



# August 27, 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 27

- 1:00 Bus to Volleyball vs DePaul
- 2:00 Hymn Sing, AL Dining Room
- 2:30 Bus to Faculty Fanfare Concert, MET 

#### Monday, August 28

- 10:00 Bus to Fareway shopping

#### Tuesday, August 29

- 9:30 Tuesday Coffee, Parkway, Floor 1
- Meet Ryan, the new Nutrition Consultant
- 1:30 Bus to Tour the Molecular Biology Building with guides in science and art

#### Wednesday, August 30

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

#### Thursday, August 31

Take a walk on the last day of August!

#### Friday, September 1

- 8:30—10:30 1st National Bank, Founders
- 10:30 Bus to Walmart & North Fareway
- 10:30 Friday Chat with Nancy Carroll of 60 Forward, Heartland Senior Services

#### Saturday, September 2

- 10:30 Bus to ISU Tail Gate Step Show, Alumni Center
- 1:00 Game vs UNI, Watch on ESPN+  
No Bus



GO  
TEAM

#### 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**

The All-Ability bike will be available 8/30/23, 1-2:00 pm. The September bike schedule is available. Please sign up is at the Wellness Center Binder table.

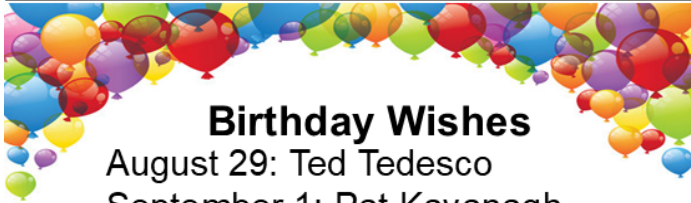
A 12-week **Tai Chi Class** is available at Northminster Presbyterian Church on Tuesdays and Fridays beginning September 12. 9:00-9:45 am. Free! Car pool with your friends!

### Sunday Dinner August 27, 12:30 p.m.

- Pot Roast
- Mashed Potatoes & Gravy
- Normandy Blend Vegetables
- Watermelon & Grapes
- Lemon Cream Pie



## ANNOUNCEMENTS



### **Birthday Wishes**

August 29: Ted Tedesco

September 1: Pat Kavanagh

September 1: Luana Stoneking

### **Tuesday Coffees**

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 1 will host on Aug 29.**



### **Friday Chats, 10:30 am, GR**

**September 1:** Nancy Carroll will give an update on the progress for Heartland Senior Services, now known as *60 Forward*.

**September 8:** Gabriele Edwards, Ames City Forester

**September 15:** Mel Crippen, formerly of KASI and forever a fan of Northcrest!

### **Seed Saving Workshop**

Such an interesting presentation last Friday from Vikram and Maral about the new Seed Saving project at the Library. If you want to know more, attend a workshop at the Ames Library on Sat, Aug 26, 2-3:30 pm. This will be a great volunteer opportunity for you gardeners in the future!

### **Special Event: Kenaston Band**

The Kenaston Band from Nebraska, and freshly off a gig at the Old Threshers' Reunion in Mount Pleasant, will be performing for you next weekend! Enjoy traditional country, bluegrass and gospel music with these award winning musicians, sponsored by a group of Northcrest residents!

Sun, Sept 3, 6:30 pm, GR.



### **Friendly Reminder to All**

The Ames population has grown again with ISU students returning, and high school students attempting to pass through our campus. Please remember to keep your

garage doors lowered if are in a townhome or the main building, as well as patio doors locked on the ground level. Don't be surprised if the traffic gate is lowered, so keep that card or code handy. Please keep important items inside the buildings, and not left outside, even temporarily. Things can disappear!

### **Congratulations to Leading Age Nominees & Special Winner Jan B.**

Leading Age Iowa is a statewide organization of non-profit providers of aging services. The members serve over 25,000 older Iowans. Annual awards are given, and Northcrest made nominations for both staff and residents in these categories: Caregiver of the Year, Board Member, Volunteer, and Leadership. Out of a record number of nominations, the organization chose our own **Jan Beran to receive the Leading Life Award!** Jan epitomizes living life to the fullest, through volunteering, activism, civic involvement and cheerleading for Northcrest! We thank you for all you do, Jan, and are proud to have you as a Northcrest!



