

September 4

Northcrest News



Wear your team colors on Fridays to support your favorite!

Northcrest Community
Over 57 years of service to older adults

The Week at a Glance!

Sunday, September 4

12:30 Sunday Lunch
2:00 Hymn Sing

Monday, September 5

LABOR DAY NC offices closed

Tuesday, September 6

9:30 **Tuesday Coffee**, Atrium K-1, 2 & 3
Wear your name tag and bring your cup!
10:30 Fareway shopping
1:30 Hearing Aid Maintenance, Provider's

Wednesday, September 7

10:00 Book Club, AL
10:00 Blood Pressure Clinic
10:00 Bus to ALDIs
The Crest is open
6:00 Bus to ISU Volleyball vs Drake

Thursday, September 8

4:00 LaVone Newell on piano, Green Rm
The Crest is open
6:00 Game Night, LIB
6:45 Bus to Organ Concert, MET
7:30 Live Webcast of above organ concert

Friday, September 9

8:30-10:30 1st National Bank, Founders'
10:00 Bus to Walmart
The Crest is CLOSED today
6:00: Bus to Volleyball vs IOWA
7:00 bus to *Steel Magnolias*, ACTORS
7:30 ISU Live Webcast of Iberian Music

Saturday, September 10

10:30 Bus to Volleyball vs Wright State
2:30 Watch Party: ISU vs IOWA, Grand
4:00 ISU Live Webcast, piano recital

Health & Wellness

Hearing Aid maintenance:

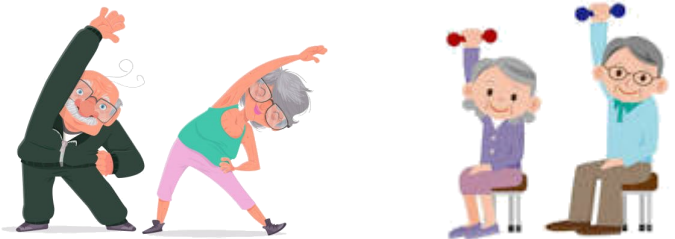
September 6 (1st Tuesday of every month, 1:30)

Massage Therapy: Darlene, 515-708-1556

DAILY EXERCISE

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

See the insert for the Week 3 exercise class schedule. Also see the Wellness Center Notes inside.



Sunday Dinner September 4, 12:30 p.m.

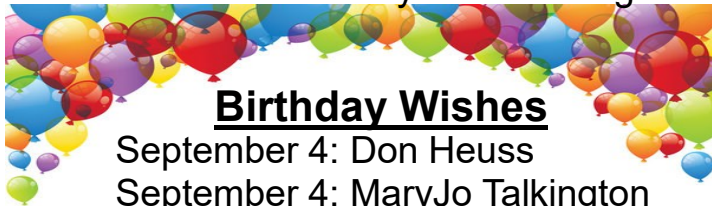
Baked Turkey with Gravy
Rice Pilaf
Key West Blend Vegetables
Watermelon & Grapes
Cherry Cake



ANNOUNCEMENTS

Tuesday Coffees

On September 6, Atriums K-1, 2 & 3 will host again. We will gather in the Grand Room as well as via Zoom. Watch for an email invitation. Wear your name tag!



Birthday Wishes

September 4: Don Heuss
September 4: MaryJo Talkington
September 5: Carolyn Bultena
September 5: Dolores Gronemeyer
September 8: Jack Mauldin
September 8: Richard Wood
September 9: Doug Finnemore
September 10: Myra Nell
September 10: Pat Magoon

OLLI Classes

Online catalogs & membership information is available at <https://olli.iastate.edu/>
Registration is open. Classes start Sept 12.

Friday Chats: 10:30 am

September 2: David Faux with Heuss Printing and "The Iowan" magazine

September 16: Artist Jane Baty

Landscape Committee's Booklet

A Walk Through the Northcrest Gardens is available in the Northcrest Library. It can be purchased for \$11.00. View and sign up to buy a copy to accompany you as you walk the campus. 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



LaVone Newell on piano

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

WELLNESS CENTER NOTES

The **Wellness Center WEEK THREE** schedule and Sign-up sheets are now available. Please notice a few new things:

1. **Expanded Orientation** to Equipment sessions: Machine orientation: **9/6 and 9/8 from 12:45-1:45** this week in the Wellness Center. Focus on learning the new Strength-Building equipment. We will use the Buddy System where you work in pairs to learn your individual settings to use when on your own. It can be more fun and safer to workout with a buddy. Class capacity: 12

Non-machine Strength Class: 9/9 from 1:30-2:30 in the Wellness Center small room. This is a great chance to learn very effective core strength and balance methods to supplement Cardio & Strength machine workouts. Class Capacity: 15

Questions on Cardio machines will be addressed.

