



September 11 Northcrest News



Northcrest Community
Over 57 years of service to older adults

The Week at a Glance!

Sunday, September 11

12:30 Sunday Lunch
2:00 Hymn Sing

Monday, September 12

10:00 Fareway shopping
11:00 Bus to Ada Hayden Park Tour
2:00 Towel Dying Workshop, Social Rm

Tuesday, September 13

9:30 **Tuesday Coffee, Parkway Floor 1**
Wear your name tag and bring your cup!
6:00 Bus to ISU Volleyball vs UNI

Wednesday, September 14

10:00 Blood Pressure Clinic
10:30 Bus to ALDIs (Note: time change)
The Crest is open
3:15 Bus to Monarch Mania, West Peterson Park

Thursday, September 15

10:00 Writers' Group
The Crest is open
3:30 Bus to ISU Farm House tour
4:00 Alzheimers Support Group, FR
6:00 Game Night, LIB
6:30 Bus to Lecture on Water Quality, Ames Public Library

Friday, September 16

8:30-10:30 1st National Bank, Founders'
10:30 Bus to Walmart (Note: new time)
10:30 Friday Chat with artist Jane Baty
The Crest is open
4:00 Sherry Luxton, piano concert, GR

Saturday, September 17

11:00 Bus to ISU Step Show
12:00 Bus to ISU Football vs Ohio



Health & Wellness

Hearing Aid maintenance:

October 4 (1st Tuesday of every month, 1:30)

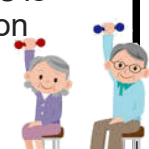
Massage Therapy: Darlene, 515-708-1556

DAILY EXERCISE

Tap-Fit exercise: 4:00 Mon, Wed, Fri
10:30 Tue & Thu

Wellness Program quick news:

- To help stay adequately hydrated, the Fitness instructors remind all to bring a water bottle to exercise class to sip during and after class.
- Open Gym times:** Anytime a fitness class is not on the schedule is considered "Open Gym" time. ALSO: The Strength & Cardio machines are available to use even if a Group class is going on, EXCEPT during the 2 hours of Yoga classes on Wednesday afternoons (1:30-3:45).
- The sign-up book for **Week Four classes** is available in the Wellness Center common area. Look for the white shelf located right under the clock.



Sunday Dinner September 11, 12:30 p.m.

Sautéed Chicken Breast
Long Grain & Wild Rice
Key West Blend Vegetables
Fresh Fruit
Spice Cake



ANNOUNCEMENTS

Tuesday Coffees

On September 13 & 20, Parkway Floor 1 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!



*Please bring your cell phones to Tuesday Coffee—
It's a surprise!*



Birthday Wishes

September 12: Charlene Carsrud

September 14: Cynthia Gaunt

September 15: Norm Scott

September 16: Larry Koehrsen

Friday Chats: 10:30 am

September 16: Artist Jane Baty

Landscape Committee's Booklet

A Walk Through the Northcrest Gardens is available for \$11.00. View and sign up to buy a copy in the Library. For info, ask Jan Beran.



Square Dance Lessons

Beginner Modern Square Dance Lessons available on Mondays, 7-9:00 pm, starting Sept 12 through Jan 9. Gilbert Elementary School Gym, \$15 per person, donated to the school. For more info, contact Barry Peck, instructor, at 515-868-4445 or at barcarpeck@gmail.com



NC Stitchers Towel-Dyeing

Carolyn Abbott will teach you how to dye a dish towel with fiber reactive dyes. Contact Carolyn to reserve a spot. c2tabbott@gmail.com Mon, Sept 12, 2:00 pm, Social Rm in Lower Level.

LaVone Newell on piano



Enjoy LaVone's tunes 2nd & 4th Thursdays of the month in the Green Room, 4:00 pm.

ALDI and Walmart shopping

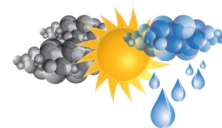


Shopping on Wed and Fri will move to 10:30 am (instead of 10 am) to alleviate conflicts with exercise classes. Starts on Wed, Sept 14. Sign up 24 hours ahead!

Northcrest Weather Station

Steps to download the app:

- Search for **Davis Weatherlink** in app store
- Download and install the app
- Create an account (sign in)
- Provide your email address
- Create a username (in this app, your username & email address can be different)



- Create a password and confirm

Once in the app:

- Search for Northcrest Community or, if in Ames, allow the app to use your location when using the app.

Veteran's Day Photos



Veteran's Day is Nov 11. If you served in any branch of the military, please make sure we have a photo for our Honor Wall.

Thank You!



Northcrest would like to take this opportunity to thank Lee Smithson for his contribution to Northcrest with his sign-making talents! Lee has been changing, managing, and installing the lamp post name signs for over 15 years and has decided to retire. We appreciate all of his efforts in making these signs, along with his many years of service and support to Northcrest. Thank you Lee!

