

July 7, 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 7

- 2:00 Hymn Sing, AL
- FYI: 7:00 Documentary on CNN “The Last Alzheimer’s Patient” (should be hopeful!)

Monday, July 8

- 10:00 Bus to Fareway shopping
- 1:00 HIRTA adventure to Hickory Park

Tuesday, July 9

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

Wednesday, July 10

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 5:15 BINGO at the Crest
- 6:30 Summer Dance, GR
- 6:45 Ames High Prairie Walk (public)



Thursday, July 11

- 6:00 Second Chair Brass, HC North Patio
- 7:00 Bus to Bandshell Concert

Friday, July 12

- 8:30-10:30 1st National Bank, Founders’
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Jeff Kluever on Civil War
- 1:00 Bus to Pizza Ranch

Saturday, July 13

WOW—it’s the middle of the summer already!
Have you gone to the
Farmers’ Market this year?



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

Other than July 4th: 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.

Broccoli Cheese Chicken
Sour Cream & Chive
Mashed Potatoes
Pacific Blend Vegetables
Fresh Fruit
Strawberry Rhubarb Pie





Birthday Wishes

July 11: Donna Elvik

July 13: Shirley Tice



Tuesday Coffees

Tuesdays at 9:30 am, GR. Remember to bring your own mug & wear your name tag! Hosts for July 9 will be atrium J 1-3. 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. He has many interesting anecdotes to tell. This is a forerunner for a possible trip to tour the cemetery this fall. Come and listen!

First National Bank as usual

FYI—The bank will have normal Friday hours here on July 5, 8:30 –10:30 am, Founders' Room.

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

At the suggestion of friends, 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 to have kept a regular journal. In this new series I propose to recall some of them." The first is titled *Trip to Tamil Nadu (1947)*. If you wish to be on the email list to receive these, please send a note to V.V. at vvrsps@rit.edu



Glass Recycling

Friendly reminder: Please remove caps from glass bottles or jars. Cardboard does not go in the recycling buckets marked for glass. Thank you for your observance!

Health Center Music

The dynamic duo, Bill Buttermore and Rick Ennis, make up 2nd Chair Brass, playing tuba and euphonium. Enjoy their sound on Thu, July 11 on the HC North Patio, 6:00 pm. Independent residents, please take a lawn chair with you.



The CREST

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!**

Bingo Night

Wednesday July 10

Come to the Crest & join us for Bingo!
Minimum purchase of an entrée to join.
Doors will open at 4:30 pm;
Bingo starts at 5:15 pm.



Open Tuesday—Friday
12-2:00pm and 4:30-7:00pm
(Closed on July 4th)

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

Soup of the Week: POTATO
Special of the Week: FISH TACOS

FUN THINGS TO DO

Ice Cream with HIRTA

Let's go for a joint adventure utilizing the HIRTA service, to get ice cream on a warm summer day. Sign up to go for \$2.50 each way (cash in hand) to Hickory Park on Mon, July 8. Ronnie will organize this for you to try it out. Be at main 2300 entrance at 12:50. Pick up will be between 12:50 and 1:10 pm.

Movie: *Horizon, An American Saga*

"Horizon" explores the lure of the Old West and how it was won—and lost—through the blood, sweat & tears of many. Spanning the Civil War years, Kevin Costner's adventure takes an emotional journey across a country at war with itself. Rated R for violence, some nudity and sexuality. In 2 installments, the second comes out in August, and we'll schedule another theater visit. \$5.35 at the door, Tue, July 9, Bus at 11:45 for this 3 hour movie.

Pizza Ranch Lunch—Date Change!

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.



Summer Dance at Northcrest

Our next Northcrest Dance will be July 10. Polkas, waltzes, reels, and early American music will be featured. We even have a larger dance floor to accommodate line dances and such!

Larry Northup will be playing old time music including the music to the Virginia Reel. Join in! Wed, July 10, the Grand Room, 6:30 pm.

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.

Des Moines Performing Arts:

Moulin Rouge, The Musical

Sun, September 1, has been chosen to attend this extravagant musical. Bus at 11:30 am. Tickets are in the process of being purchased, but more can be added. Discounts now apply to bring tickets to \$141.50 or \$80 with service charges included. \$10 bus fee on monthly invoice. Sign up by July 12!

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.

Did You Know?

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. 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 GARDEN SPOT

Herb Update: Chives

Chives belong to the allium family, which includes onions, leeks, scallions, and garlic. Chives produce edible leaves, purple flower blossoms and stems, which are long, thin and hollow like a straw.

Chives are often used fresh with a little going a long way to make a flavorful impact. The oniony flavor pairs well with any savory dish and adds bright color to soups, dressings, and dips, along with many egg or potato-based dishes.

Pick up herbs by the mailboxes to treat yourselves to Summer's bounty! 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

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 7

Lunch: Broccoli Cheese Chicken, Sour Cream & Chive Mashed Potatoes, Pacific Blend Vegetables, Fresh Fruit, Strawberry Rhubarb Pie

Monday, July 8

Lunch: 1/4lb. All Beef Hot Dog with Minced Onion & Relish, Potato Salad, Watermelon, Monster Cookie

Dinner: Stuffed Bell Pepper, Corn O' Brian, Fruit Salad, Frosted Brownie

Tuesday, July 9

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

Lunch: Grilled Chicken Breast Sandwich, Potato Chips, Mandarin Oranges, Carrot Cake

Wednesday, July 10

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

Lunch: BLT, Fresh Cut Vegetable Salad, Watermelon, Oatmeal Bar

Thursday, July 11

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

Lunch: Cheese Tortellini with Meat Marinara, Breadstick, Grapes, Three Bean Salad, Cupcake

Friday, July 12

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

Lunch: Western Burger, French Fries, Fruit Salad, Chocolate Cream Pie

Saturday, July 13

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

Lunch: Orange Chicken over Rice, Stir Fried Vegetables, Egg Roll, Peaches, Cookie

Dinner: Turkey ala King with Biscuit, Cauliflower, Cantaloupe & Honeydew, Black Forest Pudding