

# September 3, 2023

## Northcrest News

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



### The Week at a Glance!

#### Sunday, September 3

2:00 Hymn Sing, AL Dining Room

6:30 The Kenaston Band, GR 

#### Monday, September 4 Labor Day

No Mail

10:00 Bus to Fareway shopping (Yes, they are open on Labor Day!)

4:30 Bus to Texas Roadhouse for Dinner

#### Tuesday, September 5

9:30 Tuesday Coffee, Parkway, Floor 1


1:30 Hearing Aid Maintenance, Provider's

#### Wednesday, September 6

10:00 Blood Pressure Clinic

10:00 Book Club, AL

10:30 Bus to ALDI or Hy-Vee

1:00 Android Health & Safety Class 

#### Thursday, September 7

10:00 Writers' Group

10:00 Bus to O.W.L.S., McFarland Park

10:30 Transitions & the Life Care

Promise, GR (2nd time offered)

5:00 LaVone Newell, AL

#### Friday, September 8

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

10:30 Bus to Walmart & North Fareway

10:30 Friday Chat, Ames City Forester

#### Saturday, September 9

12:00 Bus to ISU Tail Gate Step Show, Alumni Center

2:00-6:00 Tail Gate in the Crest!

Watch ISU vs IOWA



### Health & Wellness

**Podiatry:** Contact Kathy at ext. 7220 for information.



#### **Hearing Aid maintenance:**

September 5: (1st Tuesday of every month, 1:30 pm)

**Massage Therapy:** Darlene, 515-708-1556

#### **Wellness Program News by Adrienne**

The All-Ability bike will be available for fun fall biking in September. Please sign up at the Wellness Center Binder table.

#### **Android Phone Health & Safety class:**

Thu, Sept 6, 1-2:00 pm, Wellness Center

A 12-week **Tai Chi Class** is available at Northminster Presbyterian Church on Tuesdays and Fridays beginning September 12. 9:00-9:45 am. Free! Car pool with your friends!

### Sunday Dinner September 3, 12:30 p.m.

**Grilled Steak with Steak Sauce**  
**Twice-Baked Mashed Potatoes**  
**Peas & Onions**  
**Fresh Melon Salad**  
**Apple Crisp**



# ANNOUNCEMENTS



## Birthday Wishes

September 4: Don Heuss  
September 4: MaryJo Talkington  
September 5: Carolyn Bultena  
September 5: Dolores Gronemeyer  
September 8: Jack Mauldin  
September 8: Richard Wood  
September 9: Doug Finnemore



## Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! **Parkway Floor 1 will host again on September 5.**


## Friday Chats, 10:30 am, GR

**September 1:** Nancy Carroll will give an update on the progress for Heartland Senior Services, now known as *60 Forward*.

**September 8:** Gabriele Edwards, Ames City Forester. Learn how Ames watches over thousands of trees in the city!!

**September 15:** Mel Crippen, formerly of KASI and forever a fan of Northcrest!

## Special Event: Kenaston Band

The Kenaston Band from Nebraska, and freshly off a gig at the Old Threshers' Reunion in Mount Pleasant, will be performing for this Sunday! Enjoy traditional country, bluegrass and gospel music with these award winning musicians, sponsored by a group of Northcrest residents!   
Sun, Sept 3, 6:30 pm, GR.

## Transitions & the Life Care Promise

If you missed this presentation a month ago, you are in luck. The Leadership Team will again present the details of the Life Care Promise that you gained when you joined Northcrest Community. Get those questions answered that you may have about the many services offered as you transition between needs. Thu, Sept 7, 10:30 am, GR

## Football Fans

The UNI game this weekend is on ESPN+, which we do not receive in the GR as of now, but will. Sorry for the inconvenience.

## Northcrest Stitchers

All are welcome to attend this monthly meeting held on the 2nd Tuesday of the month. This month is a class led by Beth Douglas to make a Diagonal Fold Pocket Wallet, a one-page Folded Book and more. You can participate if you let Evonn Walling know, or simply come and watch!  
Mon, Sept 11, 2:00 pm, GR.

## ISU Lecture Series

Are you interested in learning about various topics? The ISU Lecture Series can be viewed at [lectures.iastate.edu/events](http://lectures.iastate.edu/events). Let me know which you are interested in and we'll see if we get 6 or more to go! Some interest was noted for the first lecture, which is in the Memorial Union, Great Hall.


***The Economics of Artificial Intelligence***,  
Thu, Sept 7, Bus at 5:30 pm.



## The Fair is Over....

If you loaned an item for the Fair display in the showcase by Ronnie's office, please stop by **after Coffee next Tuesday** to pick it up. What will the new display be????!!!!

## The CREST

**Now Open Tuesdays!!**  
**Tue-Fri, Sept 5-8**  
**12-2:00 pm and 4:30-7:00 pm** 

**Special Game Day Opening**  
**Saturday, September 9**  
**Celebrate the Cyclones vs Hawkeyes**  
**Watch the game on TV with the game day menu specials:**

**Chicken Wings, Tenderloin,  
Burgers, Hot Dogs**



**Open 2-6:00 pm**



## PLACES TO GO

### Texas Roadhouse

Celebrate Labor Day with a little fun—go to the Texas Roadhouse with friends and get in on their special early-bird specials! Pay your own way! Mon, Sept 4, Bus at 4:30 pm.

