

OUT & ABOUT

Please sign up for these outings:

Fareway/Aldi: Thursdays, 10:00 am.

Brunch Out at Mullets: Wed., April 9.
Departs at 9:30 am. Resident reservation limit is 14.

Fleet Farm: Wed., April 16. Departs at 10:00 am.

Neighborhood Tours & Treats: Ankeny/ The Outside Scoop: Tues., April 29.
Departs at 12:30 pm. Enjoy a meandering spring drive to Ankeny and a stop for ice cream. (Bring \$ for your treat.)



FUN & GAMES

Please sign up for these activities:

Bingo: Wed., April 23, 1:30 pm, Dining Room

Bunco: Fri., April 25, 6:30 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

Wooden Easter Bunny with Delaine

Tues., April 8, 1:00 pm, Craft Room

Resident, Delaine Marker, will guide you in decorating a wooden bunny with scrapbook paper and ribbon.

Please sign up. (Max. size of class is 15.)



HEALTH & WELLNESS

Exercise Class (DVD-led):

Tuesdays & Thursdays, 10:30 am, Exercise Room

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

Wellness Seminar: "Tools for an Effective Doctor's Visit"

Tues., April 1, 11:00 am, Dining Room — Please sign up.

Presented by Angels Care Home Health.



Wesley Life Blood Pressure Clinic:

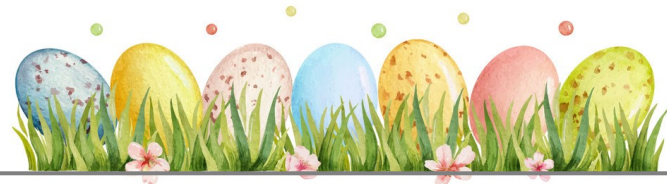
Mon., April 7, 10:00—11:30 am, Dining Room

Please sign up.

Line Dancing with Aimee Reynolds:

Fri., April 25 at noon, Exercise Room

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



See monitors in commons spaces for more activity details, the daily calendar, and more!



NEWSLETTER

APRIL 2025

STAFF HIGHLIGHT

Kiko Heidbreder—Dining Staff

If you've enjoyed dinner in our dining room, you're familiar with Kiko and her sweet nature. She joined our dining staff as a server last June and has definitely contributed to making your dining experience memorable.



Her experience at The Arbordale has impacted her as well. Following is an excerpt from a text that she sent to our (then Chef) John Boorman several months ago: "...I love working at The Arbordale with the staff and residents. My time at The Arbordale has had a big impact on me. In fact, because of the joy I have found working at The Arbordale, I have decided to attend the Iowa Culinary Institute at DMACC next fall and major in culinary arts."

In addition to the culinary arts, Kiko's other interests include: drawing, painting, sculpture, anime, manga, video games, and visiting aquariums.

Along with the entire dining staff, we are so pleased to have Kiko as a part of our team. We wish her the very best as her future unfolds.



March Shenanigans ... Guess who?

EASTER EGG HUNT

The hunt begins Friday, April 18 at 4:30 pm.

- Find 10 crocheted* eggs on each floor: 1, 2, & 3; and 5 crocheted eggs on floor 4. (Just "spot" them — please don't move or take them!)
- Entry forms will be found at the Reception Desk shortly before start time.
- One entry per unit.
- Winner will be drawn from correct entries and announced Monday, April 21 at the Birthday/ Anniversary Celebration. (Prize: Easter basket full of goodies)

*Special thanks to Sue Gatchel for creating our crocheted eggs!



