

August 13, 2023

Northcrest News

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



The Week at a Glance!

Sunday, August 13

2:00 Hymn Sing, AL Dining Room

Monday, August 14

7:00 Bus to New Providence for
Community Breakfast!!!

10:00 Bus to Fareway shopping



Tuesday, August 15

9:30 Tuesday Coffee, Atrium K-1, 2, & 3

Wednesday, August 16

8:00 Bus to the State Fair, Des Moines

10:00 Blood Pressure Clinic

10:30 Bus to ALDI or Hy-Vee

Thursday, August 17

10:00 Writers Group, Founders' Room

1:00 How-To Class on Emergency Use of
your cell phone.

3:00 Elvis is in the Building!!! GR

Friday, August 18

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

10:30 Bus to Walmart & North Fareway

10:30 Bus to Del Bluhm's service, FUMC

Live stream is available at Grandon

Funeral & Cremation website

website

10:30 Friday Chat, Seed Library, GR

3:00 Elvis is Back, HC

7:00 Bus to Senior Variety Show,

City Auditorium



Saturday, August 19

1:30 Bus to Senior Variety Show,

City Auditorium



Health & Wellness

Podiatry: Contact Kathy at ext. 7220
for information.



Hearing Aid maintenance:

September 5: (1st Tuesday of every month,
1:30 pm)

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Continue to sign up for the Wellness
Assessments with Adrienne!



The sign-up for the All-Ability bike is available.
Go for a ride outside!

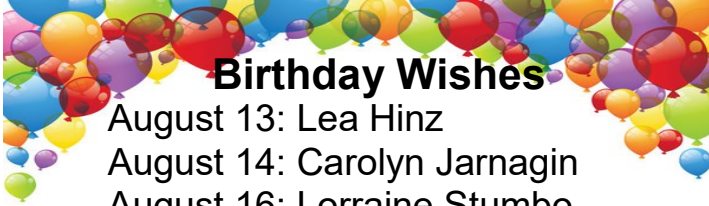
There will be a "How To" class for iPhone or
Apple users on August 17, 1-2:00 pm. The class
will cover Medical IDs, Emergency Contacts,
Fall Detection, etc. Please bring questions!

Sunday Dinner August 13, 12:30 p.m.

Chicken Cordon Bleu
Sour Cream & Chive Mashed Potatoes
Pacific Blend Vegetables
Fresh Fruit
Fruit of the Forest Pie



ANNOUNCEMENTS



Birthday Wishes

- August 13: Lea Hinz
- August 14: Carolyn Jarnagin
- August 16: Lorraine Stumbo
- August 17: Phyllis Crouse
- August 18: Ron Bartlett
- August 18: Berne Ketchum
- August 18: Lynette Spicer
- August 19: John Stanford

Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **K-1, 2 & 3 will host on Aug 15.**



Friday Chats, 10:30 am, GR

August 18: New Seed Library at the Ames Public Library, Vikram Bhargava



Hair Salon Price Increase

Please see the new prices effective Sept 1. They are posted on the wall by the salon.

Community Choice Awards

Here are the instructions to vote if you choose to do so. Voting runs from now until August 23.

1. amestrib.com
2. Scroll to the bottom of the home page
3. Find the Community's Choice logo and click on VOTE TODAY
4. Under **Home & Home Services**, vote for
 - 1) Assisted Living/Senior Living and
 - 2) Retirement/55+Community
5. Under **Services**, vote for Non-Profit/Charity Organization
6. Under **Top Employers** vote for Employer 101-500 Employees.

The first time you vote, you will need to register your name, address, phone number and birth date.



New Art Exhibit & Display Case

Thank you to all you participated in the photo exhibit "Through Our Eyes", that is installed in the GR. Also for those items loaned to fill the F Atrium Display Case with Fair related memorabilia. What fun! Do stop by to check out both exhibits!!



LANDSCAPE COMMITTEE

The Landscape Committee and the 1801 residents thank the Poormans for their regular delivery of the many identified herbs and the creative suggestions as to how to enjoy them. Thank you so much!

Judy got to try out one of the corvettes in the car show on Wednesday! Hope you all got to see those pretty things!!



Instructions for Coffee in the Wellness Center

1. Three options: Coffee, Decaf Coffee, Hot Water
2. Place cup under one of the options above
3. Push button of one of the options and continue to hold button down until $\frac{3}{4}$ way full.
4. Keep cup under option until water is done running into it



The CREST

OPEN: Wed-Fri, August 16-18
12-2:00 pm and 4:30-7:00 pm

Special for the week-
Shrimp Po' Boy

Soup of the Day:
Chicken Noodle



PLACES TO GO

Iowa State Fair: Older Iowans' Day **Wed, August 16. We ask you to sign up with a buddy for company and safety.**

Please carry your cell phone for communication with the bus driver. Tickets in advance (\$11) either on-line, or at HyVee or Fareway before Aug 10, or at the gate (\$12 that day for seniors). Bus at 8:00 am, leave the fairgrounds at 3:00 pm, return to NC by 4:00 pm. \$10 Bus fee on your monthly bill.

