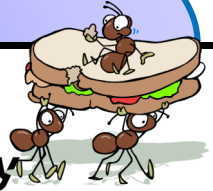
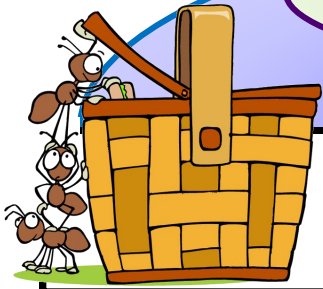


July 16, 2023

Northcrest News

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



The Week at a Glance!

Sunday, July 16

2:00 Hymn Sing, GR
2:15 Bus to "Oklahoma" at Cinemark 12

Monday, July 17

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

Tuesday, July 18

9:30 Tuesday Coffee, Atrium S-2
3:00 Ambassadors of Grace, Gospel
music, HC Dining Room
5:00 Bus to Cubs Game, Des Moines



Wednesday, July 19

10:00 Blood Pressure Clinic
10:30 Bus to ALDI or Hy-Vee
4:15 Line Dancing Class, Grand Room



Thursday, July 20

10:00 Writers' Group, Founders' Room
1:00—2:00 Wellness Assessments by
appointment
5:00 LaVone Newell, AL
7:30 Bus to Bandshell Concert

Friday, July 21

8:30—10:30 1st National Bank, Founders
10:30 Bus to Walmart & North Fareway
4:00 Second Chair Brass at the Pergola!



Saturday, July 22

Lemonade, watermelon, ice cream... this
is what summer is made for!



Health & Wellness

Podiatry: Stop at Front Desk for information.

Hearing Aid maintenance:

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

Massage Therapy: Darlene, 515-708-1556

Wellness Program News by Adrienne

Wellness Assessments: Sign up at the Wellness
Center with Adrienne.

Adrienne will be gone July 13 to 18.

Boot, Scoot and Boogie Line Dancing:

Wed, July 19, 4:15 pm, Grand Room



Sunday Dinner July 16, 12:30 p.m.

Sautéed Chicken Breast
Long Grain & Wild Rice
Normandy Blend Vegetables
Fresh Melon Salad
Strawberry Rhubarb Pie



ANNOUNCEMENTS



Birthday Wishes

July 16: Mary Fawkes
July 18: John Doyle
July 18: Linda Meetz
July 19: Nancy McLean
July 21: Jim Amfahr
July 22: Kay Outka



Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! S-2 will host July 18.

Friday Chats, 10:30 am, GR

July 14: Carolyn Abbott on textile art
Aug 4: Northminster Hangout Program

Transitions & Life Care Promise

Presented by Northcrest's own Leadership Team, you will learn about the stages offered through your wise decision to join Northcrest! **Thursday, July 27: 10:30am, GR**

Northcrester Publication

The new look of *The Northcrester* is due to the hard work of Berne Ketchum in cooperation with Kathy Kent. We hope Northcresters find the readability improved and the general look clean and professional. Thank you to Berne and Kathy!

Podiatry Openings

Please contact Kathy, ext 7220, if you would like to get in to see the podiatrist. We currently have openings for new patients, and returning patients, for July 19th & July 26th.

Photos for the Online Directory

Kathy will be taking pictures for the resident online directory on **July 25th** after Tuesday Coffee. If you don't have a picture in the directory, please meet her in the Grand Room between 10:30-noon. If you would like to update your picture in the directory, feel free to come get a new one taken.

*In Loving Memory
of*

Myra Nell

9/10/1935—7/3/ 2023

Service: Friday, July 14,
Memorial Lutheran Church, 11:00 am.

Housekeeping Note from Joanna

If you are heading out of town, please email Joanna: jmather@northcrestcommunity.org. You could also call her at ext. 7222, and let her know that you will be gone. This will help her plan housekeeping accordingly. And remember to lower your thermostat when Housekeeping is scheduled, please!!

Line Dancing Class!

You asked for it, and you got it! The instructor is Jason Vlastaras and is from Iowa State Rec Services. The class will be 45 minutes long. (Come learn some moves that you can put into practice at a dance being planned for our Northcrest Fair week in August.) Wed, July 19, 4:15 pm, Grand Room

Outdoor Concert at the Pergola



We are hosting another outdoor concert at our Pergola. Since it has had a wonderful "haircut", we can have the musicians in the Pergola with ourselves scattered in the shade outside. Bring your lawn chair, call if you'd like shuttle service down and up the hill! Hear Rick Ennis & Bill Buttermore of Second Chair Brass, Fri, July 21, 4:00 pm.

New Bus is Coming... in a bit

Keep an eye out for our new bus. It was expected this week, but has been delayed for a little longer. We'll celebrate when it arrives! A new Party Bus!!!



