

This Way

to the FUN

Come To The

FAIR

August 6, 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 6

2:00 Hymn Sing, AL Dining Room

Monday, August 7

10:00 Bus to Fareway shopping

Tuesday, August 8 **NC Fair Day 1**

See Full Fair Schedule

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

10:00—11:00 Petting Zoo, on The Green

2:30 Neil Hewitt in concert, HC

Wednesday, August 9 **NC Fair Day 2**

See Full Fair Schedule

9-10 Bring your Exhibit Items to GR

10:00 Blood Pressure Clinic

10:30 Bus to ALDI or Hy-Vee

1:00 Magician Jonathan May, GR

4-7:00 Car Show, 1801 parking area

Thursday, August 10 **NC Fair Day 3**

See Full Fair Schedule

10:30 Diana Shonrock, Presentation, GR

4:00 Heart of Iowa Band, Pergola

Friday, August 11 **NC Fair Day 4**

See Full Fair Schedule

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

10:30 Bus to Walmart & North Fareway

11:00—3:00 Sweet & Savory Food Truck, outside the GR Patio

6:30 Country Dance, GR

Saturday, August 12

Relax after all that Fair Fun!



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 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 6, 12:30 p.m.

Pork Roast with Gravy
Rice Pilaf
Key West Blend Vegetables
Melon Salad
Peach Pie



Northcrest Fair: Day 1



Tuesday, August 8

- **10:00—11:00: Petting Zoo, The Green***
- **10:30: CHAIR YOGA outdoors, GR Patio**
- **11:30: CHAIR YOGA outdoors, GR Patio**
- **2:15-3:15: Ride the Northcrest Bike with Adrienne**
2300 Front Entrance
- **2:30 Neil Hewitt concert, HC**



*The Green is between Pkwy, AL & 2300 entrance!

Northcrest Fair: Day 2

Wednesday, August 9

- * **9-10 am: Bring entries to Grand Room:** Floral, Produce, Crafts, Needlework, 4-H memorabilia, Novelties (Anything of interest to others!)
- * **10-5:00: All Grand Room displays open** for viewing through noon tomorrow
- **12:30-1:30: Ride the Northcrest Bike with Adrienne** 2300 Front Entrance



- * **1:00: Magician Jonathan May! GR**

THE
JONATHAN
MAY  **SHOW**





- **2:30: Magician Jonathan May! HC**
- * **2:30 –4: Taste Testing Station,** Try something Wild & New! And for your bravery, you get to choose a **mystery grab bag!** Wellness Center
- * **4:00—7:00: Car Show in 1801 parking area**



Northcrest Fair: Day 3



Thursday, August 10

- * **10:30: Diana Shonrock presents,**
Iowa State Fair, Family & Food, GR
- * **1:00—2:00: Carnival Games on The Green:** Giant Jenga, Connect Four, Golf Putt, Cow Pie Toss, & more
- * **1:00—2:00: Pick up your Exhibit Items, please!**
- **1:00-2:00: Ride the Northcrest Bike with**  **Adrienne 2300 Front Entrance**
- * **2:30 –4: Taste Testing Station,** Try something Wild & New! And for your bravery, you get to choose a **mystery grab bag!** Wellness Center 
- * **4:00: Heart of Iowa Band, Pergola** if nice
Bring your lawn chairs! (GR if rain or hot)



Northcrest Fair: Day 4



Friday, August 11

- * **11:00—3:00: Sweet & Savory Food Truck**, GR Patio area, Pulled Pork, Tenderloins, Mac & Cheese, cold sides & desserts, \$9-\$15, credit card or cash
- * **11:00—3:00: Carnival Games on the GR Patio:** Rubber Chicken Throw, & more
- **12:30—1:30: Ride the Northcrest Bike with Adrienne** 2300 Front Entrance
- * **2-3:00: Events—Crazy Legs Contest & Spouse Calling! Share stories of Childhood Fair Memories!** Please sign up at Front Desk, (or be spontaneous!) GR Patio and inside GR
- * **6:30: Country Dance** with Larry Northup, GR Break out the boots, cowboy hats and bolo ties! Or just come and enjoy good music, beverages, cowboy caviar, and fun!!



ANNOUNCEMENTS

Birthday Wishes

August 6: Larry Northup
August 7; Helen McRoberts
August 8: Diane Parsons
August 9: Joan Traylor
August 10: Eileen Tramp
August 12: Barb Adams



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 8.** This is a change from an earlier schedule.

Friday Chats, 10:30 am, GR

August 4: MaryBeth Oostenbrug, Northminster Presbyterian "Hangout" Program
August 18: New Seed Library at the Ames Public Library, Vikram Bhargava

Hymn Sing this Sunday

Join Jan Beran & friends for a Hymn Sing each Sunday at 2:00 pm, in the Assisted Living dining room from now on.



Hair Salon Price Increase

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

Community Choice Awards

Northcrest made it in to the official voting rounds for the Community Choice Awards, previously known as the Best of Story County. You will be able to vote for Northcrest and other favorites August 9-23.

