

# July 9, 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 9

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

#### Monday, July 10

10:00 Bus to Fareway shopping

#### Tuesday, July 11

9:30 Tuesday Coffee, Atrium S-1  
4:45 Bus to Waterfront Seafood Market, Ankeny

#### Wednesday, July 12

10:00 Blood Pressure Clinic  
10:30 Bus to ALDI or Hy-Vee  
12:45-2:00 Wellness Assessment by Appointment

#### Thursday, July 13

7:30 Bus to Bandshell Concert

#### Friday, July 14

8:30—10:30 1st National Bank, Founders  
10:30 Bus to Walmart & North Fareway  
10:30 Friday Chat with Fiber Artist Carolyn Abbott  
4:00 "Pool Party" and Wine Tasting  
John Miranowski of Red Barn Wines, GR

#### Saturday, July 15

Enjoy your favorite summer time activities—reading a good book with a glass of iced tea?  
Walking in the gardens or finding a shady tree to sit under and listen to the birds?



#### 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**

We will have a 30 Days of Exploring Slideshow in the Wellness Center on July 7th from 11:30am -2:00pm available to anyone for a drop-in visit.

Wellness Assessments: Wednesday 12:45-2pm  
Sign up at the Wellness Center with Adrienne.

Adrienne will be gone July 13 to 18.

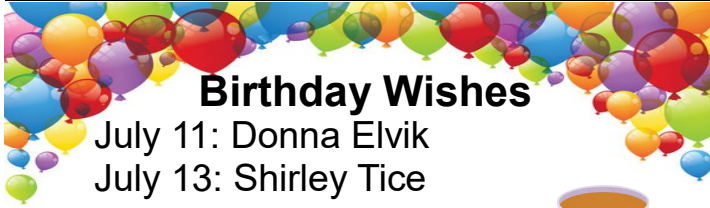
**Line Dancing:** Wed, July 19, 4:15 pm, Grand Room

#### Sunday Dinner July 9, 12:30 p.m.

Grilled Steak with Steak Sauce  
Sour Cream & Cheddar Mashed Potatoes  
Key West Blend Vegetables  
Fresh Fruit  
Fruit of the Forest Pie



# ANNOUNCEMENTS



## **Birthday Wishes**

July 11: Donna Elvik  
July 13: Shirley Tice



## **Tuesday Coffees**

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! S-1 will host July 11.

## **Friday Chats, 10:30 am, GR**

July 14: Carolyn Abbott on textile art  
Thursday, July 28: Transitions & Life Care Promise, presented by Northcrest's own Team



## **Recap: Kiwanis Shoe Drive**

Between all the sites in Ames that were collecting for Kiwanis, there were more than 2800 pairs of shoes, close to 2700 pounds! The donations will benefit the global small businesses that are able to purchase for a few cents and resell these shoes, to give the wearer much needed support for their feet! Kiwanis was able to make nearly \$1200 to supplement the grants they distribute through Story County for youth projects. A definite win for all concerned! Thank You for cleaning your closet and helping Kiwanis make the world a bit better!



## **Missing Lawn Chair?**

Are you missing your lawn chair? There was a blue one left on the bus after the trip to the Arboretum on June 13. You will need it for the Bandshell Concerts and outdoor concerts here at NC!! Stop at the Front Desk to retrieve it.



## **Reiman Gardens Art Fair**

If you go to the Garden Art Fair, be sure to stop in the Garden Room where you will find our own Louise O'Donnell exhibiting her art. A nice place to cool off!  
Sun, July 9, 10-4:00. Car pool with a friend!



## **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! We will hear Rick Ennis & Bill Buttermore of Second Chair Brass on Fri, July 21 at 4:00 pm.

## **4th of July**

Some residents had lunch together to celebrate the 4th! They took advantage of Rashell's lunch menu with hot dogs!



