

September 17, 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 17

1:30 Bus to Brunnier Museum, Reception
2:00 Hymn Sing, AL Dining Room

Monday, September 18

10:00 Bus to Fareway shopping
1:00 "Get to Know Ryan", GR
Have you reserved your Oktoberfest meal yet? Deadline tomorrow by 9 am!

Tuesday, September 19

9:30 Tuesday Coffee, Parkway, Floor 2
2:30 Bus to *Big Fat Greek Wedding*, N. Grand Cinema

Wednesday, September 20

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee
1:10 Bus to Tour the Student Innovation Building on campus

Thursday, September 21

9:15 Info Session on Walking program, Wellness Center
Noon: Oktoberfest, GR
(Crest is Closed Today)
6:30 Bus to LWV Lecture on Lotteries, Library



Friday, September 22

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
10:30 Friday Chat, postponed

Saturday, September 23 First Day of Fall

1:00 Bus to ISU Step Show
3:00 ISU vs Oklahoma, watch on FS1

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!

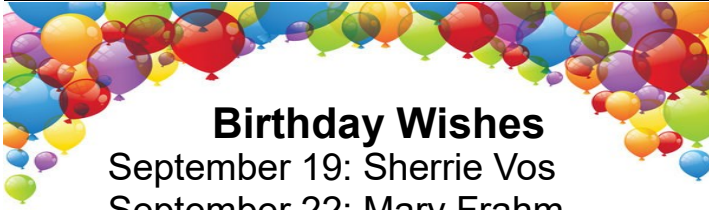
Informational Session for 8 Week **Blood Pressure & Walking Program:** Sept 21, 9:15 am, Wellness Center

Sunday Dinner September 17, 12:30 p.m.

Baked Ham
Mashed Sweet Potatoes
Normandy Blend Vegetables
Fresh Melon Salad
Fruit of the Forest Pie



ANNOUNCEMENTS



Birthday Wishes

September 19: Sherrie Vos
September 22: Mary Frahm
September 22: Don Snyder



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 19 again.**

Friday Chats, 10:30 am, GR

September 15: Mel Crippen
No Chats scheduled for Sept 22 or 29.

NC Foundation Kick-Off event

The Annual Giving Campaign Kick Off event
Friday, Sept 15, 2:00 pm, GR.

Get to Know Ryan, Nutritionist

Ryan Constant is the new NC Nutrition Consultant. He will offer a "Get to Know" session for you to learn about him and the benefits he can offer. The first group nutrition class is free and will be Mon, Sept 18, 1:00 pm in the GR. You may get more information or schedule individual sessions with Ryan by email or phone: 641-521-2124 or rconstant@northcrestcommunity.org.

Are you a Human Spellcheck?

We are going to hold a Spelling Bee on Thu, Oct 5. Sign up to have some fun!!

Note from Eric on Phone Scams

*I think it's safe to delete a suspicious voicemail or text. That way it's not there to mistakenly interact with later! Most phones nowadays also have a "Report Message" or "Mark as Spam" setting for calls and texts. Reporting these is a good idea as long as folks are careful and **do not tap any links in the message itself.** Scams can also be reported to the FTC online at reportfraud.ftc.gov.*

The Walk to End Alzheimers

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

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.**

Welcome New Residents to NC!

Bruce and Beverly Hucker K-33
Terry & Dianne Wycoff F-22

Do You Have Tickets For Stephens?

If there are 6 of you, we can take a bus!
Tue, Oct 24: Symphony of Mexico, Bus is now scheduled. *There is a survey in the back of the Activities Book to show interest.*

OKTOBERFEST

SEPTEMBER 21, NOON, GR



Emil Polashek on accordion!

Grilled Brats, Beer Battered Cod, German Potato Salad, Sauerkraut, Pretzel Bites with Cheese, Apple & Pineapple Salad, German Chocolate Brownies, Sam Adams Oktoberfest, Lemonade & Soda!