In **WEEK 4**, watch for another Orientation session in 4th Floor Parkway.

2. **Small Group Personal Training** class time is expanded to 45 minutes at 9:30-10:15: Expect an expanded variety of activity using dumb bells, kettlebells, and bands to build strength, balance and endurance. Class capacity: 15



NC Stitches Dye Workshop

Carolyn Abbott will teach you how to dye a dish towel with fiber reactive dyes. The dyes and chemicals will be provided.

You will need to bring:

1. A white cotton flour sack dish towel, pre-washed & dried without fabric softener.
2. Rubber gloves
3. A gallon size plastic zipper-lock bag. The zipper pull works best with rubber gloves.
4. A plastic shoe box, dish pan, or similar plastic container for the zipper bag.
5. An apron or wear old clothes

There is a limit of 12 to dye a towel, but you are welcome to come and watch. Contact Carolyn to reserve a spot to dye a towel.

c2tabbott@gmail.com Mon, Sept 12, 2:00 pm, Social Rm in Lower Level.

PLACES TO GO, THINGS TO DO

Monarch Mania



Story Co Conservation will show us an animal that weighs less than a small paperclip on its journey south to Mexico. We will talk about why they do this and catch and tag some monarch butterflies that are passing through! **You must register yourself by Mon Sept 12 at storycountyiowa.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 Drake, Wed, Sept 7, Bus at 6:00 pm
- vs IOWA, Fri, Sept 9, Bus at 6:00 pm
- vs Wright St, Sat, Sept 10, Bus at 10:30

ISU Football

- Sept 3 the first game vs SE Missouri. Step Show: Bus at 11:00 am
Game only: Bus at 12:00 Noon
- Sept 10, vs IOWA, Watch Party starts at 2:30 pm, Grand Room



LECTURES & LEARNING

League of Women Voters Lecture

Hear Dan Haug discuss soil & water issues in our state. Many factors affect Iowa water quality and don't have the same cause or solution. Thu, Sept 15, Bus at 6:30 pm.

ISU Farm House Arts & Crafts Tour

Curator Allison Sheridan 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

ENTERTAINMENT

Sherry Luxton, pianist returns!

Sherry returns for her annual piano concert. Fri, Sept 16, 4:00 pm, Grand Room

ISU Music Department

- Live WebCasts: go to www.music.iastate.edu and click on Recital Hall Webcasts, under the Grand Piano. The live program will start at the appointed time. Click the triangle on the left side of the screen to view. **Sept 8—10, organ & carillon**
- Organ concert, MET, Thu, Sept 8, \$5, Bus at 6:45 pm

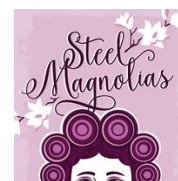


ACTORS

Steel Magnolias opens Thu, Sept 8.

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 - 3

Staff - 2

The CREST

Open Wed, 7th & Thu, 8th

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 : Potato Soup

Please note The Crest will be closed on Friday, September 9th

Dinner from the Main Kitchen may be ordered for Friday September 9th.

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

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? New Extension

After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

Sunday, September 4

Lunch: Baked Turkey with Gravy, Rice Pilaf, Key West Blend Vegetables, Watermelon & Grapes, Cherry Cake

Monday, September 5

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Fresh Fruit, Oreo Parfait

Dinner: Tomato Swiss Steak, Baked Potato, Honey Glazed Carrots, Cantaloupe, Turtle Brownie

Tuesday, September 6

Lunch: Smoked Turkey Sub Sandwich with Pesto Aioli, Lettuce, Tomato, Onion & Swiss Cheese, Doritos, Bread & Butter Pickles, Pear Half, Strawberry Swirl Cheesecake

Dinner: Ham Balls, Knoll Potatoes, Green Beans, Pineapple, Lemon-Lime Mousse

Wednesday, September 7

Lunch: Soft Shell Taco with Lettuce, Tomato, Onion & Cheddar Cheese, Refried Beans, Honey Dew, Pumpkin Bar

Thursday, September 8

Lunch: Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, Potato Salad, Pickle Spear, Watermelon, Sugar Cookie

Friday, September 9

Lunch: Fish Sandwich, Potato Chips, Creamy Coleslaw, Grapefruit, Angel Food Cake Dessert

Dinner: Lasagna, Garlic Toast, Grapes, Tossed Salad, Lemon Bar

Saturday, September 10

Lunch: Chili, Corn Muffin, Strawberries & Blueberries, Chocolate Chip Cookie

Dinner: Chicken Ala King over Savory Biscuit, Broccoli, Fruit Jell-O, Fruit Pie