

OUT & ABOUT

Please sign up for these outings:

Fareway: Thursdays, 10:00 am.

Prairie Meadows Racetrack & Casino:
Tues., Jan. 14. Departs at noon, pick-up is at 3:00 pm. (Eat lunch there if you'd like!)

Brunch Out at 100th St. Corner Café:
Wed., Jan. 22, 10:00 am departure. Resident reservation limit is 25—allowing for 10 residents to drive/carpool in addition to filling the bus. (Carpoolers, please also use the sign-up sheet.)

State Historical Museum of Iowa:
Tues., Jan. 28, 12:30 pm departure.
Museum is free and handicap accessible. There is no restaurant on site. Drivers/carpoolers are also welcome to join the group! (See sign-up sheet.) There is no guided tour planned.



FUN & GAMES

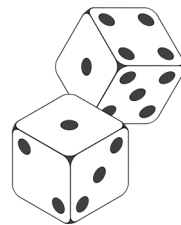
Please sign up for these activities:

Co-ed Beanbag Tournament: Wed., Jan. 15, 2:00 pm, Fireside

Bunco: Fri., Jan. 24, 7:00 pm, Dining Room

Bingo: Wed., Jan. 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.



CREATIVE STUDIO

Painted Ornament Class

Wed., Jan. 15, 11:00 am,
Craft Room

Paint a penguin or polar bear, you get to choose. Amanda Arthur-Struss will guide you in painting your own version of this fun wooden ornament, be it themed for the winter months or Valentine's Day. Acrylic paints will be used, so remember a paint shirt. This hour-long class will be a great way to relax and explore acrylic paints.

Please sign up. (Max. size of class is 15.)
There is no charge.



HEALTH & WELLNESS

Wesley Life Blood Pressure Clinic:

Mon., Jan. 6, 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

Line Dancing with Aimee Reynolds:

Fri., Jan. 24 at noon, Exercise Room

Aimee teaches a fun, low-key line dance catered to seniors.

Please sign up.



NEWSLETTER

January 2025

RESIDENT INCENTIVE

IT PAYS TO MAKE OLD FRIENDS YOUR NEW NEIGHBORS

You can earn one month of free rent when you refer a new resident. If you know anyone who is exploring retirement options, we would like to invite them to join us at The Arbordale. Share their names with us and, if they move in, **you'll receive a 100% rent credit** after they've lived here for three months.

If three of your referrals move in over a 12-month period, we'll give you another bonus month rent free. So if you have 3 referrals, and receive three months credit, you also get this extra bonus for a total of four free months.

We thank you for spreading the word about The Arbordale!

- Add Dec. activity photo
- OR a small blurb about Enosh (& delete SPAM article)



THIS COULD BE YOU!

Congratulations to John Fletcher and Mark Thompsen for earning a \$2000 incentive* for recommending The Arbordale to residents Jan & Jim Olsen! You, too, could have this opportunity by encouraging your friends and acquaintances to make The Arbordale their new home.

*Residents are credited towards the following month's rent.

THE BAND SPAM

A "new to The Arbordale" band will be playing for our Fabulous Fireside Friday on January 24. Beckie Wallace and Shondra McLaughlin sing hundreds of cover songs from the 50s to the hits of today. The Band SPAM has been performing together in the Des Moines area since 2007. They will treat us to an afternoon of 50s music. Dress appropriately if you wish!



touchtown

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

Tune in regularly to see activity details, the daily calendar and more! Here you will find helpful info not listed in this newsletter.



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

HOLLY McDOLE
Concierge

JOHN BOORMAN
Maintenance Director

JOE BISHOP
Maintenance Tech

SONYA CHAMBERS
Housekeeping

FLOR JARQUIN
Housekeeping
(Nationwide Cleaners)

TOM CAMERON
Transportation

ENOSH KELLEY
Executive Chef

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

SEASONAL MAINTENANCE
TECHS/DINING
Abigail Boorman
Nathan Boorman

CELEBRATIONS

BIRTHDAYS

Jan. 8 - Bill Johnson

Jan. 9 - Gaylen Kroke

Jan. 13 - Jan Olsen

Jan. 19 - Joyce Renksers

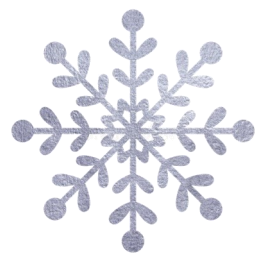
Jan. 20 - Tom Cameron (Staff)
Vicky Kruse

Jan. 24 - Martha Newell

Jan. 29 - Betty Blackburn

ANNIVERSARY:

Jan. 19 - Gary & Delaine
Marker



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.

ON THE SCREEN

Movie: Someone Like You

Sun., Jan. 5, 6:30 pm, Home Theater—Please sign up.
2024, Romance, Rated PG, 1 hr. 58 min.

Movie: Running the Bases

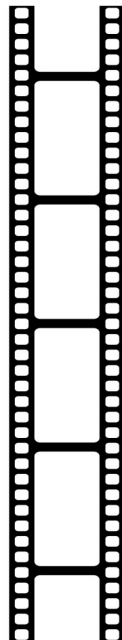
Fri., Jan. 17, 2:00 pm, Home Theater—Please sign up.
2022, Drama, Rated PG, 2 hr. 7 min.

One Day University: The Art of Architecture— Top Ten City Squares

Wed., Jan. 22, 2:00 pm, Club Room—Please sign up.
52 min.

Movie: The Fighting Sullivans

Sun., Jan. 26, 6:30 pm, Home Theater—Please sign up.
1944, Biography, 1 hr. 52 min.



MONTHLY GATHERINGS

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, JAN. 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!

FABULOUS FIRESIDE FRIDAY | FRIDAY, JAN. 24, 3:00 PM

Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails and light appetizers. **The Band Spam**, will perform 50s music. Wear 50's attire if you'd like!



PIZZA PARTY | SUNDAY, JAN. 26, 5:00 PM

Dining Room—Please sign up. Cost: \$8 (cash please—\$1 increase)
Give to Ben or Charlie Peiffer before the previous Friday.



SPECIAL EVENTS/PROGRAMMING

"BEEN THERE DONE THAT" PERFORMANCE | FRIDAY, JAN. 3, 3:00 PM

Dining Room/Fireside—No need to sign up. Enjoy one of our favorite bands! (Bring your own beverage or grab a soda from the Coffee Shop fridge.)

MEALS ON WHEELS TASTING | MONDAY, JAN. 6, 11:00 AM

Dining Room—Please sign up. Join WesleyLife for a complimentary lunch. Explore how nutritious, chef-prepared meals can enhance your lifestyle while learning more about Meals on Wheels and other WesleyLife services. Seating is limited to 28 residents.

"SAFE MEDICATION PRACTICES" | FRIDAY, JAN. 10, 11:00 AM

Dining Room—Please sign up. Prevention Specialist, Ethan Wulf, will discuss safe medication practices, proper medication disposal, and community/universal information about your medication.

OPEN TECH HOUR WITH SARAH | TUESDAY, JAN. 21, 1:00 PM

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.

KARAOKE AT THE ARBORDALE! | FRIDAY, JAN. 31, 3:00 PM

Dining Room—No need to sign up. Rosario Entertainment will provide the karaoke equipment and familiar music ... YOU will provide the singing—individually or with groups of friends/neighbors. (Please join us—even if you don't want to sing.) Staff will join in on the fun! Beer and wine will be served.

