

August 11, 2019

Northcrest News



Northcrest Community
Over 50 years of service to older adults
in the Greater Ames Community

The Week at a Glance!

Sunday, August 11

12:30 Sunday Dinner, MDR

Monday, August 12

10:00 Blood Pressure Clinic, HC
1:00 Fareway shopping

Tuesday, August 13

9:30 Tuesday Coffee, MDR, Atrium N-2 & B-1
4:00 1st National Bank Wine &
Cheese Social, MDR



Wednesday, August 14

**Older Iowans Day at
the State Fair!**

10:00 ALDI'S & Hy-Vee

Thursday, August 15

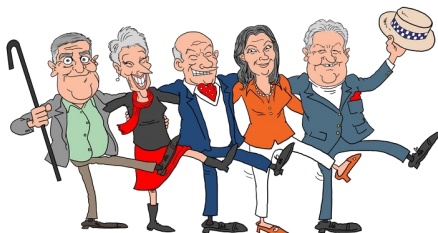
10:00 Writers' Group
12:00 Salad Bar and Sundaes! MDR
2:30 Podiatry Clinic by Appointment
3:45 Singspiration and Vespers, HC
4:00 Alzheimer's Support Group, FR
6:00 Game Night

Friday, August 16

8:30—10:30 1st National Bank
10:00 N. Fareway, N. WalMart
7:00 Bus to Senior Variety Show,
City Auditorium

Saturday, August 17

12:30 Bus to ISU Volleyball Scrimmage
1:30 Bus to Senior Variety Show,
City Auditorium



HEALTH & WELLNESS

DAILY EXERCISE

Exercise is held in the Green Room,
M-F mornings at 8:30 a.m. Holidays are optional!



PODIATRY CLINICS

By appointment, 2:30-4 pm.

- August 15
- September 5
- October 3



**Sunday Dinner
August 11
12:30 p.m., MDR**

**Chicken Cordon Bleu
Sour Cream & Chive Potatoes
Key West Vegetables
Homemade Bread
Grapes & Watermelon
Raspberry Pie**



ANNOUNCEMENTS

IA State Fair with Heartland Sr. Svs.

Go to the State Fair with Heartland Sr. Services on a chartered bus for Older Iowans Day, Wed, Aug 14. \$30 covers admission and bus from Heartland. Reserve by Aug 12 at 233-2906.

August Movie

Come see *The Proposal* with Sandra Bullock. It provides some lovely Alaskan scenery- and lots of laughs!

Sun, Aug 21, 6:00 pm.



Collage Art Show & Workshop

A relative of Art & Bernie Mann, Dave Lovely, will visit to share examples of his collage art, and give a short workshop. Learn techniques and tricks for a new hobby! Bring scissors, glue stick and print material such as photos, magazine pics, colored paper, etc. Some material will be supplied. 10:00 am, Fri, Aug 9, SR.



First National Bank Social

Join our friends from First National Bank as they throw a Wine and Cheese party for us.

All are welcome! Tue, Aug 13, 4:00 pm, MDR.



A Special Anniversary

The family of Del & Georgia Bluhm wanted the residents of Northcrest to know that a special anniversary is coming on August 16. Please wish Del & Georgia Congratulations on their **60th** wedding anniversary!!



Dealing with Loss?

Experts from Mary Greeley will talk about the resources available to help with grief and finding comfort. RSVP to Tiffany at Stevens Memorial Chapel, 515-207-9485. Steven's Memorial, Aug 22, Bus at 1:30 pm.

Cognitive Research Studies

After Tuesday Coffee on Aug 20, head down to the Green Room for a presentation on a new ISU study that addresses how diet may affect our memory and cognitive quality. Age & health criterion will be explained as well as the visits required in Ames and Iowa City. Please give the presenters a warm audience. 10:15, Tue, Aug 20, GR.



SPECIAL NOTICE

NC Fair Winners

Thanks to all who participated in the crazy shenanigans of our Fair Week bringing crafts & needlework, galloping in the pony races, or throwing a pie! A special thank you and congratulations to the following winners in their respective categories:

Butter Sculpture: Audrey Miller, granddaughter of Judy Brooks, provided our one and only sculpture. Her cute Butter Bunny earned her a prize of a Butterfinger candy bar!

Blue ribbons were awarded to our exhibitors in the categories of:

Floral Exhibit:

Most Unusual: Beverly Baustian for the St. Bart's Morning Cinq Flower

Best of Show: Karen Klaiber for the beautiful zinnia arrangement.

Produce:

Best of Show: Wayne Klaiber for the wonderful basket of vegetables.

Most Unusual: Honorable Mention to Harriet Ringgenberg for her small pumpkin shaped tomato. Blue Ribbon to the "Garden Dragon" created by CFO Deb Russell.

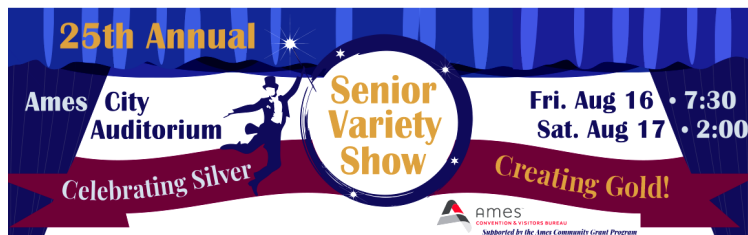
Treasure Hunt: 13 people submitted Hunt forms with more than 50 answers filled out. A drawing from those names gave Jack Cleasby bragging rights and a small box of chocolate gold coins!