### Ada Hayden Golf Cart Tour

The Friends of Ada Hayden are again offering a golf cart tour of the park. This allows you to see areas you may not otherwise, and hear from experts on plants and wildlife as you go. 25 maximum. Free, 9-10:30 am. Mon, Sept 11, Bus at 8:30 am.

### ACTORS Starts 68th Season

*The Play That Goes Wrong* opens Sept 14. Everything that can go wrong does in this disastrously delightful spoof of community theater. Come laugh with ACTORS as they start their 68th season of live theater! \$20 tickets available on-line or at Alpha Copies. Buses will be available on

- Fri, Sept 15, 7:00 pm
- Sun, Sept 24, 1:30 pm

**ACTORS**<sup>INC</sup>

### Beginner Line Dance Lessons

F.Y.I. The City of Ames is offering classes at the beginner level during a 6 week Line Dance Class at the Community Center Gym downtown. Mondays 4:30-5:15 pm, Oct 2-Nov 6. Register at [amesparkrec.org](http://amesparkrec.org) for Activity #290330. \$38, Sign up to save a spot! We'll have more dances at Northcrest to showcase your moves!!

### Museum Receptions

Chrisian Petersen: Artist Talk with metal artist Tom Stancliffe. He has the new Ghost Trees installed in the ISU Sculpture Garden. Thu, Sept 14, Bus at 5:10 pm.

Brunnier: Glass Epergnes on display. (That is pronounced eh-pr-nay). These are stunning glass ornamental table centerpieces with holders for fruit, flowers, etc. Light refreshments. Sun, Sept 17, Bus at 1:30 pm.



## SPORTS

### Football

Northcrest is again a sponsor of the ISU Tail Gate Step Show for most home games. We will plan on taking a bus for these.

#### **Step Shows:**

Sept 2 vs UNI, Bus at 10:30 am  
Sept 9 vs Iowa, Bus at 12:00 pm  
Sept 23 vs Oklahoma, Bus TBD

### Volleyball

- Thu, Sept 14, vs UCSB, Bus at 6:00 pm
- Fri, Sept 15, vs Ohio, Bus at 6:00 pm
- Sat, Sept 16, vs Drake, Bus at 1:30 pm

## THE GARDEN SPOT

### What Can I Do With.....?

**Sage:** Sage has a strong aroma and earthy flavor, which is why it's typically used in small amounts. Even so, it's packed with various important nutrients and compounds. Fresh sage leaves have a strong aromatic flavor and are best used sparingly in dishes. Sprinkle as a garnish on soups, mix into a stuffing in roast dishes, combine chopped leaves with butter to make sage butter, add chopped leaves to tomato sauce, serve it with eggs in an omelet. Dried sage is often preferred by cooks and comes ground or in whole leaves. Use as a rub for meats, as a seasoning for roasted vegetable, combined with mashed potatoes or squash for a more earthy flavor.

The end of summer heat has been hard on some herbs and others are still doing fine. We will continue to harvest and put herbs out as there are herbs available. If you would like some herb or amounts not found at the mailbox locations, contact Margie Poorman @ 515-290-2712 or Karen Ross @ 515-231-8656 to harvest for you. Margie and Karen welcome your feedback on this summer's herbs and any suggestions for additional herbs you would like to have in the herb garden in the 2024 Northcrest herb garden.



**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, September 3**

**Lunch:** Grilled Steak with Steak Sauce, Twice-Baked Mashed Potatoes, Peas & Onions, Fresh Melon Salad, Apple Crisp

**Monday, September 4**

**Lunch:** BBQ Pulled Pork Sandwich, Potato Salad, Pickle Spear, Watermelon, Mini Vanilla Ice Cream Cone

**Dinner:** Broccoli & Cheese Chicken, Sour Cream & Chive Mashed Potatoes, Vegetable Medley, Cherries, Cupcake

**Tuesday, September 5**

**Lunch:** Chicken Strips, Mashed Potatoes & Gravy, Broccoli, Mandarin Oranges, Cookie

**Wednesday, September 6**

**Lunch:** Beer Battered Cod, French Fries, Creamy Coleslaw, Fruit Salad, Black Forest Cake

**Thursday, September 7**

**Lunch:** Salami, Turkey, Roast Beef on Flatbread with Lettuce, Tomato, Onion & Italian Mayo, Potato Chips, Cantaloupe, Oreo Pie

**Friday, September 8**

**Lunch:** Enchilada Casserole with Shredded Lettuce, Tomato & Onion, Sour Cream on the Side, Refried Beans, Grapes, Banana Bar

**Saturday, September 9**

**Lunch:** Hot Chicken Salad, Key West Blend Vegetables, Peaches, Lemon Lime Mousse



GO  
TEAM

