

## OUT & ABOUT

Please sign up for these outings:

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

**Lunch Out at Central Standard:** Tues., May 6. Departs at 11:30 am. Resident reservation limit is 14.

**Prairie Meadows: Horse Races/Casino:** Mon., May 19. Departs at 3 pm. Races begin at 4 pm. Return will be around 7 pm—we won't be staying for all the races. Bring your betting and food money!

**Neighborhood Tours & Treats: Valley Junction/Black Cat Ice Cream:** Tues., May 27. Departs at 1:00 pm. Enjoy a meandering drive to Valley Junction and a stop for ice cream at Black Cat's new location. (Bring \$ for your treat.)



## FUN & GAMES

Please sign up for these activities:

**Co-ed Beanbag Tournament:** Sat., May 10, 1:30 pm, Fireside/Dining Room

**Bingo:** Wed., May 21, 1:30 pm, Dining Room

**Speed Friending:** Fri., May 23, 3:00 pm, Dining Room. Enjoy a fun, light-hearted way to learn more about your neighbors!

**Bunco:** Fri., May 23, 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

**Spring Basket with Delaine**

Tues., May 13, 1:00 pm, Craft Room

Resident Delaine Marker will guide you in creating a basket made from cardstock that can be used for candy or gift-giving.

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



## HEALTH & WELLNESS

**Exercise Class (DVD-led):**

Tuesdays & Thursdays, 10:30 am, Exercise Room

**Exercise with Fox Wellness & Therapy:**



Wednesdays, 10:00 am, Exercise Room— Please sign up. (Class is 30 minutes.)

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

**Wesley Life Blood Pressure Clinic:**

Mon., May 5, 10:00—11:30 am, Dining Room

Please sign up.

**Introduction to Fox Wellness & Therapy:**

Mon., May 5, 2:00 pm, Dining Room — Please sign up.

**Line Dancing with Aimee Reynolds:**

Fri., May 23 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

## MAY 2025

## INTRODUCING CULTUREALL

We will begin exploring the world with the organization CultureALL—a local nonprofit working to build more inclusive communities through social studies programs, cultural education and more. The mission of CultureALL is to value our differences. They believe that sharing the cultural richness of our communities with others will elevate our society and the quality of life for all.

CultureALL engages more than 70 immigrants, refugees and local residents representing more than 50 distinct cultures as "Cultural Ambassadors." They provide their services to schools, businesses, and community organizations.

Our first educational experience is on the calendar for Friday, May 9 at 1:00 & 2:00: "Tea Time" with Mamta Israni. (This will be for our annual ladies' event.) They like to limit their presentations to around 30 participants to keep it more intimate and experiential. Therefore, we're holding two back-to-back programs so more of you can enjoy this experience.



**Mamta Israni**

Find more about Mamta and the upcoming program at the front desk and learn more about this organization at [www.cultureall.org](http://www.cultureall.org).

## MAY BASKET TREAT BAR

**THURSDAY, MAY 1**

**2:00—3:00 PM**

Stop in the Coffee Shop any time during this timeframe to fill your own May basket! (No need to sign up.)



## CONGRATS TO APRIL WINNERS!



**March Madness Brackets**  
LaDonna Cole (Women's Bracket) and Tom Carlsen (Men's Bracket)



**Easter Egg Hunt**  
Jan Walczyk

## IMPORTANT DATES

**SPRING OPEN HOUSE**

Thurs., May 15, 2:00—3:30 pm

Do you know someone looking for their new home? Please invite them or chat with Mike.

**COMMUNITY MEETING**

Fri., May 16 at 11:00 am, Dining Room



To sign up for activities listed in this newsletter and evening dining, 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

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

May 1: Joann Boldt  
May 5: Leora Thomas  
May 6: Joyce Brown  
May 6: Delaine Marker  
May 8: Don Steele  
May 9: Cathy Rudny  
May 26: Corinne Nelson  
May 29: Penny Long  
Charlie Peiffer  
May 30: Jeannine Bowen

### ANNIVERSARIES

May 8: Dick & Carolyn  
Whitham  
May 20: Georgia & Dwight  
Rhoorda

## 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: The Bishops Wife | Sat., May 3, 2 pm**  
Home Theater; 1947, Romance/Comedy, 1 hr. 49 min.

**Comedy Series: Man on the Inside (Part 2) Sun., May 4, 2:00 pm**  
Home Theater; 2024, Rated TV-14, 2 hrs. (4—30 min. episodes)

**One Day University: When Weather Changed the Course of History | Fri., May 16, 3 pm**  
Club Room; 45 min.

**Movie: McLintock! | Sun., May 18, 6:30 pm**  
Home Theater; 1963, Western, 2 hrs. 6 min.

**One Day University: The National Parks in American History—Vistas of Democracy Wed., May 28, 2 pm**  
Club Room; 1 hour



## MONTHLY GATHERINGS

**BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, MAY 19, 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, MAY 25, 5:00 PM**  
Dining Room—Please sign up. Cost: \$8  
Give to Ben or Charlie Peiffer before the previous Friday.



**FABULOUS FIRESIDE FRIDAY | FRIDAY, MAY 30, 3:00 PM**  
Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails and light appetizers. Singer/guitarist **Bradford Johnson** will perform for us!



## SPECIAL EVENTS/PROGRAMMING

**ART CALLS: BACKSTORY—PART 2 | FRIDAY, MAY 2, 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. She will delve into captivating stories behind some of the center's most fascinating artworks.

**TEA TIME (LADIES' EVENT) | FRIDAY, MAY 9, 1:00 & 2:00 PM**  
Dining Room—Please sign up (choose one presentation time). CultureAll Ambassador, Mamta Israni, will introduce us to the importance of tea in Asian cultures. We will learn about and sample a variety of teas. Sign-up is limited to Arbordale ladies to begin with. It will be announced if there is space to invite guests.

**FATHER RAY'S SOUTH AFRICA TRIP—SLIDESHOW | WEDNESDAY, MAY 14, 11:00 AM**  
Dining Room—No need to sign up. Fr. Ray will highlight his mission trip taken several months ago.

**JUNCTION JAZZ SOCIETY | THURSDAY, MAY 15, 6:30 PM**  
Fireside/Dining Room—No need to sign up. Bring your beverage of choice and enjoy some after-dinner music. This 10-piece band and vocalist will perform Big Band and Swing music.

**“MONEY APPS” WITH SARAH | TUESDAY, MAY 20, 1:00 PM**  
Coffee Shop—Please sign up. More and more financial transactions are happening via smartphones. Whether it be cashing checks or paying bills using mobile banking apps or payments via Venmo or Apple Pay. This class covers popular options so that you can make informed decisions.