

## HEALTH & WELLNESS

### Wesley Life Blood Pressure Clinic:

Mon., Nov. 4, 10:00—11:30 am, Dining Room

Please sign up.

### Exercise Class:

Tuesdays & Thursdays, 10:30 am

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

### Ashley Phelps (Silver Sneakers) Educational Meeting:

Tues., Nov 5, 2:30pm — Dining Room

Meet and greet before exercise class following Thurs.

### Exercise Class (Silver Sneakers) with Ashley:

Thurs., Nov. 14 at 11am.

Come try a senior seated group fitness class with Live 2 B Healthy. Please sign up.

### Wellness Seminar

Mon., Nov. 25, 11:00 am, Dining Room — Please sign up.

Understanding Alzheimers and Dementia—presented by Angels Care Home Health.



ALWAYS LOVE A VISIT WITH THE GALS FROM DRAKE!

**touchtown**

Channel 992 (HD Mediacom Box)

Channel 16.3 (Regular Mediacom Box)

## CREATIVE STUDIO

### Primitive Christmas Ornaments with Marsha

Wed., Nov. 20, 11:00 am, Craft Room

Create lovely Christmas ornaments! Lead by your neighbor Marsha Tschopp!



Please sign up. Limited to 15 participants.

Arbordale Residents only— There is no cost.

## FUN & GAMES

Please sign up for these activities:

**Co-ed Beanbag Tournament:** Wed., Nov. 20, 1:00 pm, Fireside

**Bingo:** Wed., Nov. 27, 1:30 pm, Dining Room

**Bunco:** Fri., Nov. 22, 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.*



## OUT & ABOUT

Please sign up for these outings:

**Fareway:** Thursdays, 10:00 am.

MORE outings coming soon!



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.



## Thanksgiving

### Did you know?

- The first Thanksgiving was celebrated in 1621. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days.
- Sarah Josepha Hale, the woman who wrote “Mary Had A Little Lamb,” convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years!
- Abraham Lincoln finally proclaimed Thanksgiving a national holiday on October 3, 1863!



Thanksgiving Dinner will be Thurs, Nov 21; please see sign up sheet for more details.

The office will be closed November 28.

Some activities have been changed to consider the holiday, please refer to your calendar if you have any questions! Thank you!

**Hope everyone has a wonderful holiday with lots of yummy food!**



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

2727 82nd Place | Urbandale, Iowa 50322 | 515.727.5927 | The Arbordale.com



# NEWSLETTER

November 2024

## Music by SPD

**SPD** musical group, with our own Nathan Boorman, will perform for this month’s Fabulous Fireside Friday, November 22nd at 6:30pm.



They will be a 5 piece band (piano, bass, drums, saxophone & trombone) playing Jazz standards from The American Songbook. Styles range from Swing to Latin Jazz!

They will be entertaining a bit later than our usual Fireside time, as they are traveling all the way from Cedar Falls. So great they could come all this way to play for us!

## Mock Trial

Friday, Nov 12, 11:00am The Arbordale will be hosting a Mock Trial by the Students of Woodside Middle School, in the Dining Room.

The students are tasked to hold a trial for their class. Our dining room was kindly offered by Bunny Harper as her son, Wade, is teacher of the class.

Participants in the trial can vote Guilty or Not Guilty. Father Ray will be presiding as Judge!

Feel free to come down to experience this showcase of law and order!



THE ARBORDALE STAFF

KAREN MOUSEL  
Executive Director

MIKE HERTING  
Sales & Marketing Director

AMY PALMER  
Life Enrichment &  
Office Administration

HOLLY McDOLE  
Concierge

JOHN BOORMAN  
Chef/Culinary Director &  
Maintenance Tech

JOE BISHOP  
Maintenance Tech

TOM CAMERON  
Transportation

SONYA CHAMBERS  
Housekeeping

FLOR JARQUIN  
Housekeeping  
(Nationwide Cleaners)

DINING SERVERS  
Summer Ahartz  
Katie Catlett  
Leannah Choi  
Bryce Huey  
Kiko Heidbreder  
Lauren Reid

SEASONAL MAINTENANCE  
TECHS/DINING  
Abigail Boorman  
Nathan Boorman

CELEBRATIONS

BIRTHDAYS

**Nov. 2:** Suzonne Davison  
Gail Walker

**Nov. 4:** Pat Helms

**Nov. 8:** Martha Shaer

**Nov. 14:** Betty Salzieder  
Jan Walczyk

**Nov. 24:** Dee Cappitelli

**Nov. 25:** Stan Bonta  
Irene Goodlaxson

**Nov. 26:** Ben Peiffer

**Nov. 27:** Mary Jo Moser

ANNIVERSARIES

**Nov. 5:** Don & Martha  
Newell



ON THE SCREEN

**Movie: Tulsa**  
Sun., Nov. 3, 6:30 pm, Home Theater—Please sign up.  
2020, Comedy/Drama, Rated PG-13, 2 hrs.

**Movie: The Magic of Belle Isle**  
Wed., Nov. 13, 6:30 pm, Home Theater—Please sign up.  
2012, Comedy/Drama, Rated PG, 1 hr. 49 min.

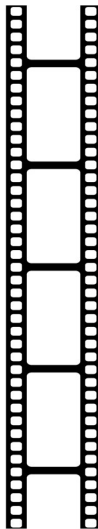
**Movie: My All American**  
Sun., Nov. 17, 6:30 pm, Home Theater—Please sign up.  
2015, Sport/Drama, Rated PG, 1 hr. 58 min.

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.  
(\*Assorted Greeting Cards are  
available for \$1 each.)

**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.



MONTHLY GATHERINGS

**BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, NOV. 18, 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!

**FABULOUS FIRESIDE FRIDAY | FRIDAY, NOV. 22, 5:00 PM**  
Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails  
and appetizers. Jazz Band, **SPD**, will perform.



**PIZZA PARTY | SUNDAY, NOV. 24 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

**“VETERAN’S DAY PROGRAM” | MONDAY, NOV. 11, 1:00 PM**  
Dining Room — Doug Pierce will be coming to speak. Please join us in honoring our Arbordale  
Veterans. A list of current Veterans will be published in Friday Announcements. A tear-off will be  
available to RSPV. If you don’t see your name listed in the Announcement sheet, please let us  
know!

**MOCK TRIAL | TUESDAY, NOV. 12, 11:00 AM**  
Dining Room — Mock trial held by Woodside Middle School. Anyone is welcome to come partici-  
pate!

**“STAYING ON SCHEDULE WITH SMARTPHONES” WITH SARAH | WEDNESDAY,  
NOV. 13, 11:00 AM**  
Coffee Shop — Please sign up. Do you feel overwhelmed trying to keep up with your calendar? In  
this class, we’ll learn how the email and calendar apps can be used as tools to stay active and en-  
gaged.

**“HOLIDAY MARKET & HOBBY EXHIBIT” | TUESDAY, NOV. 26, 1:00-3:00 PM**  
Dining Room/Coffee Shop — Invite family & friends to join us for shopping and refreshments. Enjoy  
the background music of pianist Pam Avaux. See Announcement flyer for vendor information/  
registration. A list of vendors will be distributed prior to the event.

