

OUT & ABOUT

Please sign up for these outings:

Fareway: Thursdays, 10:00 am.

Lunch Out at Exile (SnowGlobe): Tues., Dec. 3, 11:15 departure. Resident reservation limit is 14. The entire brewpub located downtown is transformed by lights and decorations to make you feel like you are inside an actual snow globe!

Target: Tues., Dec. 10, 10:00 am.

Holiday Lights Tours: Mon., Dec. 16 & Wed., Dec. 18

Please choose one to sign up for. Both outings leave at 6:00 pm and will last approximately 1 1/2 hours. Routes to be determined.



FUN & GAMES

Please sign up for these activities:

Bingo Gift Exchange & Ugly Sweater

Contest: Wed., Dec. 18, 1:30 pm, Dining Room.

Bring one wrapped gift (or in gift bag) valued between \$5 and \$10—new/store bought OR regifted if it remains in packaging. Everyone will go home with one gift.



Bunco: Fri., Dec. 27, 7:00 pm, Dining Room

Co-ed Beanbag Tournament: Mon., Dec. 30, 2:00 pm, Fireside

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

Sheet Music Ornament

Wed., Dec. 4, 11:00 am, Craft Room

Resident, Delaine Marker, will lead this craft. Please sign up. Class is limited to 15 participants. This is available first to Arbordale residents. If there are spots still available the day before the class, you may sign up your guest as well.



HEALTH & WELLNESS

Wesley Life Blood Pressure Clinic:

Mon., Dec. 2, 10:00—11:30 am, Dining Room
Please sign up.

Exercise Class (DVD-led):

Tuesdays & Thursdays, 10:30 am, Exercise Room

Ball Exercises: Saturdays, 10:30 am, Exercise Room

Live 2 B Healthy Fitness Class:

Wed., Dec. 11, 10:30 am, Dining Room
Join Ashley for a seated group fitness class especially geared to seniors.

Foot Clinic with Dr. Vanderpool: Thurs., Dec. 19, 9:30-noon, 2nd floor office. Please sign up and see Amy for necessary paperwork (even if you have seen Dr. Vanderpool here previously).

Line Dancing with Aimee Reynolds:

Fri., Dec. 20 at noon, Exercise Room
Aimee teaches a fun, low-key line dance catered to seniors. Please sign up.

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

December 2024

EVENT HIGHLIGHT: AN AFTERNOON WITH TONY ADELMAN

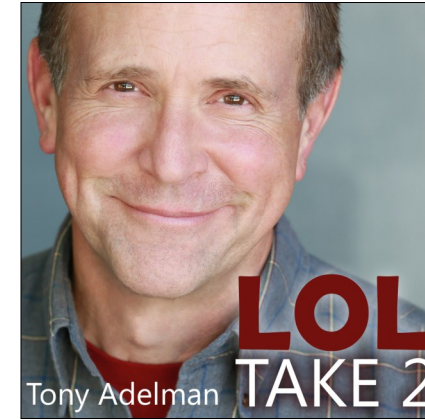
The Arbordale Presents

An Afternoon with Tony Adelman

Actor, Producer and Writer of the acclaimed comedy podcast, LOL TAKE 2

Actor, Writer and Producer, Tony Adelman, will be appearing live at the Arbordale reading several episodes of his acclaimed comedy podcast, "LOL Take 2" as the hit series begins its 6th Season. Adelman, who has appeared on national television ("Grey's Anatomy," "The X-Files," "CSI: Miami," etc.), films ("Scattering Mother" and "13 Heads of Hair") and on-stage ("Titanic," "Follies," "Chapter Two," etc.), will bring to the stage his humorous observances of growing up as a creative kid in Iowa. Reviews from the first 5 seasons of "LOL Take 2" include "Tony can spin a yarn better than Garrison Keillor" and "Laughing is always better than crying."

The performance promptly begins at 3 pm on Friday, December 20 in the Dining Room. (By the way, Tony happens to be the son of our own Robbie Adelman!)



WE'RE PROUD OF OUR VETERANS!