Be aware: the Fair has gone cashless, so bring credit or debit card along with your ID. Water must be sealed if you bring it in from outside. Purses or bags will be searched.

The Satin Dollz

These young women sing the sounds of the '40's and '50's. Tickets start at \$10 at the door. (Close up seating is \$15.) We need more people to sign up for the bus to go! City Auditorium, Sat, Aug 12, Bus at 6:30 pm.



Breakfast in New Providence

Ask Arlene Brandt about this community breakfast. WOW! What a spread for a small town fundraiser. Pay by free will donation for omelets, biscuits & gravy, sweet rolls, and other breakfast foods. \$10 bus fee.

Mon, Aug 14, Bus at 7:00 am.



Senior Variety Show

Celebrate aging with seniors from around the Ames area, as well as a few from Northcrest! Singing, dancing and shenanigans abound at the City Auditorium! Advance \$10 tickets are available from Jan Beran.

- Fri, Aug 18, Bus at 7:00 pm
- Sat, Aug 19, Bus at 1:30 pm



Faculty Fanfare Concert

Enjoy a free concert with the ISU Faculty as the new semester begins. Martha Ellen Tye Hall (MET). Sun, Aug 27, Bus at 2:30 pm.

Curator's Tour, Sculpture Garden

Curator Sydney Marshall will lead a tour of the new installation [Ghost Trees](#) in the Anderson Sculpture Garden by artist [Tom Stancliffe](#), as well as explore the artist's connections to the larger [Art on Campus Collection](#) with a look at the exhibition [Art of Fabrication](#). Tue, Aug 22, Bus at 4:00 pm

Ames History Museum Benefit

The AHM Annual Dinner will be hosted at the CPMI Event Center with a '50's theme. Our very own **Johnie Hammond** will be honored as an Ames History Maker! \$75 tickets available on the AHM website. Fri, Aug 25, Bus at 4:30 pm.

Elvis is in the Building!!!

You will be treated to the croonings of "Nearly Elvis", Ron Semler. He is a professional Elvis impersonator from Washington, IA. You will get a preview of his appearance at the Senior Variety Show! Come enjoy the silky voice of Elvis on **Thu, Aug 17, 3:00 pm** in the GR. (If you miss him then, he will make an encore appearance in HC on Fri, Aug 18, 3:00 pm.)



THE GARDEN SPOT

What Can I Do With.....?

DILL: Dill is a culinary herb in the same family as celery, carrots, and parsley. Fresh dill is highly aromatic and has a strong grassy flavor with notes of anise and parsley. Dill seeds are also used as a culinary spice and have a very potent aromatic flavor similar to caraway seeds. The Northcrest dill herb bags include both dill weed and dill seed. Fresh dill weed really shines when chopped finely and added to salads, cooked vegetables, sandwiches, pasta, and fish. It pairs particularly well with salmon and soft, mild cheeses. Here is a link to a recipe for dilly bread that uses dill seed. This is a great bread for anyone who likes dill.

<https://www.pillsbury.com/recipes/dilly-casserole-bread/09f13299-9889-4990-855f-41d7dd3d6847>

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, August 13

Lunch: Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Pacific Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

Monday, August 14

Lunch: Cheese Tortellini with Meat Marinara, Breadstick, Apple Slices, Three Bean Salad, Strawberry Cheesecake

Dinner: Chicken Piccata, Roasted Potatoes, Key West Blend Vegetables, Apricots, Chocolate Chip Cookie

Tuesday, August 15

Lunch: Pulled Pork Sandwich, Potato Salad, Orange Slices, Pepper Slaw, Peanut Butter Mousse

Dinner: Lemon Pepper Tilapia, Long Grain & Wild Rice, Peas, Pear Halves, Triple-Berry Crumble Cake

Wednesday, August 16

Lunch: Turkey, Cheddar Cheese & Lettuce on Croissant, Sun Chips, Bread & Butter Pickles, Grapes, Cookie

Thursday, August 17

Lunch: Schezwan Chicken over Fried Rice, Stir Fried Vegetables, Egg Roll, Mandarin Oranges, Magic Bar

Friday, August 18

Lunch: Taco Salad, Corn Muffin, Peaches, Lemon Cake

Saturday, August 19

Lunch: White Cheddar Macaroni & Cheese, Broccoli, Cantaloupe, Chocolate Cream Pie

Dinner: Bourbon Glazed Meatballs, Hash Brown Casserole, Corn, Fruit Salad, Peach Crisp