Sing Around the Campfire

Celebrate the first day of Autumn! Jesse, of the Medicine Men, will be back to sing for us around the new fire-pit, located between the H Building and the Wellness Center door. Bring your own lawn chair and a willingness to hum along! Thu, Sept 22, 7:00 pm.



PLACES TO GO, THINGS TO DO

Monarch Mania



You must register yourself by Mon Sept 12 at storycountyowa.gov to attend.

(Check date) \$5 fee. Peterson Park West, Bus at 3:15 pm, Wed, Sept 14.

Ada Hayden Golf Cart Tours

The Friends of Ada Hayden are again offering 90-minute golf cart tours with guides around the lake. Sign up on the waiting list for Mon, Sept 12, bus at 11:00.

SPORTS



ISU Volleyball

- vs IOWA, Fri, Sept 9, Bus at 6:00 pm
- vs Wright St, Sat, Sept 10, Bus at 10:30
- Vs UNI, Tue, Sept 13, Bus at 6:00 pm

ISU Football

- Sept 10, vs IOWA, Watch Party starts at 2:30 pm, Grand Room
- Sept 17, Step Show, Bus at 11:00 am
Game vs Ohio, Bus at 12:00 pm



LECTURES & LEARNING

League of Women Voters Lecture

- * Many factors affect Iowa water quality and don't have the same cause or solution. Public Library, Thu, Sept 15, Bus at 6:30 pm.
- * Hear discussion on "Local News on Life Support". Public Library, Wed, Sept 28, Bus at 6:00 pm.

ISU Farm House Arts & Crafts Tour

Curator Allison will lead an in-depth exploration of the Farm House Museum and the current exhibition *Arts & Craftsman: Honesty, Simplicity and Truth to Materials*. Thu, Sept 15, Bus at 3:30 pm

Retiree's Fall Lecture Series

The ISU Retirees are inviting all to join them online for the fall lectures. The Zoom link for

each lecture will be available on the event page of the ISU Retiree website at www.ISUalum.org/RetireesEvents the day before. The program starts at 3:30 pm. On Thu, Sept. 22, hear Steve Kawaler, speak on *Planets Beyond Our Solar System*. On Thu, Oct 27, *Fraud Protection for Seniors* will be presented.

ENTERTAINMENT

Sherry Luxton, pianist returns!

Sherry, whose parents, the Russells, were past residents, returns for her annual piano concert. Fri, Sept 16, 4:00 pm, Grand Room

ACTORS

See *Steel Magnolias!*

Bus available on

- Fri, Sept 9, 7:00 pm.
- Sun, Sept 18, 1:30 pm.



CY Stephens events

- Tue, Sept 20: Kardemimmit, Finnish Music, Bus at 6:30 pm
- Fri, Sept 30: Fab Four: Bus at 7:30 pm
- Tue, Oct 4: *Anastasia*, Bus at 7:30 pm
- Thu, Oct 6: 3 Dog Night, Bus at 7:00 pm

COVID UPDATES

Current status of Northcrest Community:

New Cases within the past seven days:

Residents - 4

Staff - 2



Wear your team colors on Fridays to support your favorite team!



The CREST

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

Specials: 4:30-5:00

All Drinks: \$3.50

Select Appetizers: \$5.00



Soup of the Day: White Chicken Chili

Call the Main Kitchen to order
515-232-6760, ext. 7212

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 11

Lunch: Sautéed Chicken Breast, Long Grain & Wild Rice, Key West Blend Vegetables, Fresh Fruit, Spice Cake

Monday, September 12

Lunch: Pork Burger with Lettuce, Tomato, Red Onion & Grilled Pineapple Rings, Munster Cheese Curds, Cantaloupe, Peanut Butter Cookie

Dinner: Four-Cheese Baked Ziti with Meat Marinara, Breadstick, Apple Slices, Side Salad, Custard

Tuesday, September 13

Lunch: Italian Sandwich with Salami, Turkey, Roast Beef, Lettuce, Tomato, Onion & Provolone Cheese, Italian Mayo on the Side, Pasta Salad, Pickle Spear, Grapes, Frosted Brownie

Dinner: Chicken Oscar, Parmesan & Herb Potatoes, Peas, Peaches, Blueberry Cheesecake

Wednesday, September 14

Lunch: Taco Chili, Tortilla Chips, Watermelon, Root Beer Float

Thursday, September 15

Lunch: Tangy Golden Chicken on Romaine with Bacon, Egg, Tomatoes & Ranch Dressing, Blueberry Muffin, Cottage Cheese, Yogurt Parfait

Friday, September 16

Lunch: Turkey Tetrizzini, Vegetable Medley, Fruit Salad, Dreamland Bar

Saturday, September 17

Lunch: Hot Ham & Cheese Croissant, Potato Chips, Strawberries, Carrot & Celery Sticks with Ranch Dressing, Chocolate Raspberry Jell-O Cake

Dinner: Pepper Steak over Rice, Green Beans, Cherries, Chocolate Chip Cookie Bar