



# NEWSLETTER

## May 2024



### OUT & ABOUT

Please sign up for these outings:

**Fareway:** Thursdays, 10 am.

**Flea Market (Iowa State Fairgrounds):** Sun., May 5, departs at 10 am, pick up is at noon.

**Walmart:** Tues., May 14, 10 am. (Pick up a flower arrangement for your deck!)

**Lunch Out at St. Kilda Collective:** Tues., May 14, departs at noon. (Valley Junction)

**Lunch Out at Bravo! Italian Kitchen:** Tues., May 21, departs at noon. (Near the pond at Jordan Creek Mall—hopeful patio seating.)

**Neighborhood Tours & Treats—Middlebrook Mercantile/Cummings:** Fri., May 31. Departs at 1 pm. Enjoy a drive and stop at Middlebrook Mercantile — where you can purchase a coffee, cocktail or snack. Also, listen to a brief program about Middlebrook—a growing planned community/agrihood south of Des Moines.

### CREATIVE STUDIO

**Jan’s Basket Collection**  
Wed., May 22, 11:00 am, Craft Room

Join resident Jan Hardt as she showcases hand-made woven baskets that she has made and collected over the years. She will explain some of the processes and materials used to make the baskets. Please sign up.



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

### FUN & GAMES

Please sign up for these activities:

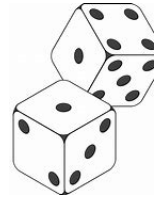
**Shuffleboard:** Fri., May 10, 3 pm, Game Room

**Co-ed Beanbag Tournament:** Wed., May 15, 1 pm, Fireside

**Bunco:** Fri., May 24, 7 pm, Dining Room

**Bingo:** Wed., May 29, 1:30 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.*



### HEALTH & WELLNESS

**Wesley Life Blood Pressure Clinic:** Mon., May 6, 10 - 11:30 am, Dining Room. Please sign up.

**Foot Clinic with Dr. Vanderpool:** Thurs., May 9, 9:30-noon, 2nd floor office. Please sign up and see Amy for necessary paperwork.

**Line Dancing with Aimee Reynolds:** Fri., May 31, 11:00 am, Exercise Room. Please sign up. Aimee will teach us a fun, low-key line dance catered to seniors. Come & enjoy the music as we learn something new!

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

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



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.

### FROM OUR EXECUTIVE DIRECTOR

I am blessed to be the newest family member of The Arbordale – thank you for the warm welcome!

I am happy to be serving as the new Executive Director. I have been serving in Senior Living and Healthcare for over 20 years; in the areas of Independent Living, Assisted Living, Memory Care, Short-term Rehabilitation and Long-term Care services. I am a licensed Nursing Home Administrator and Certified Assisted Living Manager. I am passionate about Independent Living and helping people live their lives to the fullest. And I am excited to help live Transforming Age values every day ... Integrity, Teamwork, Grace, Respect, Innovation, Accountability, & Fun!



When I am not at The Arbordale, I spend a lot of time with my children. Alec, his wife Brittany and their sons Declan and Brooks, live in NW Iowa. My daughter Sydney lives here in Des Moines. Ethan and Madison both live in Ames, where Ethan graduated from Iowa State University in December and Madison is a Sophomore.

I look forward to our days ahead – with our great residents and great employees – getting to know each other even more and having fun together!

Thank you & happy Spring! - Karen



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

### MAY BASKET TREAT BAR

**WEDNESDAY, MAY 1**  
**11 AM—NOON**

Stop in the Coffee Shop any time during this timeframe to fill your own May basket! (No need to sign up.)



### SWAP SHOP

Begin setting aside your unwanted “treasures” to share at our Swap Shop!

**Friday, May 24, 10 am—2 pm**  
**Location: Unit #118**  
(west-side—over garage entrance)

Drop-off times (to #118) are:

**Wed., May 22, 1—3 pm**  
**Thurs., May 23, 10 am –noon**

Contact the office if you need assistance getting items to #118.

No clothing, electronics, or large furniture is accepted.

This is similar to a garage sale — but nothing is marked, and encouraged donations are given to a charity. This year we will contribute our proceeds to our in-house missions: Kuddle Dolls & Food Pantry. Remaining items will be picked up by St. Vincent de Paul on the following Tuesday morning.

