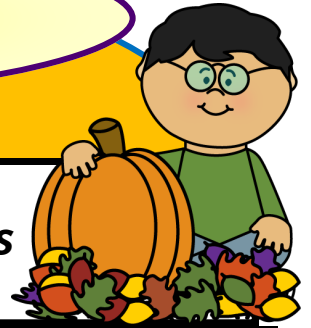


September 24, 2023

Northcrest News

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



The Week at a Glance!

Sunday, September 24 Octagon Art Festival

1:30 Bus to *The Play That Goes Wrong*,
ACTORS
2:00 Hymn Sing, AL Dining Room

Monday, September 25

10:00 Bus to Fareway shopping
3:00 Memory Café, Northminster Church

Tuesday, September 26

9:30 Tuesday Coffee, Parkway, Floor 3
5:30 Bus to ISU/State Historical Lecture

Wednesday, September 27

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee
2:00 New Partner Power Class



Thursday, September 28

3:00 Sherry Luxton on piano, GR



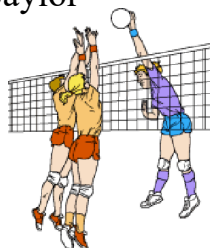
Friday, September 29

8:30—10:30 1st National Bank, Founders
9:30 Residents' Council Meeting, GR
10:30 Bus to Walmart & North Fareway
6:30 Firepit concert with Paul Lasley and
band Prairie Remnant, Bring lawn chairs!
7:00 Bus to Town & Gown concert, First
Methodist Church



Saturday, September 30

Self-guided Artists' Studio Tour, Today
& Sunday, No Bus
1:30 Bus to Volleyball vs Baylor



Health & Wellness

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.

New Class! "Partner Power Class": 4 week class on Wednesdays— Sept 27, Oct 4, 11, & 18 from 2-2:30pm.

Watch for Active Aging Week plans for October 2-6!!!!

Sunday Dinner

September 24, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Green Beans
Fresh Fruit
Apple Pie



ANNOUNCEMENTS



Birthday Wishes

September 24: Anita Fincham
September 27: Laura Shanks
September 30: Peg Pearce

Memory Café

Memory Café is a time for fun and socialization with individuals with memory loss and their caregivers. Car pool on Mon, Sept 25, 3:00 at Northminster Church, 1416 20th St.

Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 3 will host on September 26 & October 3.**



Artist Talk: Isaac Pryor

Stay after Tuesday Coffee on October 3 to hear from the artist who created our new exhibit of art! He will speak at 10:30, GR.

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 her wonderful talent on Thu, Sept 28, 3:00 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.**

Friday Chats, 10:30 am, GR

Oct 6: Shana Moothedath, Scams & Tech
Oct 13: Apple Tasting with Fareway's Dustin

Are you a Human Spellchecker?

As part of Active Aging Week, we are going to hold a Spelling Bee on Thu, Oct 5. Words will be a random selection of challenges. We have a few smartees already on the list! Sign up to have some fun!!

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

Clothing that Works Coat Drive

Start sorting through your fall and winter clothes. A winter coat drive for Clothing that Works, a clothing closet sponsored by Collegiate United Methodist Church, will be held **Monday, October 16th from 1:00-4:00 pm** in Ronnie's office, F-12. Residents can also bring clean coats in good condition to Coffee on Tue, Oct 17 or drop off before 12:00 noon at F-12.

Missing Walking Cane

Please help find a missing cane. The handle is a scene on a cream background with a hunting dog. The stick is wood grain. Marlys Potter reported this missing since last Saturday. It is a sentimental piece with family history, and she would love to have it returned. If found, please bring to the Front Desk.

KNUT'S KNOTES

We have started to upgrade the internet service for the main building apartments and common areas. The majority of the work will be running wires from the telecom rooms through the crawl spaces or above ceiling tiles. We will be adding WI-FI Access Points in each unit, and will need to access each apartment while installing the devices. We have started in atriums A-B-C and will continue to the other atriums as we continue. The project is scheduled to take two to three months to complete.

