

OUT & ABOUT

Please sign up for these outings:

Fareway/Aldi: Thursdays, 10:00 am.

Neighborhood Tours & Treats: Waukee/ Monarca Gourmet Paletas: Fri., June 6.

Departs at 12:30 pm. Enjoy a meandering drive through ever-growing Waukee and a stop for fantastic Mexican ice cream treats on a stick. (Bring \$ for your treat.) The trip will also include a drive past Amy's new home.

Brunch Out at Flip 'N

Jacks Pancake House & Eatery (Altoona): Wed.,

June 18. Departs at 10:30 am.



FUN & GAMES

Please sign up for these activities:

Blackjack: Tuesdays, 3:00 pm, Game Room. Resident, Tom Carlson, will teach/refresh how to play. It will remain on the schedule in future months and adapt to the interest level. (Not necessary to sign up.)

NEW

Musical Bingo with Lupe': Wed., June 11, 2:30 pm, Dining Room. Enjoy a fun, new way to play Bingo! (You don't have to be a music expert to enjoy this game.)

Co-ed Beanbag Tournament: Sat., June 14, 11:00 am, Fireside/Dining Room

Bingo: Wed., June 18, 2:00 pm, Dining Room

Bunco: Fri., June 27, 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

Beginning Watercolor with Amanda

Tues., June 10, 1:00 pm, Craft Room

Returning instructor, Amanda Arthur-Struss will guide you in painting a Cherry Blossom tree (OR a green tree if you'd like). A focus will be on beginning shading techniques.

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., June 2, 10:00—11:30 am, Dining Room. **Please sign up.**

Fox Wellness Seminar : "Are You Strong Enough?": Mon., June 2, 2:00 pm, Dining Room.

Line Dancing with Aimee Reynolds: Fri., June 27 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

June 2025

NEW TO US ... ZOO TO YOU!

Des Moines' Blank Park Zoo has brought conservation education programs to the State of Iowa since 1990—visiting schools, libraries, colleges, senior facilities, and many other community organizations.

We will get to experience an occasional hour-long "Zoo to You" educational program that is both engaging and memorable—right here at The Arbordale. These programs include zoo artifacts and often live "Ambassador" animals!

Their first visit will be on Tuesday, June 3 at 1:00 pm!



CULTUREALL: A MUSICAL TOUR OF MEXICO

Through this hands-on musical tour of Mexico, participants will learn the names of the different rhythms from each region of the country. Guided by R. J. Hernandez of the musical ensemble Las Guitarras de Mexico, they will have a chance to try various types of guitars and percussion instruments during the journey.

This is a "men first" event this month ... in honor of our men—yet open to Arbordale women as well: Friday, June 13. There are two sittings scheduled: at 1:00 pm and 2:00 pm. **Attention Arbordale men:** please sign up before Friday, June 6 (include spouses too!). Arbordale ladies are encouraged to sign up beginning June 6 for spots that are still available. (Attendance numbers are limited due to the interactive nature of CultureAll presentations.)



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

IMPORTANT DATES

COMMUNITY MEETING

Tues., June 17 at 10:00 am, Dining Room

OPEN HOUSE AND WINE & CHEESE RECEPTION

Fri., June 20, Open House: 2:00—3:30 pm

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

Wine & Cheese Reception: 3:30—4:30 pm

Mingle with our guests while enjoying refreshments provided by Fox Rehab & Wellness. (No need to sign up.)



THE ARBORDALE STAFF

KAREN MOUSEL
Executive Director

MIKE HERTING
Director of Sales & Marketing

AMY PALMER
Director of Life Enrichment &
Office Administration

JOHN BOORMAN
Director of Maintenance

JOE BISHOP
Maintenance Tech

SAM PURSLEY
Seasonal Maintenance Tech

SONYA CHAMBERS
Housekeeping Lead

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
Meleah Davis
Kiko Heidbreder
Bryce Huey
Dee Melhus
Lauren Reid
Jenn Wilson

CELEBRATIONS

BIRTHDAYS

June 5: Phil Stanfield
June 7: Doug Gatchel
June 9: Bill Adams
June 11: Denny Hargens
June 14: Roger Hughes
June 16: Donna Hueholt
Carolyn Whitham
June 17: Lois Johnson
June 23: Mark Thompsen
June 26: Don Newell
June 29: Bonnie Becker
Jane Buck

ANNIVERSARIES

June 3: Tom & Donna Hueholt
June 13: Bill & Sandy Adams
June 25: Ben & Charlie Peiffer

ON THE SCREEN

Please sign up for the following:

Movie: Thirteen Lives | Sun., June 1, 6:30 pm
Home Theater; 2022, PG-13, Drama, 2 hrs. 27 min.

One Day University: A History of Chocolate—From the Aztec’s Favorite Drink to the American’s Favorite Candy Bar | Wed., June 4, 3 pm
Club Room; 45 min.

Movie: Driving Miss Daisy | Sun., June 14, 2 pm
Home Theater; 1989, PG, Comedy, 1 hr. 39 min.

Movie: Forrest Gump | Sun., June 22, 6:30 pm
Home Theater; 1994, PG-13, Drama, 2 hrs. 22 min.

One Day University: Six People Who Built America | Mon., June 30, 3 pm
Club Room; 1:08 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
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).

MONTHLY GATHERINGS

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, JUNE 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, JUNE 22, 5:00 PM
Dining Room—Please sign up. Cost: \$8
Give to Ben or Charlie Peiffer before the previous Friday.



SPECIAL EVENTS/PROGRAMMING

ZOO TO YOU | TUESDAY, JUNE 3, 1:00 PM
Dining Room—Please sign up. Blank Park Zoo staff will present an hour-long educational program at The Arbordale.

MUSICAL TOUR OF MEXICO (CULTUREALL) | FRIDAY, JUNE 13, 1:00 & 2:00 PM
Dining Room—Please sign up. (Choose one presentation time). MEN FIRST! Arbordale men & spouses please sign up before Friday, June 6. Arbordale ladies can fill the open spots beginning on that day.

“DIGITAL DETECTIVES” WITH SARAH | TUESDAY, JUNE 17, 1:00 PM
Coffee Shop—Please sign up. This class focuses on how to search effectively for quality results. We will talk about the differences between search methods and choosing the best terms to search with. We will also cover traps to watch out for on the results page along with spotting fake images, products and news.

“WOMEN, WISDOM & WINE” | TUESDAY, JUNE 24, 1:00 PM
Club Room—Please sign up. Seasoned traveler, Tamela Hatcher, shares her passion, adventures, teaching and traveling across continents. Through captivating stories and heartfelt observations, discover the universal threads that connect women and families worldwide. (Wine is served, of course.) Men welcome too!

FLOWER POWER 60S PARTY WITH “BEEN THERE DONE THAT” WEDNESDAY, JUNE 25, 3:00 PM
Dining Room/Coffee Shop—No need to sign up. Put on your groovy threads...we’re going to have a blast! The music will be outta sight...and the refreshments will be far out! Dig it?

ART CALLS: BACKSTORY—PART 3 | FRIDAY, JUNE 27, 11:00 AM
Club Room—Please sign up. Deb Hansen, a long-time docent at the Des Moines Art Center, will delve into captivating stories behind some of the center’s most fascinating artworks. This is the final presentation—you’re encouraged to attend even if you didn’t catch the other presentations!

