

## OUT & ABOUT

Please sign up for these outings:

**Fareway:** Thursdays, 10 am.

**Prairie Meadows Racetrack & Casino:** Fri., April 5. Departs at noon, pick up is at 3. (Eat lunch there if you like!)

**ALDI:** Tues., April 9, 10 am.

**Lunch Out at Chicago Speakeasy:** Tues., April 9, departs at noon. (1529 Euclid)

**Neighborhood Tours & Treats—Cinnaholic and Downtown:** Fri., April 19. Departs at 1 pm. Bring some “dough” for a “create your own” cinnamon roll or other sweet treat & enjoy a ride throughout downtown Des Moines.

**Rec Plex Tour & Pickleball:** Tues., April 23, departs at 10 am. Enjoy a guided tour of this one-of-a-kind WDM sports facility that has something for everyone. There will be a lot of walking—but also many opportunities to sit. Close out the tour with the chance to try your hand at pickleball.

**Brunch Out at Homegrown:** Tues., April 30, departs at 10:30 am. (555 17th St.)

## HEALTH & WELLNESS

**Wesley Life Blood Pressure Clinic:** Mon., April 8, 10 - 11:30 am, Dining Room  
Please sign up.

**Exercise Class:** Tuesdays & Thursdays, 10:30 am

**Ball Exercises:** Saturdays, 10:30 am

**touchtown**

**Channel 992 (HD Mediacom Box)**  
**Channel 16.3 (Regular Mediacom Box)**

## FUN & GAMES

Please sign up for these activities:

**Shuffleboard:** Fri., April 12, 3 pm, Game Room

**Co-ed Beanbag Tournament:** Wed., April 17, 1 pm, Fireside

**Bingo:** Wed., April 24, 1:30 pm, Dining Room

**Bunco:** Fri., April 26, 7 pm, Dining Room

Questions about other activities listed on your calendar? See the activity binder for a “Resident Activity Contact” sheet that lists the resident contact associated with various activities.



## CREATIVE STUDIO

### Clever Upcycling

Wed., April 24, 11:00 am, Club Room

Join Amy for discussion and idea sharing about clever upcycling projects. (Think of this as a “show & tell” type gathering.) You can contribute arts & crafts ideas — or just something practical. Just “listeners” are welcome too! Please sign up.

*Upcycling Definition:*  
To reuse discarded objects or material in such a way as to create a product of higher quality or value than the original.



Tune in regularly to see activity details, the daily calendar, the evening dinner menu and more! Here you will find helpful info not listed in this newsletter.



# NEWSLETTER

## April 2024

## FROM JUDY BROWN

It has been such my pleasure to be the interim Executive Director here at The Arbordale. Getting to know you and your community has been an honor.



Transforming Age is hard at work interviewing for your new Executive Director. The goal is to have the position filled in the next few weeks. A perfect match for The Arbordale is on the horizon.

Thank you all for your patience, input, wisdom and new friendships while I have been at your beautiful community. You certainly have a great place to call home!

Thank you all so very much!

## MARKETING EVENTS

The following events will be opportunities for those exploring our community to learn more about The Arbordale.

Tuesday, April 16, 12:30 pm: Lunch & Learn

Tuesday, April 30, 1:00 pm: Open House



To sign up for activities listed in this newsletter, find the activity binder at the front entrance desk.

## SALON OPENING!

We celebrate the introduction of our new hair stylist: Harisa Jusufovic! Harisa will be at The Arbordale on Mondays—beginning April 1. She will typically take appointments from 9 am—3 pm.

Harisa will provide services for men and women—including haircuts, color, and perms. She will also provide facial waxing and nail manicures and pedicures. Watch your box for more details and a price sheet.



Welcome, Harisa ... we're SO glad to have you here! (You may contact her at 515-771-7237.)



**March Shenanigans**

## THE ARBORDALE STAFF

JUDY BROWN  
Interim Executive Director

KESHA JONES  
Sales & Marketing

AMY PALMER  
Life Enrichment &  
Office Administration

TIM RICHARDS  
Executive Chef

STEVE BELL  
Maintenance Director

JOHN BOORMAN  
Maintenance Tech

SONYA CHAMBERS  
Housekeeping

FLOR JARQUIN  
Housekeeping  
(Nationwide Cleaners)

