

## OUT & ABOUT

Please sign up for these outings:

**Fareway:** Thursdays, 10 am.

**Lunch Out at Drake Diner:** Mon., Aug. 5, departs at noon.

**Des Moines Art Center:** Friday, Aug. 23, departs at 1 pm.



## HEALTH & WELLNESS

**Wesley Life Blood Pressure Clinic:** Mon., Aug. 5, 10—11:30 am, Dining Room  
Please sign up.

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

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

**Line Dancing with Aimee Reynolds:** Fri., Aug. 16 at noon  
Held in the Exercise Room. Aimee teaches a fun, low-key line dance catered to seniors.  
Please sign up.

## SO FUNNY ...

- ◆ Did you know that laughing too loudly is illegal in Hawaii? You're only allowed a low ha.
- ◆ Life without music would b flat.
- ◆ Birds are grouchy in the morning because their bills are over dew.

**touchtown**

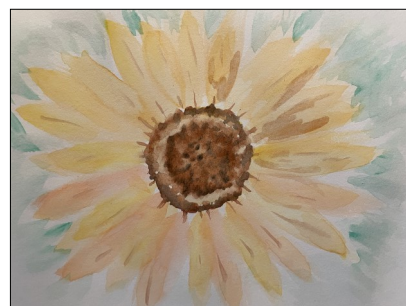
**Channel 992 (HD Mediacom Box)**  
**Channel 16.3 (Regular Mediacom Box)**

## CREATIVE STUDIO

### Beginning Watercolor with Mandi

Wed., Aug. 21, 11:00 am, Craft Room

Mandi Arthur-Struss will teach beginning techniques as we create a sunflower painting. Please sign up. Class is limited to 15 participants. This is only available for Arbordale residents—there is no cost.



## FUN & GAMES

Please sign up for these activities:

**Bingo:** Wed., Aug. 21, 1:30 pm, Dining Room

**Bunco:** Fri., Aug. 23, 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.*

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.



THE **Arbordale**  
A TRANSFORMING AGE COMMUNITY

# NEWSLETTER

## August 2024

## PERFORMING THIS MONTH: COMEDY MAGICIAN JONATHAN MAY!

Mark you calendars ...professional magician, Jonathan May will be entertaining us on Friday, August 16 at 3:00 pm! Jonathan is a full time entertainer specializing in magic and comedy for audiences of all ages throughout the Midwest.

Can a comedy show be clean and can a Magic Show be entertaining for adults? Yes! You'll laugh with your neighbors during this interactive show—where volunteers get the laughs without being laughed at! (Don't worry — you don't have to volunteer for anything if you don't want to.)



During this 50 minute show, Jonathan claims that you'll laugh right along as the magic unfolds and builds to an unbelievable FINALE that has to be seen to be believed. This event will be combined with "Taste of the Fair" refreshments. Please sign up for this event so we're sure to have plenty!

## JULY HIGHLIGHTS



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

## THE ARBORDALE STAFF

KAREN MOUSEL  
Executive Director

MIKE HERTING  
Sale & Marketing Director

AMY PALMER  
Life Enrichment &  
Office Administration

STEVE BELL  
Maintenance Director

JOHN BOORMAN  
Chef/Culinary Director  
Maintenance Tech

SONYA CHAMBERS  
Housekeeping

FLOR JARQUIN  
Housekeeping  
(Nationwide Cleaners)

TOM CAMERON  
Transportation

DINING ASSISTANTS  
Bryce Huey  
Katie Catlett  
Kiko Heidbreder  
Leannah Choi  
Yazmine Lobez

SEASONAL MAINTENANCE  
TECHS/DINING  
Abigail Boorman  
Nathan Boorman



## CELEBRATIONS

### BIRTHDAYS

Aug. 2: Georgia Roorda

Aug. 3: Vivan Holzworth

Aug. 9: Carol Kennedy

Aug. 10: Jim Crawford

Aug. 18: Pam Barber

Aug. 25: John Boorman (staff)

Aug. 26: Ron Fulton

Aug. 27: Bob Dilky

Aug. 29: Marion Singleton

Aug. 31: Sue Gatchel

### ANNIVERSARIES

Aug. 11: Bill & Betty Johnson

Aug. 19: Jim & Sue Crawford

## 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.

### 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 pan-  
try near Creekside Church.

## ON THE SCREEN

### Movie: The Long Game

Sun., Aug. 4, 6:30 pm, Home Theater—Please sign up.  
2023, Sports Drama, Rated PG, 1 hr. 52 min.

