

OUT & ABOUT

Please sign up for these outings:

Fareway: Thursdays, 10:00 am.

MORE outings coming soon! Thanks for your patience as we prepare for our new driver.



HEALTH & WELLNESS

Wesley Life Blood Pressure Clinic:

Mon., Sept. 9, 10:00—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., Sept. 6 at noon

Fri., Sept. 27 at noon

Held in the Exercise Room. Aimee teaches a fun, low-key line dance catered to seniors.

Please sign up.

Wellness Balance Screen by Ramsey Therapy and Angels Care Home Health

NEW

Tues., Sept. 17, 11:15 am—12:15 pm

Second Floor Office—Please sign up.

- Assess balance and strength
- Balance screens will be completed by a licensed physical therapist
- Tips for fall prevention and feedback from screen

touchtown

Channel 992 (HD Mediacom Box)

Channel 16.3 (Regular Mediacom Box)

CREATIVE STUDIO

“What is it?” Program with Ruth DeCook

Wed., Sept. 18, 3:00 pm, Craft Room

Back by popular demand, Ruth will present a fun quiz about a selection of antiques that you may not be familiar with. You are welcome to bring one of your own vintage items that may stump the group.

This is for residents who didn't participate in June's identical program. Please sign up—limited to 15 participants.



FUN & GAMES

Please sign up for these activities:

Co-ed Beanbag Tournament: Tues.,

Sept. 10, 1:00 pm, Fireside

Bingo: Wed., Sept. 25, 1:30 pm, Dining Room

Bunco: Fri., Sept., 27, 7:00 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.



MIND TEASER . . .

What is special about these words:
job, polish, herb?

Answer: They are pronounced differently when the first letter is capitalized.

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

September 2024

EVENT HIGHLIGHT: ROARING TWENTIES/FABULOUS FIRESIDE FRIDAY

Mark you calendars ... for this month's fantastic “Fabulous Fireside Friday” held on **September 27 at 3:00 pm!** At this month's event, we'll enjoy a “Roaring Twenties” theme with a performance by Vintage Café.



Performers Ed Kelly and Jane Today came together in 2020—and their musical tastes clicked. These seasoned musicians create a distinctive sound that resonates with fans of all ages. Ed

and Jane perform as a duo and also as part of their larger group known as “Old School.”

For The Arbordale event, Ed and Jane will be joined by horn player, Dave Kobberdahl. Dave uses his electric horn synthesizer in addition to his trumpet and flugelhorn. Jane states that folks are often curious about the sounds of the unusual instrument. He can make it sound like other instruments such as an organ and steel drums. Vintage Café will be focusing on Roaring Twenties music for our event. However, they also specialize in Big Band Era, Latin, Country, and Classic Pop & Rock.



Join us at the event in 20s attire (if you wish)...zoot suits, flapper dress, house dress, argyle, sweater vest, turtleneck, fedora, newsboy cap, etc. And—come hungry! We'll be serving themed refreshments including some giggle juice. It will be the Cat's Pajamas!



applesauce - nonsense
berries - something excellent
corn-shredder - a bad dancer
flat tire - a bad date
hard-boiled - tough
mazuma - money
moll - gangster's girlfriend

OPEN HOUSE

Our September Open House will precede Fabulous Fireside Friday—beginning at 1:30 pm.

Please welcome our guests as you approach them in our community. Some may choose to linger for this fun event!

Be sure to invite anyone interested in making The Arbordale their new home!



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 SERVERS
Bryce Huey
Kiko Heidbreder
Leannah Choi
- SEASONAL MAINTENANCE
TECHS/DINING
Abigail Boorman
Nathan Boorman
Katie Catlett



CELEBRATIONS

BIRTHDAYS

- Sept. 2:** Margaret Padavich
- Sept. 6:** Father Ray McHenry
- Sept. 9:** Chloris Ellingson
- Sept. 12:** Helen Givler
- Sept. 14:** Shari Skoglund
- Sept. 16:** Arlene Kritchman
- Sept. 17:** Steve Bell (Staff)
- Sept. 20:** Harriet Labertew
- Sept. 23:** Millie Durbala
- Sept. 28:** Nancy Baker

ANNIVERSARIES

- Sept. 5:** Roger & Barbara Hughes
- Sept. 13:** John Fletcher & Mark Thompsen

OUTREACH

Meals from the Heartland Labeling

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

CANCELLED FOR SEPT. DUE TO AN OUT-OF-TOWN PACKAGING EVENT.

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 pantry near Creekside Church.

ON THE SCREEN

Travel/Food Series: Somebody Feed Phil (Scotland)

Wed., Sept. 4, 3:00 pm, Home Theater—Please sign up.
2024, Rated TV-14, 48 min.

Movie: Dog Gone

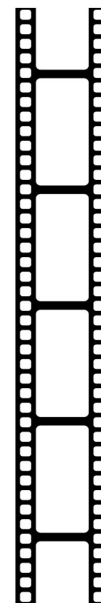
Sun., Sept. 8, 6:30 pm, Home Theater—Please sign up.
2023, Biography/Drama, Rated PG, 1 hr. 35 min

Movie: Mamma Mia! Here We Go Again

Fri., Sept. 20, 6:30 pm, Home Theater—Please sign up.
2018, Comedy/Musical, Rated PG-13, 1 hr. 54 min.

Movie: World's Fastest Indian

Sun., Sept. 29, 6:30 pm, Home Theater—Please sign up.
2005, Biography/Drama, Rated PG-13, 2 hrs. 6 min.



MONTHLY GATHERINGS

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, SEPT. 16, 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 Beverly Hewitt.



PIZZA PARTY | SUNDAY, SEPT. 22, 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, SEPT. 27, 3:00 PM

Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails and appetizers. Vintage Café will provide music for this ROARING TWENTIES event.

SPECIAL EVENTS/PROGRAMMING

LABOR DAY POTLUCK | MONDAY, SEPT. 2, 5:00 PM

Dining Room — No need to sign up. Bring a dish to share. Beverages and paper products are provided.

IOWA VS IOWA STATE GAME | SATURDAY, SEPT. 7, 2:00 PM (Game Time: 2:30 pm)

Coffee Shop/Dining Room — No need to sign up. Bring an appetizer to share. Beverages and paper products are provided. Wear your colors!

OPEN TECH HOUR WITH SARAH | WEDNESDAY, SEPT. 11, 11:00 AM

Coffee Shop—Please sign up. Sarah will be available for your individual questions—attempting to assist two to three residents in 15 minute increments. Bring your phone or tablet. She can also help with laptops — but is unable to address security and virus issues at this time.

ONE MAN BAND: JIM WACHUTA | FRIDAY, SEPT. 13, 3:00 PM

Fireside/Dining Room—No need to sign up. Jim will perform soft rock/country hits of the 50s, 60s and 70s.

PINK HUMMINGBIRD—TRAVELING BOUTIQUE | FRIDAY, SEPT. 20, 1:00—3:00 PM

Parking Lot — You enjoyed her visit here last May . . . now shop her fall selections!

“LIFE IN BALANCE” WELLNESS SEMINAR | MONDAY, SEPT. 23, 11:00 AM

Dining Room—Please sign up. Presented by Ramsey Therapy and Angels Care Home Health, you will receive tips on living your best life and aging in place—as well as balancing your mind, body and spirit.

“MEDICARE—UPCOMING CHANGES” | TUESDAY, SEPT. 24, 11:00 AM

Dining Room—Please sign up. Licensed Insurance Agent, Lonnie L. Davidson will review the Medicare changes that will take place beginning in the new year.