THE ARBORDALE STAFF

KAREN MOUSEL  
Executive Director

AMY PALMER  
Life Enrichment &  
Office Administration

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

May 6  
Delaine Marker  
Maureen Wilson

May 9  
Cathy Rudny

May 26  
Arlyn Picken

May 29  
Penny Long  
Charlie Peiffer

May 30  
Jeannine Bowen

ANNIVERSARIES

May 8  
Dick & Carolyn Whitham

May 19  
Larry & Sondra McMahon

May 20  
Dwight & Georgia Roorda

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 distributed  
to area local non-profits that  
assist distressed children.  
*(Thank you to ALL who have re-  
cently contributed money and/or  
fiberfill for this mission.)*

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

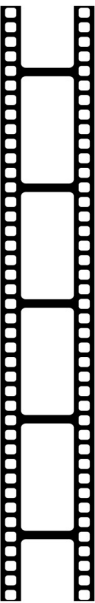
Movie: Wonka  
Fri., May 5, 6:30 pm, Home Theater—Please sign up.  
2023, Fantasy, Rated PG, 1 hr. 56 min.

One Day University: When Weather Changed  
the Course of History  
Wed., May 8, 3:30 pm, Club Room

Movie: Elvis  
Fri, May 17, 6:30 pm, Home Theater—Please sign up.  
2022, Drama, Rated PG-13, 2 hrs. 39 min.

One Day University: 1841—The Year of Three  
Presidents  
Wed., May 22, 3:30 pm, Club Room

Movie: Megan Leavey  
Fri, May 26, 6:30 pm, Home Theater—Please sign up.  
2017, Military/Drama, Rated PG-13, 1 hr. 56 min.



MONTHLY GATHERINGS

FABULOUS FIRESIDE FRIDAY | FRIDAY, MAY 3, 3:30 PM  
Fireside/Dining Room—No need to sign up. Join your neighbors for a signature cocktail and heavy  
appetizers. Performance by “Been There Done That”. (Note the out-of-ordinary schedule.)

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, MAY 20, 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 Connie Picken.

SPECIAL EVENTS/PROGRAMMING

KENTUCKY DERBY WATCH PARTY | SATURDAY, MAY 4, 6:00 PM  
Coffee Shop—Please sign up. Enjoy watching the Kentucky Derby with your neighbors. Bring an appetizer  
or snack to share—and grab a beverage from the fridge. (Post time is 6:57 pm.)

LADIES’ SPRING FLING | FRIDAY, MAY 10, 1:00 PM  
Dining Room/Coffee Shop—Please sign up. Enjoy an Open House-style event just for women  
that includes: a “Grazing Table” (lots of snacks), Pink Hummingbird Boutique (a handicap  
accessible mobile trailer in our parking lot from 1-3 pm, and background harp music by Laura  
Erickson from 1:30—2:30 pm. Our younger lady friends and relatives will also enjoy the  
boutique trailer—each resident may invite up to three guests (no matter WHAT their age).



“GET HIP, DON’T SLIP” PROGRAM | MONDAY, MAY 13, 1:00 PM  
Dining Room—Please sign up. This program presented by Powerback Rehab will provide a better under-  
standing of how to lower your personal risk for falling. They will also promote a June date and sign-up for a  
free health screening in our community.

FATHER RAY’S SOUTH AFRICA TRIP | WEDNESDAY, MAY 15, 10:00 AM  
Dining Room—No need to sign up. Resident Fr. Ray will share photos and stories from his trip.

WEST DES MOINES COMMUNITY BAND | WEDNESDAY, MAY 15, 7:00 PM  
Parking Lot—Please sign up. Feel free to invite friends or family to join you for this outdoor performance  
(weather permitting).

GRILL & CHILL (COOKOUT) | FRIDAY, MAY 17, 1:00 PM  
Dining Room—watch for a sign-up tear-off sheet on an upcoming Announcement flyer.

NEW HORIZONS BAND OF DSM | THURSDAY, MAY 23, 6:30 PM  
Fireside/Dining Room—No need to sign up.

“ALL ABOUT HONEY BEES” PROGRAM | WEDNESDAY, MAY 28, 1:00 PM  
Dining Room—Please sign up. Presented by Ryan Van Dons Len, a Masters student at Iowa State.