TOM CAMERON  
Transportation

SEASONAL MAINTENANCE  
TECHS

Abigail Boorman  
Nathan Boorman



## CELEBRATIONS

### BIRTHDAYS

**April 3**

Connie Colvin

**April 7**

Sandy (Bunny) Harper

**April 8**

Roger McCulley

**April 14**

Robbie Adelman

**April 19**

Jake Cunningham

**April 20**

Bill Brown  
Gerald Hockmuth

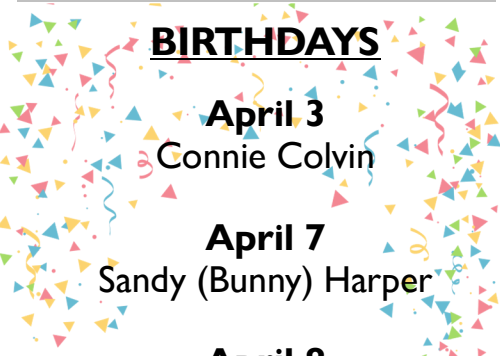
**April 29**

Marie Rodemeyer

### ANNIVERSARIES

**April 18**

Bob & Lois Johnson



## OUTREACH

### Meals from the Heartland Labeling

Second Mondays, 10:30 am,  
Craft Room. Please sign up.

### Kuddle Dolls

Join in on Thursday afternoon  
Women's Coffee & Card Shop  
and have the option to help  
create dolls that are distribut-  
ed to area local non-profits  
that assist distressed children.

### Lions Recycle for Sight & Food Pantry

Stop at the south Dining  
Room table nearest Fireside  
to donate eye glasses (Lions)  
and small grocery items for  
our food pantry near  
Creekside Church.

## ON THE SCREEN

### **One Day University: Secrets of the Brain: Genius**

Wed., April 3, 3:30 pm, Club Room

### **Movie: I Can Only Imagine**

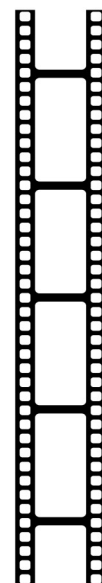
Sat., April 7, 3 pm, Home Theater—Please sign up.  
2018, Biography/Drama, Rated PG, 1 hr. 50 min.

### **One Day University: American Icons: Babe Ruth**

Wed., April 17, 3:30 pm, Club Room

### **Movie: Top Gun: Maverick**

Fri, April 19, 7 pm, Home Theater—Please sign up.  
2022, Action/Drama, Rated PG-13, 2 hrs. 10 min.



## MONTHLY GATHERINGS

### **BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, APRIL 15, 2:00 PM**

Dining Room—No need to sign up.

Come enjoy cake and informal conversation with your neighbors and this month's celebrants!  
**Celebrants:** Please RSVP to the office before the previous Thursday—so we can have a special  
seat waiting for you! Program by Nancy Baker.

### **FABULOUS FIRESIDE FRIDAY | FRIDAY, APRIL 26, 3:30 PM**

Fireside/Dining Room—No need to sign up. Join your neighbors for a signature cocktail.

Performance by "Red Beans & Rice". Chef Tim's mom is part of this duo that will play  
Classic R & B.

### **PIZZA PARTY | SUNDAY, APRIL 28, 5:00 PM**

Dining Room—Please sign up. Cost: \$7 (cash please)  
Give to Ben or Charlie Peiffer before the previous Friday.



## SPECIAL EVENTS/PROGRAMMING

### **IMPROV COMEDY/TEE HEE COMEDY CLUB | WEDNESDAY, APRIL 10, 3:00 PM**

Fireside/Dining Room—No need to sign up. Come enjoy some interactive entertainment led by local  
comedians from Tee Hee Comedy Club downtown. Be prepared to laugh! Wine and beer will be  
available.

### **JUNCTION JAZZ | THURSDAY, APRIL 11, 6:30 PM**

Fireside/Dining Room—No need to sign up. Bring your beverage of choice and enjoy some after-  
dinner music. This 10-piece band and vocalist will get your toes tappin' with Big Band & Swing music.

### **INTRO TO SMART PHONES WITH SARAH | MONDAY, APRIL 22, 1:00 PM**

Coffee Shop—Please sign up. Sarah Baker will teach this class that serves as a broad introduction in  
setting up and getting started on a new smartphone. While this class will use iPhones as the example,  
concepts will be applicable to other brands of smartphones.

### **ACTIVE SHOOTER EDUCATIONAL TRAINING | MONDAY, APRIL 29, 1:00 PM**

Dining Room—Please sign up. This hour-long training will be taught by GySgt Michael Gettler, a  
Marine Instructor/Rifle Team Coach.

