



July 14, 2024

Northcrest News

Northcrest Community
Over 59 years of service to older
adults in the Greater Ames Community



The Week at a Glance!

Sunday, July 14

- 10 –4:00 Garden Art Fair, Reiman Gardens, No Bus
- 2:00 Hymn Sing, AL

Monday, July 15

- 8:00 Bus departs for Clear Lake and Mason City on overnight trip
- 10:00 Bus to Fareway shopping
- 6:30 Mixed Bridge, Founders' Room

Tuesday, July 16

- 9:30 Tuesday Coffee, GR, **Atrium J 1-3**
- Burger Tuesday at the Crest!

Wednesday, July 17

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

Thursday, July 18

- 5:00 LaVone Newell, piano, AL
- 7:00 Bus to Bandshell Concert

Friday, July 19

- 8:30-10:30 1st National Bank, Founders' Rm
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Casie Vance of Ames History Museum
- 6:00 Bus to Youth Orchestra, Ames City Auditorium

Saturday, July 20

Is it Sweet Corn Season yet??



Ice Cream Social

Wed, July 24

2:30—3:30 pm, GR

Choice of Vanilla, Maple Nut or
Mint Chocolate Chip

\$6.25, RSVP kitchen by morning of July 23

Health & Wellness

Hearing Aid maintenance:

August 6: 1st Tuesday of every month, 1:30pm

Podiatry: Contact Kathy at ext. 7220 for information.

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Ryan

New class added:

Monday 8:30-9am Movement and Music in the Green Room

Monday 9:30-10:00am Resistance Bands in the Wellness Center

Thursdays 8:30am-9am Shadow Boxing in the Wellness Center

4pm classes will be cancelled during Adrienne's maternity leave.

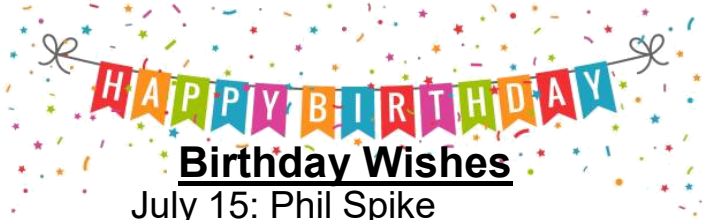
Ryan will be in charge while Adrienne is away.

Sunday Lunch

12:30 p.m.

Baked Ham
Mashed Sweet Potatoes
Green Beans
Watermelon & Grapes
Blueberry Tart





Birthday Wishes

- July 15: Phil Spike
- July 16: Mary Fawkes
- July 18: John Doyle
- July 18: Linda Meetz
- July 19: Nancy McLean



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for July 16 will be Atriums J 1-3 a second time. Join in-person, via Zoom or Livestream (116-5 or 995).

Friday Chats, 10:30 am, GR

July 12: Jeff Kluever, a historian of the Civil War, will share stories of the soldiers buried at Des Moines' Woodland Cemetery.

July 19: Casie Vance, Ames History Museum, giving an update of the renovation and future plans.

Potluck Report

The all-resident Fourth of July potluck was a resounding success. More than 90 people were in attendance, the food was great (even featuring some international dishes unfamiliar to most of us) and the fellowship was as warm as the weather outside. Shall we do it again on Labor Day?

P.S. Susan North's recipe for Curried Couscous Salad is available at the Front Desk.



Alzheimers & Dementia groups

In July we are not holding the dementia and Alzheimer's support groups since our normal meeting falls on the holiday in July, and Adrienne will be out on maternity leave. We will start back up with our monthly meetings on Aug. 1st.

V.V. Raman Blog

V.V. is starting another blog series called

Recalling My Travels. He says, "Over the decades it has been my good fortune to visit a number of places and in this new series I propose to recall some of them." If you wish to be on the email list to receive these, please send a note to V.V. at vvrsp@rit.edu

Let's keep the Housekeepers COOL

The housekeepers try to work quickly and efficiently. Please lower the thermostat before you are expecting them in your home, to help them as they hustle about. Thank You for this consideration!