New Art Exhibit & Display Case

Thank you to all you participated in the photo exhibit "Through Our Eyes", that was just 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!!

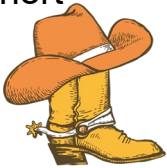


Northcrest Fair is here Next Week!

August 8-11! Keep the enclosed Fair schedule handy all week. Don't miss the entertainment, car show, or Food Truck! Enter the **Crazy Legs** contest (incognito), or **Spouse Calling** (this could also be Kid Calling, Hog Calling, you get the idea!) You'll have a chance to tell a favorite **childhood memory of a fair.** Was that showing an animal through 4-H? Was it going down the Big Slide at the State Fair, or small carnival rides at your county fair? **Please sign up** if you will enter the Legs or Calling Contest, and if you plan to tell a story on Fri, Aug 11, starting at 2:00 pm.

Start Friday with the **Food Truck** outside the Grand Room, 11-3! (If possible, allow staff to go through the line first due to a short break time.) Thank You!

And then end the day with **Larry Northup and a country dance** at 6:30 pm—Yee Haw!



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 9-11
12-2:00 pm and 4:30-7:00 pm

Specials for the Northcrest Fair:

Wed only—Corn Dog with 1 side, \$9.75
Thu only—Tenderloin with 1 side, \$9.75
Both Days—Root Beer Float, \$3.25

Soup of the Day:
Pizza Soup



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.

The Satin Dollz



These young women sing the sounds of the '40's and '50's. Tickets start at \$10. 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



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.

THE GARDEN SPOT



What Can I Do With.....?

Oregano

Oregano is a familiar herb that many people know from dishes such as pizza and pasta sauce. One of the most widely-used herbs worldwide, It was relatively unused in America until returning World War II soldiers heightened the popularity of pizza. In fact, sales of oregano increased by 5,200 percent between 1948 and 1956 due to pizza mania. Oregano can be used in more than just pizza and pasta sauce however. The beautiful green herb adds a delicious, and perhaps unexpected, earthy flavor to several dishes including chicken, seafood, hamburgers, even beans. When in bloom, the plant sports pink or purple flowers, which are also edible. Garlic, onion, thyme, basil, parsley, and olive oil are common complementary seasoning partners with oregano.

Lemon Balm



As a general rule of thumb, treat lemon balm as you would any other fresh herb. It works especially well in place of mint, offering bright, fragrant notes. Add whole lemon balm leaves to green salads, or chiffonade the leaves and scatter them over a fruit salad for added zesty flavor. Lemon balm also pairs beautifully with poultry—try adding sliced leaves to chicken salad, fish dishes, and even vegetable dishes to serve on the side. Unlike other herbs, you're less likely to find dried lemon balm in the spice and herb aisle of your grocery store so be sure to try this herb this summer from our Northcrest herb garden. Give lemon balm tea a try too; it's just as soothing as chamomile or lavender but with a lovely citrus flavor. Just like mint or basil, you can also candy lemon balm leaves and use the finished product as a crunchy, crystallized garnish over ice cream or tarts.

In Honor of RAGBRAI last week:

(Thanks Joanie!)

If you ride your bike twice in a day, is that recycling?

It gets more expensive to buy a tire pump every year. It's all because of inflation!

A friend of mine works for a bike manufacturing company; he's their spokesperson....

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 6

Lunch: Pork Roast with Gravy, Rice Pilaf, Key West Blend Vegetables, Melon Salad, Peach Pie

Monday, August 7

Lunch: Boneless Chicken Bites, French Fries, Ranch on the Side, Fresh-Cut Vegetable Pasta Salad, Pears, Rocky Road Brownie

Dinner: Meatloaf, Twice-Baked Mashed Potatoes, Peas, Strawberries & Blueberries, Cake



Tuesday, August 8

Lunch: Turkey Burger with Lettuce, Tomato, Swiss Cheese, & Dijon Mustard on the Side, Onion Straws, Ambrosia Salad, Ice Cream Sandwich

Dinner: Deviled Pork Chops, AuGratin Potatoes, Sautéed Zucchini & Tomatoes, Fresh Fruit, Russian Cream

Wednesday, August 9 Eat on the Grand Room Patio!

Lunch: Corn Dog, Tater Tots, Grapes, Broccoli Salad, Mini Chocolate Chip Cookies



Thursday, August 10 Eat on the Grand Room Patio!

Lunch: Breaded Pork Tenderloin Sandwich with Lettuce, Tomato & Onion, BBQ Chips, Pickle Slices, Watermelon Wedge, Mini Donuts



Friday, August 11

Lunch: Chicken Salad on Leaf Lettuce, Dinner Roll, Strawberries, Cucumber & Tomato Salad, Coconut Cream Parfait

Saturday, August 12

Lunch: French Dip with Au Jus, Broccoli, Peach Halves, Molasses Cookie

Dinner: Peppered Steak over Rice, Green Beans, Pineapple, Cherry Cake