\$18.95, Call Kitchen to Reserve!

Reservation deadline by Tue, Sept 19, 9:00 am.



The CREST

**Tue, 19th, Wed, 20th, Fri, 22
12-2:00 pm and 4:30-7:00 pm**

**Closed Thursday all day
due to Oktoberfest**



Soup of the Day: Potato Soup

PLACES TO GO

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 Reception

Brunner: Glass Epergnes on display. (That is pronounced eh-pr-nay). These are stunning glass pieces. Light refreshments will be served. Sun, Sept 17, Bus at 1:30 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.)

My Big Fat Greek Wedding, movie

Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. \$5, Tue, Sept 19, bus at 2:30 pm.

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.

State Historical & ISU Lecture

When a Dream Dies; The Farm Crisis of the '80's will be presented at the Memorial Union, on Tue, Sept 26, Bus at 5:30 pm.

ISU Lecture at Memorial Union

Wed, Oct 4: *Future of Inflation, Interest Rates & Banking*, Bus at 6:30 pm

Sherry Luxton, pianist

Many of you remember Sherry Luxton, the

daughter of former residents, who makes an annual trip to Ames from Eastern Iowa to play a concert for us. Enjoy on Fri, Sept 28, 3:00 pm, GR

Town & Gown

Enjoy the Baltimore Consort sponsored by Town & Gown, First Methodist, Fri, Sept 29, Bus at 7:00 pm.

Firepit Party

Remember you can use the small firepit anytime by following the directions posted there. Plan to come out to a group party with Paul Lasley and his musical group on Fri, Sept 29 at 6:30 pm!

O.W.L.S.

Jessica Butters from Prairie Rivers of Iowa will cover native pollinator diversity here in Iowa. She'll cover why we should care about pollinators and create habitat for them, the current habitat challenges, and how we can create the best home for them. Thu, Oct 5, Bus at 10:00 am.

Day Trip to the Amanas

Let's go to the Amanas on October 11!

A chartered bus will take us in comfort for a long day (8 am to 9 pm.) of history, shopping and eating. \$98 will cover bus, step on guide tour and sumptuous meal at Ox Yoke Inn. We need at least 30 to make this trip viable by Sept 25. Guests welcome! Deadline to cancel without fee is October 1.

SPORTS



Football

Northcrest is again a sponsor of the ISU Tail Gate Step Show for most home games.

Step Shows:

Sept 23 vs Oklahoma, Bus at 1:00 pm



Volleyball



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

Basketball sheets soon to come!

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 17

Lunch: Baked Ham, Mashed Sweet Potatoes, Normandy Blend Vegetables, Fresh Melon Salad, Fruit of the Forest Pie

Monday, September 18

Lunch: Salmon Club on Croissant with Lettuce, Tomato, Bacon & Sauce on the Side, Sun Chips, Bread & Butter Pickles, Fruit Salad, Turtle Brownie

Dinner: Shepherd's Pie Stuffed Baked Potato, Broccoli, Pineapple & Blueberries, Cookie

Tuesday, September 19

Lunch: Grilled Chicken on Lettuce with Dried Apple Chips, Feta Cheese, Pecans, Red Onions & Apple Fuji Dressing, Muffin, Cantaloupe, Sherbet

Wednesday, September 20

Lunch: Turkey Chili, Cornbread, Watermelon, Cupcake

Thursday, September 21

Lunch: White Cheddar Macaroni & Cheese, Carrots, Tropical Fruit Salad, Sugar Cookie

Dinner: Ham Balls, Au Gratin Potatoes, Green Beans, Cinnamon Applesauce, Fruit Pie

Friday, September 22

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Broccoli Salad, Pumpkin Mousse

Saturday, September 23

Lunch: French Dip with Au Jus, Pacific Blend Vegetables, Mandarin Oranges, Cherry Cake

Dinner: Peppered Steak over Rice, Vegetable Medley, Fresh Fruit, Mint Chocolate Chip Ice Cream