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
Director of Sales & Marketing

AMY PALMER
Life Enrichment &
Office Administration

HOLLY McDOLE
Concierge

JOHN BOORMAN
Director of Maintenance

JOE BISHOP
Maintenance Tech

SAM PURSLEY
Seasonal Maintenance Tech

SONYA CHAMBERS
Housekeeping

FLOR JARQUIN
Housekeeping
(Nationwide Cleaners)

TOM CAMERON
Transportation

ENOSH KELLEY
Executive Chef/Director of
Culinary Services

DINING SERVERS
Summer Ahartz
Abigail Boorman
Madeline Boorman
Nathan Boorman
Katie Catlett
Leannah Choi
Kiko Heidbreder

Bryce Huey
Lauren Reid
Jenn Wilson

CELEBRATIONS

BIRTHDAYS

April 7: Sandy Harper

April 8: Roger McCulley

April 14: Robbie Adelman

April 19: Jake Cunningham

April 20: Bill Brown

Gerald Hockmuth

April 29: Marie Rodemeyer

ANNIVERSARY

April 18: Bob & Lois Johnson



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

To donate eye glasses/hearing aids (Lions) and small grocery items for our food pantry near Creekside Church, please place items in Coffee Shop credenza (under TV).

ON THE SCREEN

Please sign up for the following:

Movie: My Fair Lady | Fri., April 4, 2 pm

Home Theater; 1964, Classic Musical, Rated G, 2 hrs. 50 min.

Movie: The Greatest Story Ever Told | Sun., April 13, 1:30 pm

Home Theater; 1965, Drama, Rated G, 4 hrs. 20 min.

One Day University: Travel in America—From Wagon Trains to Interstate Highways | Wed., April 16, 2 pm

Club Room; 1 hour

One Day University: Rachel Carson and the Birth of the Environmental Movement | Tues., April 22, 1 pm

Club Room; 1 hour

Comedy Series: Man on the Inside (Part 1) Sun., April 27, 2:00 pm

Home Theater; 2024, Rated TV-14, 2 hrs. (4—30 min. episodes); Part 2 to be shown in May.



MONTHLY GATHERINGS

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, APRIL 21, 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, APRIL 25, 3:00 PM

Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails and light appetizers. Singer/guitarist **Denise Forney** will perform for us!

PIZZA PARTY | SUNDAY, APRIL 27, 5:00 PM

Dining Room—Please sign up. Cost: \$8

Give to Ben or Charlie Peiffer before the previous Friday.

SPECIAL EVENTS/PROGRAMMING

ART CALLS: BACKSTORY—PART 1 | FRIDAY, APRIL 4, 11:00 AM

Dining Room—Please sign up. Embark on an enchanting journey with Deb Hansen, a long-time docent at the Des Moines Art Center (and sister of our own resident, Donna Rice). Deb will delve into captivating stories behind some of the center's most fascinating artworks. Each painting and sculpture holds a unique story to unveil, just waiting to be discovered.

HOEDOWN WITH "BEEN THERE DONE THAT" | FRIDAY, APRIL 11, 3:00 PM

Dining Room—No need to sign up. Yee Haw! Y'all grab yer boots and cowboy hats, then saddle up and join us for some good 'ole classic country-western music. Waterin' hole (beverages & light snacks) available in the Coffee Shop.

"PROTECTING YOUR PRIVACY ONLINE" WITH SARAH | TUESDAY, APRIL 15, 1:00 PM

Coffee Shop—Please sign up. This class covers common scams and little things to do to keep your information safe.

STATIONS OF THE CROSS | FRIDAY, APRIL 18, 3:00 PM

Club Room—No need to sign up. In recognition of Good Friday, walk a spiritual journey with Jesus—a pilgrimage of His last day on Earth.

VOLUNTEER APPRECIATION | WEDNESDAY, APRIL 23, 11:00 AM

Club Room—Please sign up. This is for our residents who volunteer on a committee, at the front desk, and any other way in our Arbordale community. Staff will express our appreciation with coffee & donuts!

FAMILY FEUD | WEDNESDAY, APRIL 30, 2:00 PM

Dining Room—Please sign up. Take part in the familiar TV game show where you answer questions based on the survey response from real people. You will play along with the neighbors sitting at your table (no need to come up front). Lupe from Rosario Entertainment will lead this fun event!