

July 30, 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 30 National Friendship Day

2:00 Hymn Sing, Green Room

Monday, July 31

10:00 Bus to Fareway shopping

Tuesday, August 1

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

1:30 Hearing Aid Maintenance,
Providers' Room

Wednesday, August 2

10:00 Blood Pressure Clinic

10:00 Book Club, AL

10:30 Bus to ALDI or Hy-Vee

1:00—2:30 Wellness Assessments by
Appointment

1:30 Bus to Slater Historical Museum

Thursday, August 3

10:00 Writers' Group, Founders' Room

1:00—2:00 Wellness Assessments by
Appointment

5:00 LaVone Newell, AL

7:30 Bus to Central Iowa Symphony
Concert, Bandshell Park

Friday, August 4

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

10:30 Friday Chat, Mary Beth

Oostenbrug, Northminster "Hang Out"

10:30 Bus to Walmart & North Fareway

Saturday August 5

*Roll out those lazy, hazy, crazy days of
summer.....*



Health & Wellness

Podiatry: Contact Kathy at ext. 7220
for information. Openings for 8/2 are available.

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.

The sign-up for the All-Ability bike will be
available after August 2. 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 July 30, 12:30 p.m.

Baked Ham
Sour Cream & Chive Mashed Potatoes
Green Beans
Fresh Fruit
Raspberry Pie



ANNOUNCEMENTS

Birthday Wishes

July 31: Paul Lasley
August 1: Jack Ringgenberg
August 2: Jan Cottington
August 4: Ellie Vandeventer

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 1.



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 lower level Green Room.

Podiatry Appointments

There are openings to see the Podiatrist on Wed, Aug 2. Please contact Kathy Kent to reserve a spot.



Hair Salon Price Increase

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

Northcrest Fair is coming!

Save the Dates: August 8-11

The Northcrest Fair has something every day. Animals, food, games, exhibits, cars, contests! Have you ever wanted to throw a cow pie? Can you whistle or yodel? You'll have a chance to tell a favorite childhood memory of a fair. And remember to plan your exhibit items—no judging this year, just sharing your garden bounty or talents! Do you have an item that you might see at the State Fair, or is distinctly Iowan? Bring to Ronnie for the display case by August 1. Items should be marked with your name.



*In Loving Memory
of*
Del Bluhm

July 8, 1936—July 21, 2023

Service on August 18, First United Methodist
Bus at 10:30 am

Have you judged at the State Fair?

If so, please contact Diana Shonrock. She is working on a presentation for our NC Fair, and could use your input.

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.

Monarchs in Assisted Living

The folks in Assisted Living are watching nature unfold! They witnessed monarch caterpillars form a chrysalis, and have now seen one butterfly emerge. There are 2 more that may emerge this weekend! You are invited to come visit and see Nature at work!



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,
12-2:00 pm and
4:30-7:00 pm**

**Soup of the Day:
Tomato Basil 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.

Slater Historical Museum **"Growing Up in a Small Town"**



Travel back in time to the 50' & 60's, relive those simpler times. Louise O'Donnell will host us at the Slater Historical Museum. \$5 Bus fee, Wed, Aug 2, Bus at 1:30 pm.

The Satin Dolls

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.

Central Iowa Symphony

The Symphony presents their summer concert at Bandshell Park. Remember those lawn chairs! Thu, Aug 3, Bus at 7:30 pm.

THE GARDEN SPOT

What Can I Do With.....?

Cilantro






Cilantro is a fast-growing, aromatic, annual herb that grows best in the cooler weather of spring. This herb is used to flavor many recipes, and the entire plant is edible, though the leaves and seeds are used most frequently. Cilantro and coriander are different parts of the same plant. Cilantro refers to the leaves of the plant, which are used as an herb. This describes the vegetative stage of the plant's life cycle. Coriander refers to the seeds, which are typically ground and used as a spice. This happens after the plant flowers and develops the seeds. Cilantro does not grow in summer heat as the plants will bolt (much like rhubarb in the heat) and the cilantro leaves will be past harvesting. Thus the cilantro season here at Northcrest herb garden is coming to an end. It is a popular herb here at Northcrest and we hope you have enjoyed it. The plants will go to seed and provide the seeds which are a spice.