The CREST

Open Tue thru Fri, Sept 26-29
12-2:00 pm and 4:30-7:00 pm

Soup of the Day: Ham & Bean
Special for the Week:
Chicken, Mushroom & Swiss
Sandwich



PLACES TO GO

ACTORS Starts 68th Season

The Play That Goes Wrong, Bus on Sun, Sept 24, 1:30 pm

ACTORS

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

Town & Gown

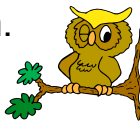
Enjoy the Baltimore Consort sponsored by Town & Gown, First Methodist, Fri, Sept 29, Bus at 7:00 pm.

Firepit Party



Plan to come out to a firepit party with Paul Lasley and his musical group, celebrating fall's crisp temps. Bring a lawn chair and jacket 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.

Carolyn Abbott on Exhibit at GH

Our own Carolyn Abbott is exhibiting her amazing textile art at Green Hills. She will speak on Fri, Oct 6. We will take a bus in support at 2:30pm. Sign up!!

Central Iowa Symphony

Start the season with "Chills & Thrills" and Caleb Polashek on violin. \$20 tickets at the door of Ames City Auditorium. Sat, Oct 7, Bus at 6:30 pm.



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, 3 hour guided tour and a sumptuous meal at the Ox Yoke Inn. There will be plenty of time for personal shopping as well. **We need at least 30 to sign up by Sept 25 to make this trip viable.** Guests are welcome! ***Let me know if the length of the trip is keeping you from signing up.*** 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:

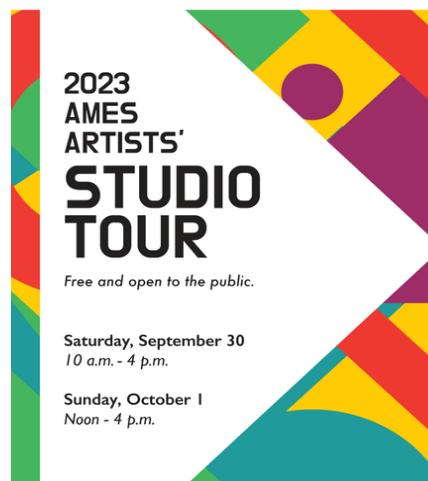
Sept 23 vs Oklahoma, Bus at 1:00 pm
Oct 7 vs TCU, Bus to be determined.
Nov 4 vs Kansas, Bus to be determined.

Volleyball



- Sat, Sept 30, vs Baylor, Bus at 1:30 pm
- Fri, Oct 6, vs Texas Tech, Bus at 6:00 pm

Bus sign-up sheets now available through December for Men's and Women's Basketball.



Go to amesart.org for a map, or start at Little Woods: Herbs & Teas, 136 Main St

Self-guided, no bus

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 24

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Green Beans, Fresh Fruit, Apple Pie

Monday, September 25

Lunch: Grilled Bratwurst with Sauerkraut, Baked Beans, Watermelon, Oatmeal Bar

Dinner: Meatloaf, Baked Potato, Sautéed Zucchini & Tomatoes, Fruit Salad, Angel Food Cake with Strawberries

Tuesday, September 26

Lunch: Fish Taco, Black Bean & Corn Salsa, Fresh Fruit, Chocolate Cream Pie

Wednesday, September 27

Lunch: Hot Beef Sandwich, Mashed Potatoes & Gravy, Sunshine Carrots, Peach Slices, Lemon Cake

Thursday, September 28

Lunch: Grilled Turkey & Cheese on Sourdough, Orange Slices, Bread & Butter Pickles, Pepper Slaw, Magic Bar

Friday, September 29

Lunch: Boneless Chicken Bites, French Fries, Fresh Cut Vegetable Salad, Pears, Jell-O Cake

Saturday, September 30

Lunch: Sloppy Joe Sandwich, Corn Chips, Grapes, Carrot Sticks, Chocolate Chip Cookie

Dinner: Bourbon Glazed Meatballs, Hashbrown Casserole, Corn, Tropical Fruit Salad, Coconut Cream Parfait