Pony Races: Thanks to 3 willing resident pony riders, we had a lively set of relay races using enthusiastic staff, too. Great galloping, Nancy, Peg and Beth! (See photo on opposite page!)

PLACES TO GO, THINGS TO DO

Senior Variety Show

Tickets are on sale for the fun loving Senior Variety Show! Anita Coatney has \$10 advance tickets for you, which saves \$2 at the door! Also available at MaryKay's Flowers, Worldly Goods and Heartland Senior Services. Buses on Fri, Aug 16, 7:00 pm, and Sat, Aug 17, 1:30 pm.



Ames History Museum's Benefit

Dress in your best 1920's garb and join in for drinks, dancing and dinner. All proceeds benefit the Ames History Museum's mission. RSVP & \$65 tickets through AmesHistory.org. Bus if enough interest. "Speakeasy" at Prairie Moon Winery, Fri, Aug 23, Bus at 5:00 pm.

Italian, Anyone?

Olive Garden is offering Early Dinner Duos before 5:00 pm. Let's try it out on Wed, Aug 21, Bus at 3:45 pm. \$5 bus, pay for your own meal.



MaryKay's Garden Café

Tip toe through the flowers! Or at least have lunch at the Garden Café. Mon, Aug 26, Bus at 12:30 pm.



Christmas in July!

Ho ho ho! Season's Greetings! Check out our Wish List Tree across from the mail-room. *Please note that the items pictured are approximations of what will be chosen. Contact Linda Doyle if you have questions or are interested in sponsoring a specific item.



KITCHEN KORNER

Lunch, Noon, MDR

- **Salad Bar & Sundaes:** Thu, Aug 15
- **Pasta Bar:** Thu, Aug 29



SPORTS

Volleyball: Exhibition Games

- Sat, Aug 17, Cardinal & Gold Scrimmage, Bus at 12:30 pm.
- Fri, Aug 23, ISU vs Creighton, Bus at 5:30 pm.

Football: (Please let us know your interest in attending Football this year)

- Sat, Aug 31, Step Show, Bus at 8:30 am
- ISU vs UNI, Game Bus at 10:15 am.

RONNIE'S RAMBLES

Irving Berlin's White Christmas

Sign up today if you love the classic musical *White Christmas*! We have committed to attending on Sun, Nov 24, Leave at 11:30 am for 1:00 matinee. Des Moines Civic Center. With bus & ticket, \$62 each.



Our Fearless Pony Riders!!!

Serving times for Regular Daily Meals in the Main Dining Room*:

Lunch, Monday- Saturday: Sign up by 10:00am. Lunch is served from 12:00pm-12:30pm

Dinner, Monday-Saturday: Sign up by 2:30pm. Dinner is Served from 5:30pm-6:00pm

Sunday Dinner: Sign up by 8:00am, served at 12:30pm

***Check Northcrest News for locations and serving times for special events.**

A Side Salad Is Available As A Substitution For Any Starter Course If Ordered In Advance When Reserving Your Meal.

Sunday, August 11

12:30pm, Lunch, MDR: Chicken Cordon Bleu, Sour Cream & Chive Potatoes, Key West Vegetables, Homemade Bread, Grapes & Watermelon, Raspberry Pie

HC Supper: Potato Soup, Egg Salad Sandwich with Lettuce, Bing Cherries, Maple Nut Ice Cream



Monday, August 12

Lunch: Enchilada Casserole, Lettuce, Tomato & Onion Garnish, Spanish Rice, Pears, Banana Bar

Dinner: Moroccan Spice Pork Loin with Apple Chutney, Scalloped Potatoes, Capri Vegetables, Fruit Jell-O, Strawberry Boston Cream Cake

Tuesday, August 13

Lunch: Brat Burger with Lettuce, Tomato & Onion, Zucchini Chips, Pickle Spear, Watermelon, Pineapple Bavarian Cream

Dinner: Chicken Marsala, Roasted Rosemary Potatoes, Carrots, Apple Salad, Peanut Butter Parfait

Wednesday, August 14

Lunch: Sausage & Pepperoni Pizza, Orange Slices, Caesar Salad, Cookie

Dinner: Meatloaf, Baked Potato, Corn on the Cob, Strawberries & Blueberries, Chocolate Cake with Vanilla Frosting



Thursday, August 15

Salad Bar & Sundaes! Noon, MDR

HC Lunch: Breaded Chicken Sandwich with Lettuce, Tomato, & Onion, Potato Chips, Sweet Gherkins, Topical Fruit Salad, Ice Cream

Dinner: Baked Salmon, Quinoa & Brown Rice, Green Beans, Fresh Melon Salad, Oreo Pie

Friday, August 16

Lunch: ¼ Pound All Beef Hot Dog with Minced Onion & Relish on the Side, Baked Beans, Peach Halves, Brownie

Dinner: Grilled Steak with Bleu Cheese & Mushroom Sauce, Garlic & Cheddar Mashed Potatoes, Zucchini & Tomatoes, Mixed Fresh Fruit, Cherry Cake

Saturday, August 17

Lunch: Sweet & Sour Chicken over Rice, Stir Fried Vegetables, Mini Egg Roll, Mandarin Oranges, Oatmeal Raisin Cookie

Dinner: Hungarian Goulash, Normandy Blend Vegetables, Cantaloupe, Blueberry Crisp