## **The CREST**

**OPEN: Wed-Fri, July 12-14**  
**12-2:00 pm and**  
**4:30-7:00 pm**

**Soup of the Day:**  
**Chicken & Wild Rice**



## THINGS TO DO!

### Marmalade Moon Ice Cream

We'll visit the Marmalade Moon ice cream shop on Main Street. Time will be given to wander in downtown Ames. The Library has a display of student made 3-D clothing! Fri, July 7, Bus at 2:00 pm. Home by 4:00 pm.



### Wine Tasting and Pool Party

John Miranowski of Red Barn Wines has rescheduled a wine tasting event for us. He 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 and we'll pretend we are at a resort! Non-alcoholic beverages will be available also. Fri, July 14, 4:00 pm. GR.



## PLACES TO GO

### Waterfront Seafood Market

By request—another visit to Ankeny for Seafood. Tuesdays are Catfish Night, as well as all their other great choices. Pay on your own. Sign up! Tue, July 11, Bus at 4:45 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! **We can add more tickets if needed!** \$1 Hot Dogs, Baseball Bingo while you watch!! Indianapolis Indians vs Cubs. Group Ticket & Bus \$20.(Reduced!!) Tue, July 18, 5:00 Bus.



## THE GARDEN SPOT

### Herb Garden

Hope you are enjoying the herbs! Continue to pick up the bags of herbs provided for you near the mailboxes in Parkway or the Main Building Mail Room. At the end of the day, take whatever is left. Please refrain from cutting your own.

If occasionally you'd like larger quantities or a different herb, call Margie Poorman (515 290 2712) and she will cut for you.

## What Can I Do With Mint?

### Margie Poorman says:

Spice up your salads: Sprinkle in fruit salads, cucumber or watermelon salads.

Make mint syrup: Boil leaves with 1 part sugar to 2 parts water to create simple syrup for drinks and desserts.

Give roasted potatoes and steamed veggies or rice some pop: Unexpected flavor!

Freeze mint leaves in ice cubes: Use in beverages like Ice Tea!

Enjoy a mint bath: Chop leaves, or use whole. Refreshing to your skin & senses!!



## SPECIAL NOTICE

### Computer Scams

***When in doubt, don't do! Shut it off!***

Words of wisdom with all the crazy scams and hacks going around on computers and cell phones. Phil Poorman says remember:

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 and see if the take over screen is no longer there, if it is, 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, unless you are absolutely sure you know who you are dealing with.
5. The federal government or law enforcement will not ask you for personal information over the phone or on line no matter what.
6. Some hacks can take over your volume and scare you with loud noises. Immediately shut down, reboot and see if the issue goes away. 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 9**

**Lunch:** Grilled Steak with Steak Sauce, Sour Cream & Cheddar Mashed Potatoes, Key West Blend Vegetables, Fresh Fruit, Fruit of the Forest Pie

**Monday, July 10**

**Lunch:** Brat Burger with Lettuce, Tomato & Onion, Potato Salad, Pickle Spear, Orange Slices, Rocky Road Ice Cream

**Dinner:** Lemon Pepper Baked Pollock, Orzo, Carrots, Cherries, Chocolate Cream Pie

**Tuesday, July 11**

**Lunch:** Grilled Ham & Cheese Sandwich, Sun Chips, Strawberries, Fresh Cut Vegetable Salad, Cookie

**Dinner:** Stuffed Bell Peppers, Corn O' Brian, Pears, Chocolate Cake

**Wednesday, July 12**

**Lunch:** Sausage & Pepperoni Pizza, Grapes, Side Salad, Angel Food Cake  
Dessert

**Thursday, July 13**

**Lunch:** Sweet & Sour Chicken over Rice, Stir Fry Vegetables, Egg Roll, Pineapple & Blueberries, Lemon Raspberry Bar

**Friday, July 14**

**Lunch:** Soft Shell Tacos, Refried Beans, Fresh Fruit, Peanut Butter Mousse

**Saturday, July 15**

**Lunch:** Quiche Lorraine, Muffin, Orange Slices, Cottage Cheese, Coffee Cake

**Dinner:** Chicken Ala King with Biscuit, Broccoli, Fruit Salad, Vanilla Ice Cream