### **The CREST**

**Now Open on  
Tuesday evening, Aug 29, 4:30-7 pm  
AND  
Wed-Fri, August 30-Sept 1  
12-2:00 pm and 4:30-7:00 pm**

**Special for the week  
Italian Sausage Grinder**

**Soup of the Day  
French Vegetable Soup**



## PLACES TO GO

### 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! 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.

### Molecular Biology Building Tour

ISU Museums is offering another guided tour of the Molecular Biology 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.

### Ada Hayden Golf Cart Tour



The Friends of Ada Hayden are again offering a golf cart tour of the park. This allows you to see areas you may not otherwise, and hear from experts on plants and wildlife as you go. 25 maximum. Free, 9-10:30 am. Mon, Sept 11, Bus at 8:30 am.

### 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. No Bus. For more information go to [RiversideLBC.org](http://RiversideLBC.org).

### ACTORS Starts 68th Season

*The Play That Goes Wrong* opens Sept 14. Everything that can go wrong does in this disastrously delightful spoof of com-

munity theater. Come laugh with ACTORS as they start their 68th season of live theater! \$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**

## SPORTS

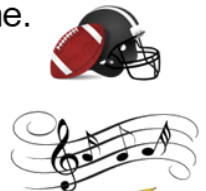
### Football



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



### Volleyball

#### Short notice:






- **Fri, Aug 25**, vs S. Dakota, Bus 6:00 pm
- **Sun, Aug 27**, vs DePaul, Bus 1:00 pm.
- Thu, Sept 14, vs UCSB, Bus at 6:00 pm
- Fri, Sept 15, vs Ohio, Bus at 6:00 pm
- Sat, Sept 16, vs Drake, Bus at 1:30 pm



## THE GARDEN SPOT

### What Can I Do With.....?

**Rosemary:** Rosemary is an aromatic herb used in a variety of dishes, such as soups, casseroles, salads, and stews. Although it resembles pine in both appearance and scent, rosemary is actually a member of the same botanical family as sage & mint. It can be used to flavor olive oils and cheeses. The popular combination of rosemary and olive oil has found its way into crackers, chips, and soft cheese spreads. Keep fresh in the refrigerator with a damp paper towel. If you have a particular herb need, contact Margie Poorman @ 515-290-2712 or Karen Ross @ 515-231-8656 and we will harvest for you. Do pick up the provided herbs also!