### Documentary: Live to 100 - Secrets of the Blue Zones

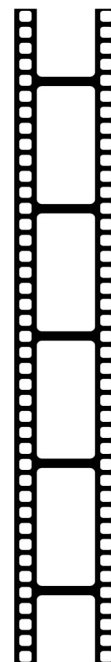
Wed., Aug. 14, 3:00 pm, Home Theater—Please sign up.  
2023, Rated PG, 4-part Series, Episodes 1 & 2 (total time  
approx. 80 min.)

### Movie: I am Woman

Sun., Aug. 18, 6:30 pm, Home Theater—Please sign up.  
2020, Biography/Drama, Rated PG, 1 hr. 56 min.

### Documentary: Live to 100 - Secrets of the Blue Zones

Wed., Aug. 28, 3:00 pm, Home Theater—Please sign up.  
2023, Rated PG, 4-part Series, Episodes 3 & 4 (total time  
approx. 80 min.)



## MONTHLY GATHERINGS

### BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, AUGUST 19, 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 Sue Perry.

### PIZZA PARTY | SUNDAY, AUGUST 25, 5:00 PM

Dining Room—Please sign up. Cost: \$7 (cash please)

Give to Ben or Charlie Peiffer before the previous Friday.



### FABULOUS FIRESIDE FRIDAY | FRIDAY, AUGUST 30, 3:00 PM

Fireside/Dining Room—No need to sign up. Join your neighbors for a signature cocktail and light appetizers. Piano performance by **Pam Avaux.**



## SPECIAL EVENTS/PROGRAMMING

### "TAKING CONTROL OF SMARTPHONE NOTIFICATIONS" WITH SARAH

WEDNESDAY, AUGUST 7, 11:00 AM (This topic was incorrectly promoted for July—oopsie.)

Coffee Shop—Please sign up. Do dings from your smartphone drive you to distraction? Do you receive so many notifications about trivial things that you miss important alerts? In this class we will cover options for taking control of which notifications you see and when you receive notifications, notification terminology, as well as a tutorial on how to set notification preferences. (Bring your device.)

### PERFORMANCE BY BRADFORD JOHNSON | FRIDAY, AUGUST 9, 3:00 PM

Fireside/Dining Room—No need to sign up. Bradford is a Des Moines-based singer/songwriter who has traveled the globe and shared the stage with many well-known musicians. He also just happens to be the great-nephew of our own Don & Martha Newell!

### HY-VEE AISLES ONLINE TUTORIAL | TUESDAY, AUGUST 13, 1:00 PM

Dining Room — Please sign up. Sydney from Hy-Vee teach you how to set up a Hy-Vee Aisles Online account for the purpose of ordering groceries and having them delivered to your door. This tutorial will include one-on-one assistance. Participants must bring a cell phone or tablet in which you're able to get immediate access to your email—for the purpose of verifying your new account.

### COMEDY/MAGICIAN JONATHAN MAY & A TASTE OF THE FAIR | FRIDAY, AUGUST 16, 3:00 PM

Dining Room—Please sign up. Join your neighbors for the entertainment and enjoy concession stand-type snacks!

### "A COMMON LIFE" — MEET AUTHOR SUE E. BURNS | TUESDAY, AUGUST 27, 11:00 AM

Dining Room—Please sign up. A Common Life is based on the diary of Mary Ann Mosher Briggs (Sue's great-great grandmother). It's a look back into the daily activities of an ordinary woman living an ordinary life on a farm in Dallas County. Sue will have her books for sale (accepting cash).