, Grapes, Carrot Sticks, Snickerdoodle

Friday, September 15

Lunch: Beef Tostadas with Shredded Lettuce, Tomato, Onion & Cheddar Cheese, Black Bean & Corn Salsa, Cantaloupe, Ice Cream Bar

Saturday, September 16

Lunch: Pulled Chicken Sandwich, Potato Salad, Bread & Butter Pickles, Watermelon, Lemon Bar



GO
TEAM