| Sun  | Mon  | Tue   | Wed   | Thu  | Fri   | Sat  |
|--|--|---|---|--|---|--|
| <p><b>Wellness Center</b><br/>Lots of Choices for Exercise!<br/><b>Game Night, LIB</b><br/>Thursdays, 6 pm<br/><b>1st National Bank</b></p>  |  |   |   |  | <p><b>1</b><br/>10:30 N Walmart &amp; Fareway<br/><b>10:30 Friday Chat with HSS's Nancy Carroll</b></p>   | <p><b>2</b><br/>ISU Football vs UNI<br/>10:30 Bus to ISU Tail Gate Step Show<br/>1:00 game, No Bus</p>   |
| <p><b>3</b><br/>2:00 Hymn Sing, AL<br/><br/><b>6:30 The Kenaston Band, GR</b></p>  | <p><b>4 Labor Day No Mail</b><br/>10:00 Fareway<br/><br/><br/><b>LABOR DAY</b><br/><br/>4:30 Bus to Texas Roadhouse</p> | <p><b>5</b><br/>9:30 Coffee, Parkway Floor 1<br/>1:30 Hearing Aid Maintenance</p> | <p><b>6</b><br/>10:00 BP Clinic<br/><br/>10:00 Book Club, AL<br/>10:30 ALDI's &amp; Hy-Vee</p>  | <p><b>7</b><br/>10:00 Writers' Group<br/>10:00 Bus to O.W.L.S. McFarland Park<br/><b>10:30 Transitions &amp; the Life Care Promise, GR</b><br/><br/>4:00 LaVone Newell, AL</p>                       | <p><b>8</b><br/>10:30 N Walmart &amp; Fareway<br/><b>10:30 Friday Chat with Gabriele Edwards, Ames City Forester</b></p>  | <p><b>9</b><br/><b>ISU Football vs Iowa</b><br/>12:00 Bus to ISU Tail Gate Step Show<br/><br/>2-6:00 Tail Gate Party, Crest<br/>2:30 game</p>  |
| <p><b>10 Grandparent's Day</b><br/>2:00 Hymn Sing, AL</p>   | <p><b>11</b><br/>10:00 Fareway<br/><br/>8:30 Bus to Ada Hayden Golf Cart Tours<br/>2:00 Northcrest Stitchers Meeting, GR</p>   | <p><b>12</b><br/>9:30 Coffee, Parkway Floor 2</p>                                 | <p><b>13</b><br/>10:00 BP Clinic<br/>10:30 ALDI's &amp; Hy-Vee</p>  | <p><b>14</b><br/>5:10 Bus to Artist Talk and reception, ISU CP Museum<br/><br/>6:00 Bus to Volleyball vs</p>   | <p><b>15</b><br/>10:30 N Walmart &amp; Fareway<br/><b>10:30 Friday Chat: Mel Crippen</b><br/><br/>6:00 Bus to VB vs Ohio<br/>7:00 Bus to <i>The Play That Goes Wrong</i>, ACTORS</p>  | <p><b>16</b><br/>1:00 Bus to Organ Festival, MET<br/>1:30 Bus to Volleyball vs Drake</p>   |
| <p><b>17</b><br/>2:00 Hymn Sing, AL</p>  | <p><b>18</b><br/>10:00 Fareway<br/><br/>6:30 Mixed Bridge</p>  | <p><b>19</b><br/>9:30 Coffee, Parkway Floor 2</p>                                 | <p><b>20</b><br/>10:00 BP Clinic<br/>10:30 ALDI's &amp; Hy-Vee<br/><br/>1:10 Bus to Tour the Student Innovation Building</p>                                  | <p><b>21</b><br/>10:00 Writers' Group<br/><b>12:00 OctoberFest, GR</b><br/><br/><br/>4:00 LaVone Newell, AL</p> | <p><b>22</b><br/>10:30 N Walmart &amp; Fareway<br/>10:30 Friday Chat, Sign Language and Lip Reading</p>   | <p><b>23 First Day of Fall</b><br/>ISU Football vs Oklahoma State<br/>TBD Bus to ISU Tail Gate Step Show</p>  |
| <p><b>24</b><br/>12-4:00 Ames Artists' Studio Tour, Self-Guided<br/>1:30 Bus to <i>The Play That Goes Wrong</i>, ACTORS<br/>2:00 Hymn Sing, AL</p>   | <p><b>25</b><br/>10:00 Fareway<br/><br/>3:00 Memory Café, Northminster Presbyterian Church</p>   | <p><b>26</b><br/>9:30 Coffee, Parkway Floor 3</p>                                 | <p><b>27</b><br/>10:00 BP Clinic<br/><br/>10:30 ALDI's &amp; Hy-Vee</p>  | <p><b>28 National Good Neighbor Day</b><br/><br/>3:00 Sherry Luxton piano concert, GR</p>  | <p><b>29</b><br/>9:30 Residents' Council mtg.<br/><br/>10:30 N Walmart &amp; Fareway<br/>6:30 Firepit concert with Paul Lasley and friends</p>  | <p><b>30</b><br/>10-4:00 Ames Artists' Studio Tour, Self-Guided, No Bus<br/><br/>1:30 Bus to Volleyball vs Baylor</p>  |

**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 27**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Normandy Blend Vegetables, Watermelon & Grapes, Lemon Cream Pie

**Monday, August 28**

**Lunch:** Soft Shell Taco, Sour Cream & Salsa on the Side, Refried Beans, Fresh Fruit, Ice Cream

**Dinner:** Chicken Noodle over Mashed Potatoes, Peas, Tropical Fruit Salad, Fruit Pie

**Tuesday, August 29**

**Lunch:** Quiche Lorraine, Blueberry Muffin, Orange Slices, Cottage Cheese, Yogurt Parfait

**Wednesday, August 30**

**Lunch:** Cheeseburger with Lettuce, Tomato & Onion, Curly Fries, Pickle Spear, Peaches, Grasshopper Bar

**Thursday, August 31**

**Lunch:** Grilled Chicken Sandwich with Lettuce, Tomato, Red Onion & Mayo on the Side, Potato Chips, Grapes, Fresh Cut Vegetable Salad, Cookie

**Friday, September 1**

**Lunch:** Chili, Cornbread, Cantaloupe & Blueberries, Pumpkin Bar

**Saturday, September 2**

**Lunch:** Orange Chicken over Rice, Green Beans, Egg Roll, Fruit Salad, Yellow Cake with Chocolate Frosting

**Dinner:** Turkey Ala King with a Savory Biscuit, Vegetable Medley, Pineapple, Monster Cookie