Resident Login on NC Website

There is so much information on the Resident side of the website! Under Resources and Links, you can find the list of willing **Volun-Peers** who can help with tech questions, mending, errands, etc. You can also fill out a form to help with items. Also, you can **check the weather** on-site from our own weather station! Ask Kathy if you have forgotten your password. Northcrestcommunity.org/resident-login

The CREST



Open Tuesday—Friday
12-2:00pm and 4:30-7:00pm

Open Saturday 9:30 am –1:00 pm
9:30-11: See Breakfast Menu on NC TV
11:00-1:00: Saturday Lunch Menu

Soup of the Week: Minestrone
Special of the Week: Strawberry Field Salad with Lemon Poppy Seed Dressing & your choice of Grilled Chicken or Salmon

Burger Tuesdays!
Every Tuesday
of Summer

Join us for an All American Cheeseburger with your choice of Kettle Chips, Ruffles or Sun Chips for **only \$6.95!**

FUN THINGS TO DO

Pizza Ranch Lunch

How about going for a buffet lunch at Pizza Ranch? \$15 gives you many choices! Or order off the menu. Pay on your own. Fri, July 12, Bus at 1:00 pm.

Friends of Ames Strings

The Youth Orchestra will perform at an open dress rehearsal on July 19 at 11:00 am at First Methodist Church. All are welcome. That evening at 6:30 pm, they present at Ames City Auditorium. No charge. We will offer a bus at 6:00 pm to attend.

RONNIE'S RAMBLES

Tour the Sigler Printing Plant

Do you want to know more about what it takes to create printed T-shirts, signs, banners, etc? Sigler does commercial printing and graphic design to aid in marketing. Tour the plant and learn more. Some walking in noisy areas. Tue, July 23, Bus at 10:30 am.

Classic Movies at the Camelot

The Man Who Knew Too Much with Jimmy Stewart and Doris Day will show at the Camelot Theater in Nevada. \$5 ticket at the door, \$5 Bus fee on your monthly bill. Wed, July 31, Bus at 1:15 pm.

Fair Fever is Coming!

Plan to spend August 7-9 enjoying Northcrest's version of the State Fair. As always, there will be some good food, a lot of laughter and a little silliness along the way. Watch for details!

Iowa State Fair: Older Iowans' Day

We will offer a bus again to Des Moines. **Wed, August 14. 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 GARDEN SPOT

Herb Update: Parsley

Do you eat that fluffy bit of green that's decorating your plate? You should. It's high in Vitamin A, B1, B2, C, niacin, calcium and iron. It's a vegetable. Commercially, parsley is used as a flavoring, while parsley seed oil is a fragrance used in soaps, cosmetics & perfumes. The leaves, seeds & roots are used in medicines.

Cooking: Parsley combines well with other herbs, tempering strong or complementing milder ones. Add parsley to savory dishes near the end of cooking. Add it to salads. Use alone or combine with basil for pesto, keep parsley infused butter ready for vegetables, baked potatoes, grilled meats and salmon. Use either flat or curly leafed parsley; supposedly with the flat leaf, you get the full impact of flavor quicker, and some Italian recipes do call for the flat leaf.

Storage: Clip the ends and store in water or wrap in a damp paper towel within a plastic bag and store in refrigerator. It will keep around 2 weeks.

With all the rain there are lots of herbs in the garden! Enjoy summer's bounty and pick up herbs by the mailboxes. Please do not harvest any herbs yourself. If you have questions or a special request contact: Margie or Phil Poorman @515-232-5447 Karen Ross @ 515-231-8656

In Loving Memory
of

William "Bill" Henderson
April 4, 1942-July 7, 2024

No services planned at this time

Pick-up times for Regular Daily Meals at the 2300 Front Desk:

Lunch, Monday- Saturday: Sign up by 10:00am

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

Sunday, July 14

Lunch: Baked Ham, Mashed Sweet Potatoes, Green Beans, Watermelon & Grapes, Blueberry Tart

Monday, July 15

Lunch: Boneless Chicken Bites, Potato Chips, Orange Slices, Oriental Broccoli Salad, Mini Vanilla Swirl Cone

Dinner: Meatloaf, Twice-Baked Mashed Potatoes, Sautéed Zucchini & Tomatoes, Honeydew, White Cake

Tuesday, July 16

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Chef Salad, Muffin, Mandarin Oranges, Lemon Lime Mousse

Wednesday, July 17

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Tuna Salad on Croissant with Lettuce, Sun Chips, Cantaloupe, Turtle Brownie

Thursday, July 18

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Enchilada Casserole, Refried Beans, Fresh Fruit, Cookie

Friday, July 19

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

Lunch: Hot Chicken Salad, Pacific Blend Vegetables, Fruit Salad, Magic Bar

Saturday, July 20

The Crest is Open: **9:30am-11:00am** Coffee, Muffins, Eggs, Toast, Bacon & More
11:00am-1:00pm Saturday Lunch Menu

Lunch: French Dip with Au Jus, Green Beans, Tropical Fruit Salad, Banana Bar

Dinner: Hungarian Goulash with Egg Noodles, Sunshine Carrots, Fresh Fruit, Oatmeal Pie