The CREST

OPEN: Wed–Fri, July 19-21
12-2:00 pm and
4:30-7:00 pm

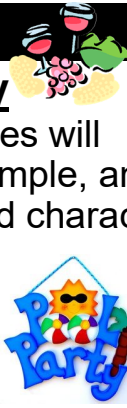
Soup of the Day:
Tomato Vegetable Soup



THINGS TO DO!

Wine Tasting and Pool Party

John Miranowski of Red Barn Wines will bring some of his own wines to sample, and to help us learn about qualities and characteristics of wine. We'll create a fun pool side "vibe", so plan to wear your beach-bum clothes! Fri, July 14, 4:00 pm. GR.



Ambassadors of Grace

Travelling Southern Gospel musicians from Missouri are visiting Northcrest on Tue, July 18. Come hear the Ambassadors of Grace at 3:00 pm in the HC Dining Room.

PLACES TO GO

Oklahoma, the Musical on Screen

Hop on the bus to go to Cinemark 12 off South 16th St to see the recording of the musical with Hugh Jackman! Reserved seats, tickets \$16 plus on-line fees. Please reserve & pay on own. Special showing on Sun, July 16, Bus at 2:15 pm.

Baseball Game in Des Moines

Tickets (non-refundable) are purchased for the ball game in Des Moines. We will be behind Home Plate under the awning! \$1 Hot Dogs, Baseball Bingo while you watch!! Indianapolis Indians vs Cubs. Group Ticket & Bus \$20.(Reduced!!) Tue, July 18, 5:00 Bus.

Doolittle Prairie Walk

Join Dr. Thomas Rosburg on monthly prairie walks at the largest prairie remnant in Story County -- Doolittle Prairie. The July event will take place on Tuesday, July 25 at 7:00 p.m. These walks are free, but registration is encouraged so any cancellation notice could be sent to you. Go to storycountyiowa.gov and search calendar. Bus if enough interest.

Northcrest Fair is coming!

The Fair, Northcrest Style, is coming the week of August 7-11. Think about produce, 4-H, craft or other displays you would like to join. Lots of details will be coming!

THE GARDEN SPOT

What Can I Do With Parsley?

Margie Poorman says:

The two main groups of parsley used as herbs are **French**, or **curly leaf** and, **Italian**, or **flat leaf**. We have both in our Northcrest herb garden and harvest both for resident's use.

- * It's easy to think of [parsley](#) as a garnish but it's such a versatile herb. Fresh, clean, and slightly earthy, parsley packs an herbaceous punch perfect for brightening up any dish.
- * Treat it like any other leafy green and mix it in with other lettuces to add a punch.
- * Stir it into a grain or bean salad, or throw it into a frittata or a sauce.
- * When [stored properly](#)(with the ends trimmed and in a glass of water in the fridge or wrapped in a damp paper towel and placed in a plastic bag), it will last for close to two weeks.

Computer Scams

1. Your phone can be hacked as well as your computer.
2. Email - beware of emails saying you have bought something and the sender can't deliver the product - don't respond unless you're absolutely sure it is a real request.
3. If your Computer is taken over by a screen that says you must respond to the message on the screen - do not respond; close down (if you can), reboot or unplug the machine or reboot again. If it is still there and you can't use your computer or phone, **shut down and contact Eric**.
4. Do not provide or respond to requests for personal information either over the phone or online on your computer.
5. The federal government or law enforcement will never ask you for personal information over the phone or on line.
6. Some hacks can take over your volume and scare you with loud noises. Immediately shut down and reboot. This goes for both phones and computers.

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, July 16

Lunch: Sautéed Chicken Breast, Long Grain & Wild Rice, Normandy Blend Vegetables, Fresh Melon Salad, Strawberry Rhubarb Pie

Monday, July 17

Lunch: Grilled Bratwurst on a Bun with Sauerkraut, Baked Beans, Apricots, Sherbet

Dinner: Goulash, Garlic Toast, Strawberries, Three Bean Salad, Cookie

Tuesday, July 18

Lunch: Grilled Chicken on Chopped Romaine with Cheddar Cheese, Bacon, Cherry Tomato & Egg, Roll, Honeydew, Pecan Bar

Dinner: Marinated Pork Chops, Scalloped Potatoes, Peas & Onions, Fruit Salad, Key Lime Pie

Wednesday, July 19

Lunch: Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Watermelon, Heath Bar Blondie

Thursday, July 20

Lunch: Fish Sandwich, Creamy Coleslaw, Potato Chips, Peach Slices, Chocolate Chip Cookie

Friday, July 21

Lunch: Enchilada Casserole, Spanish Rice, Grapefruit, Brownie

Saturday, July 22

Lunch: Sloppy Joe Sandwich, Corn Chips, Grapes, Carrot Sticks with Ranch, Oreo Pie

Dinner: Beef Stroganoff with Egg Noodles, Green Beans, Pears, Lemon Cake