Chives

Chives are delicate and tender and are best eaten raw or cooked very briefly. Overcooking wilts and weakens their texture and flavor. Chives can be chopped or blended into small bits, which releases their oniony flavor. They also work well as a garnish (think: a topping for a baked potato and sour cream or deviled eggs). But they also make great additions to salad dressings and dips. Chive's purple flowers are edible too. We will be harvesting chives from Northcrest's herb garden till the end of the summer season and frost arrives.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Wellness Center Lots of Choices for Exercise!</p> <p>Game Night, LIB Thursdays, 6 pm</p> <p>1st National Bank Fridays: 8:30—10:30 am</p>		<p>1</p> <p>9:30 Coffee, Atrium J 1, 2 & 3 1:30 Hearing Aid Maintenance</p>	<p>2</p> <p>10:00 Book Club, AL</p> <p>10:30 ALDI's & Hy-Vee 1:30 Bus to Slater Museum</p>	<p>3</p> <p>10:00 Writers' Group</p> <p>5:00 LaVone Newell, AL 7:30 Bus to Central Iowa Symphony, Bandshell Pk.</p>	<p>4</p> <p>10:30 N Walmart & Fareway 10:30 Friday Chat, MaryBeth Oostenbrug, Northminster "Hang Out"</p>	<p>5</p>
<p>6</p> <p>2:00 Hymn Sing, Green Room</p>	<p>7</p> <p>10:00 Fareway</p>	<p>8</p> <p>9:30 Coffee, Atrium J 1, 2 & 3</p> <p>10:00 –11:00 Petting Zoo, on the Green</p>	<p>9</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee 10-5:00 Produce, Craft & Floral Displays, GR 2:30 Taste Testing Station 4—7:00 Car Show, Dogbone Area</p>	 <p>10</p> <p>10:30 Diana Shonrock, <i>Iowa State Fair, Family & Food, GR</i> 1-2:00 Outdoor Games on the Green 2:30 Taste Testing Station 4:00 Heart of Iowa Band, Pergola</p>	<p>11</p> <p>10:30 N Walmart & Fareway 11-3 Sweet & Savory Food Truck 11-3:00 Staff & Residents, Games on the GR Patio 2:00 Contests & Story Telling 6:00 Country Dance with Larry Northup, GR</p> 	 <p>12</p> <p>6:30 Bus to The Satin Dolls, Ames City Auditorium</p>
<p>13</p> <p>2:00 Hymn Sing, Green Room</p>	<p>14</p> <p>7:00 Bus to New Providence for Breakfast 10:00 Fareway</p>	<p>15</p> <p>9:30 Coffee, Atrium K 1, 2 & 3</p>	<p>16</p> <p>Older Iowan Day at Iowa State Fair 8:00 Bus to Des Moines, State Fair 10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p>	<p>17</p> <p>10:00 Writers' Group 1:00 "How to" Wellness Class on phone/watch use</p> <p>3:00 Elvis is in the building! GR</p> 	<p>18</p> <p>10:30 Bus, Del Bluhm service 10:30 N Walmart & Fareway 10:30 Friday Chat, Seed Library, Vikram Bhargava, GR 3:00 Elvis in the HC 7:00 Bus to Senior Variety Show, City Auditorium</p> 	<p>19</p> <p>1:30 Bus to Senior Variety Show, City Auditorium</p>
<p>20</p> <p>2:00 Hymn Sing, Green Room</p> <p>3:00 Ken Jolls and friends, GR</p> 	<p>21</p> <p>10:00 Fareway</p> <p>6:30 Mixed Bridge</p>	<p>22</p> <p>9:30 Coffee, Atrium K 1, 2 & 3</p>	<p>23</p> <p>10:00 BP Clinic</p> <p>10:30 ALDI's & Hy-Vee</p>	<p>24</p>	<p>25</p> <p>9:30 Residents' Council 10:30 N Walmart & Fareway</p> <p>4:30 Bus to Ames History Museum Benefit Dinner, CPML Center</p>	<p>26</p>
<p>27</p> <p>2:00 Hymn Sing, Green Room 2:30 Bus to ISU Faculty Fanfare Concert, MET</p> 	<p>28</p> <p>10:00 Fareway</p>	<p>29</p> <p>9:30 Coffee, Parkway Floor 1</p>	<p>30</p> <p>10:00 BP Clinic 10:30 ALDI's & Hy-Vee</p>	<p>31</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, July 30

Lunch: Baked Ham, Sour Cream & Chive Mashed Potatoes, Green Beans, Fresh Fruit, Raspberry Pie

Monday, July 31

Lunch: Breaded Flounder, French Fries, Creamy Coleslaw, Fruit Salad, Brownie

Dinner: Rotisserie Chicken, Mashed Potatoes & Gravy, Sunshine Carrots, Honeydew, Oatmeal Bar

Tuesday, August 1

Lunch: Oriental Chicken Salad, Dinner Roll, Cantaloupe & Blueberries, Cupcake

Dinner: Taco Chili with Tortilla Chips, Sour Cream & Cheddar, Peaches, Cherry Tart

Wednesday, August 2

Lunch: Italian Sausage Grinder with Roasted Peppers, Onions, & Monterrey Cheese Sauce, Vegetable Medley, Watermelon, Banana Cream Pie

Thursday, August 3

Lunch: Gyro with Lettuce, Tomato, Sautéed Onions, Feta Cheese & Tzatziki Sauce, Sweet Potato Fries, Apricots, Root Beer Float

Friday, August 4

Lunch: Tuna Salad on Croissant with Lettuce, Strawberries, Cucumber, Tomato & Onion Salad, Peanut Butter Cookie

Saturday, August 5

Lunch: Pulled Chicken Sandwich, Fresh Cut Vegetable Salad, Bread & Butter Pickles, Mandarin Oranges, Mini Vanilla Swirl Cone

Dinner: Lasagna, Garlic Toast, Apple Slices, Three Bean Salad, Yellow Cake with Chocolate Frosting