



August 20, 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 20

2:00 Hymn Sing, AL Dining Room
2:00 Ken Jolls and Friends, GR



Monday, August 21

10:00 Bus to Fareway shopping
6:30 Mixed Bridge, Founders' Room

Tuesday, August 22

9:30 Tuesday Coffee, Atrium J-1, 2, & 3
4:00 Bus to ISU's Anderson Sculpture
Garden talk

Wednesday, August 23

**Last Day to Vote for Northcrest in the
Community Choice Awards**

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee

Thursday, August 24

Friday, August 25

8:30—10:30 1st National Bank, Founders
9:30 Resident Council meeting, GR
10:30 Bus to Walmart & North Fareway
4:30 Bus to Ames History Museum
Fundraiser, CPMI Center

Saturday, August 26

Last weekend of August—enjoy!

Back to School



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

Assessments will now be by request rather than
sign up since things have slowed down. (I will
reach back out at the 6 month mark for people to
re-assess.)

The All-Ability bike will be available from 12-
1pm on August 22nd, the sign up is at the Well-
ness Center Binder table. On Wednesday August
23rd, I will be out of the office from 11am-2pm
teaching CPR for staff.

Sunday Dinner August 20, 12:30 p.m.

**Baked Turkey
Mashed Potatoes & Gravy
Normandy Blend Vegetables
Fresh Melon Salad
Strawberry Rhubarb Pie**

ANNOUNCEMENTS

Birthday Wishes

August 20: Jim Sassaman
August 21: Chuck Beall
August 22: Johnie Hammond
August 22: Audrey Bond
August 23: Elaine Hieber
August 23: Bill Yungclas



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **J-1, 2 & 3 will host on Aug 22.**

Friday Chats, 10:30 am, GR

August 18: New Seed Library at the Ames Public Library, Vikram Bhargava
September 1: Nancy Carroll will give an update on the progress for Heartland Senior Services, now known as *60 Forward*.



Ken Jolls and Friends

Plan your Sunday afternoon, Aug 20, for good music with our resident professional musician, Ken Jolls, and his 3 friends coming from around central Iowa. They will be doing a tribute to Tony Bennett. You won't want to miss it! Sun, Aug 20, 2:00 pm., GR.

ISU Football

The Football season is almost upon us! Northcrest is again a sponsor of the ISU Tail Gate Step Show for most home games. We will plan on taking a bus for those. Please let Ronnie know if you have season tickets for football and plan to attend the games. A bus will be scheduled if we have 6 or more people to go to the game.



Step Shows:

Sept 2 vs UNI, Bus at 10:30 am
Sept 9 vs Iowa, Bus at 12:00 pm
Sept 23 vs Oklahoma, Bus TBD



The Kenistons



Another treat is in store for you! Sponsored by the Stonekings, the Kenaston Band from Nebraska, will perform for you in a couple weeks. They perform traditional country, bluegrass and gospel music and are award winning musicians. Put this on your calendar! Sun, Sept 3, 6:30 pm, GR.

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.



The CREST

OPEN: Wed-Fri, August 23-25
12-2:00 pm and 4:30-7:00 pm

Special for the week-
Chicken Caprese Sandwich



Soup of the Day:
Wisconsin Beer Cheese Soup

PLACES TO GO

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! \$12 tickets are available at the door.

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



Northcrest Super Troopers

Along with Anita Coatney, Richard Wood, Bob Stumbo, & Joe Traylor on stage at the Senior Variety Show, you will also enjoy the NC Super Troopers. The program has a bit of misinformation, so here is the correct listing of the "Troopers": Jan Beran, Elaine Faas, Ida Johnson, Karen Klaiber, Janie Lohnes, Pam Leitner, Sandy Meek, Patty Twedt, Eileen Tramp, Ellen Wilson. Average age of the 'dancers' is 82. Choreographer Adrienne Silberstein.

All our residents SHINE on stage so come see "**Decades Deli, Serving Up Your Favorites!**"

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.

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.

Microbiology Building Tour

ISU Museums is offering another guided tour of the Microbiology Building on campus. This time led by Docent Dana Schumacher and Professor of Biochemistry, Biophysics and Molecular Biology Amy Andreotti, we will see the art, architecture and learn of the science that fills the space. 15 maximum on the 1 hour tour and \$5 per person, billed on your monthly statement. A stop at the ISU Creamery for ice cream may also be in order, so bring a little cash. Tue, Aug 29, Bus at 1:10 pm.

Young-At-Heart Day

Former Northcrest Clinical Director Cheri Schendel-Henager invites you to "Young-At-Heart-Day" at Riverside Bible Camp in Story city. This is a Spirit-filled event on Tue, Sept 12, 9:30-4:00 pm. \$20. For more information go to [RiversideLBC.org](#).

THE GARDEN SPOT

What Can I Do With.....?

Tarragon: Tarragon is a sturdy, perennial herb that grows on tall, slender stems that produce glossy leaves and edible yellow, green, or white flowers. The pungent, bitter-sweet flavor of tarragon is often compared to licorice, [anise](#), and [fennel](#). It adds a fresh, spring taste and a bit of elegance to a variety of recipes and is commonly used in French cooking. It pairs well with chicken, veal, lamb, seafood and egg dishes. Mix it with lemon or vinegar to make a mixture useful in salad dressings and marinades!



The herbs are still lovely, especially the parsley; and there is a lot of basil. If anyone is interested in making pesto for pasta or to brighten soups, and other dishes this winter, give Margie (515 - 290- 2712) or Karen (515 -231-8656) a call and we will cut it for you. The thyme is also doing well, so this may be a good time to try drying it or some of the other herbs. So please pick up the provided herbs, use and enjoy!

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 20

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Normandy Blend Vegetables, Fresh Melon Salad, Strawberry Rhubarb Pie

Monday, August 21

Lunch: 1/4lb. All Beef Hot Dog with Minced Onions & Relish, Baked Beans, Watermelon, Pecan Bar

Dinner: Stuffed Bell Peppers, Corn O'Brian, Cantaloupe, Coconut Cream Pie

Tuesday, August 22

Lunch: Fish Sandwich, Coleslaw, Potato Chips, Grapes, Cake

Dinner: Bruschetta Baked Chicken, Roasted Rosemary Potatoes, Green Beans, Peach Slices, Cinnamon Bread Pudding

Wednesday, August 23

Lunch: Chef Salad with Ranch Dressing, Muffin, Grapefruit, Brownie

Thursday, August 24

Lunch: Reuben, Fresh Cut Vegetable Salad, Pickle Spear, Pineapple & Blueberries, Lemon Bar, Ice Cream

Friday, August 25

Lunch: Spaghetti with Meat Marinara, Garlic Toast, Orange Slices, Side Salad, Heath Bar Cheesecake

Saturday, August 26

Lunch: Sloppy Joe Sandwich, Corn Chips, Carrot Sticks with Ranch, Snickerdoodle

Dinner: Chicken Pot Pie with Biscuit, Broccoli, Mandarin Oranges, Banana Cream Pie