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

TOUR OF HOMES

**Sunday, December 15
2—4 pm**

Get a peek at some of your Arbordale neighbors' decorated homes—Open House style. A sign-up sheet will be provided in a future Announcement flyer for residents who want to open up their home. A list of open apartments will be provided closer to the event.



touchtown

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

THE ARBORDALE STAFF

KAREN MOUSEL
Executive Director

MIKE HERTING
Sale & Marketing Director

AMY PALMER
Life Enrichment &
Office Administration

HOLLY McDOLE
Concierge

JOHN BOORMAN
Maintenance Director

JOE BISHOP
Maintenance Tech

SONYA CHAMBERS
Housekeeping

FLOR JARQUIN
Housekeeping
(Nationwide Cleaners)

TOM CAMERON
Transportation

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

SEASONAL MAINTENANCE
TECHS/DINING
Abigail Boorman
Nathan Boorman

CELEBRATIONS

BIRTHDAYS

Dec. 2 Jan Hardt

Dec. 3 Marilyn DeRoos

Dec. 7 Nancy Brown

Dec. 11 Carolyn Gummert

Dec. 12 Dave Rudney

Dec. 13 Mary Ann Ward

Dec. 17 Amy Palmer (staff)

Dec. 22 Jackie Barber

Dec. 24 Marsha Tschopp

(No December Anniversaries)



ON THE SCREEN

Movie: **Unsung Hero**

Sun., Dec. 1, 6:30 pm, Home Theater—Please sign up.
2024, Drama, Rated PG, 1 hr. 53 min.

Movie: **I Believe in Santa**

Wed., Dec. 11, 2:00 pm, Home Theater—Please sign up.
2022, Comedy/Romance, Rated PG, 1 hr. 29 min.

Movie: **Christmas with You**

Thurs., Dec. 19, 2:00 pm, Home Theater—Please sign up.
2022, Comedy/Romance, Rated PG, 1 hr. 29 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, DEC. 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!



PIZZA PARTY | SUNDAY, DEC. 22, 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

FRIENDSGIVING POTLUCK | SUNDAY, DEC. 1, 5:00 PM

Dining Room—Please sign up. Bring 1 or 2 dishes to share (including serving utensils). Beverages & paper products provided.

ELVIS VISITS THE ARBORDALE | FRIDAY, DEC. 6, 3:00 PM

Dining Room—Please sign up. Come and enjoy a cocktail and light snacks while taking in a Christmas-themed performance by Craig Florian as Elvis.

HYMN SING | SUNDAY, DEC. 8, 3:00 PM

Dining Room/Fireside—No need to sign up. Join resident pianist, Vivian Holzworth, and your neighbors for a festive hymn sing-a-long.

THE ARBORDALE HOLIDAY COCKTAIL PARTY | FRIDAY, DEC. 13, 4:00 PM

3:45: Bar open/Seating begins, 4 pm: Family-style Charcuterie/Heavy Appetizers, 5 pm: Musical entertainment by Gina Gedler & Ben Hagen. RSVP required. Please see your invitation for details. (coming soon).

“OUT AND ABOUT WITH SMART PHONES” WITH SARAH | TUESDAY, DEC. 17, 11:00 AM

Coffee Shop—Please sign up. Feeling adventurous? In this class we'll focus on using your smartphone as a tool to explore your community. We will cover searching with your web browser, using maps to navigate, as well as taking and editing photos that capture your adventures. While this class will use iPhones as the example, concepts will be applicable to other brands of smartphones

AN AFTERNOON WITH TONY ADELMAN: LOL TAKE 2 | FRIDAY, DEC. 20, 3:00 PM

Dining Room—No need to sign up. Come and enjoy Tony's humorous reading from his comedy podcast.

HOLIDAY SING-ALONG WITH JENNA | MONDAY, DEC. 23, 3:00 PM

Dining Room—No need to sign up. Join Mike's daughter, Jenna, for some sing-a-long fun!

NEW YEAR'S EVE POTLUCK DINNER | TUESDAY, DEC. 31, 5:00 PM; TOAST AT 6 PM

Dining Room—Please sign up. Bring 1 or 2 dishes to share (including serving utensils). Champagne, beverages, paper products & party goods provided!