

OUT & ABOUT

Please sign up for these outings:

Fareway/Aldi: Thursdays, 10:00 am.

Painted Tree Boutiques (Clive): Friday, July 11, departs at 10:30 am.

Enjoy shopping at a variety of vendor booths which will appeal to both men and women!

Johnston Farmers Market: Tues., July 15, departs at 3:45 pm.

Iowa Cubs Baseball Game: Wed., July 30, departs at 11:00 am for a 12:08 game. Tickets are in Section 10, Rows 11 and 12—handicap accessible near mezzanine elevator. Tickets are complimentary — bring money for lunch. Please sign up in the Activity Binder—there are 14 tickets available.



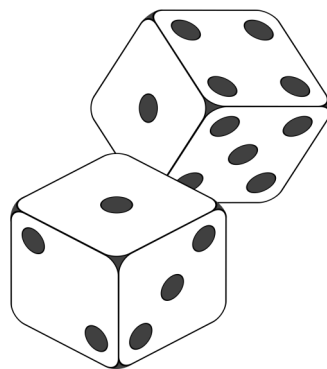
FUN & GAMES

Please sign up for these activities:

Bingo: Wed., July 23, 2:00 pm, Dining Room

Bunco: Fri., July 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

Beginning Watercolor with Amanda

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

Returning instructor, Amanda Arthur-Struss will guide you in painting a fireworks display!

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., July 7, 10:00—11:30 am, Dining Room. Please sign up.

Fox Wellness Seminar : “Cognition”: Mon., July 7, 2:00 pm, Dining Room.



FUN FACTS ABOUT



- Americans typically eat 100 million hot dogs on Independence Day.
- Massachusetts became the first state to make the 4th of July an official state holiday in 1781.
- Independence Day became a federal holiday in 1870.
- Every July 4th, descendants of the signers of the Declaration of Independence tap the Liberty Bell 13 times in honor of the original 13 colonies.
- Starting in 1818, new stars and stripes were added to the American flag each July 4th to mark the creation of new states.

From parade.com

IMPORTANT DATES

COMMUNITY MEETING

Wed., July 16 at 10:30 am, Dining Room

PAPER SHREDDING

Wed., June 23, 10:00 am—1:00 pm

The paper shredder will be at the front desk for you to use during this timeframe.



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



NEWSLETTER

July 2025

JUNE HIGHLIGHTS

A Musical Tour of Mexico



Zoo to You



Music Bingo



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

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

July 1: Betty Conley

July 3: Ardith Jenison
Dwight Roorda

July 5: Connie Picken
Emery Holzworth

July 7: Darlene Hanes
Barbara Hughes

July 11: LaDonna Cole
Ruth DeCook

July 20: Betty Johnson

July 21: Paula Carlsen

July 22: Mary Jones
Kay McCulley

July 28: Kim Dilly

July 29: John Fletcher

ANNIVERSARIES

July 15: Roger & Kay McCulley

July 26: Doug & Sue Gatchel

July 27: Emery & Vivian
Holzworth

July 30: Larry & Mary Jones

ON THE SCREEN

Please sign up for the following:

Movie: Oceans 11 | Sun., July 6, 6:30 pm
Home Theater; 2001, PG-13, Drama, 1 hr. 56 min.

One Day University: AI: Past, Present & Future | Wed., July 9, 3:00 pm
Club Room; 55 min.

Movie: Fried Green Tomatoes | Sun., July 20, 6:30 pm
Home Theater; 1991, PG-13, Drama, 2 hrs. 10 min.

One Day University: Beyond Chocolate & Vanilla—The Delicious History of Ice Cream | Tues., July 22, 1:00 pm
Club Room; 45 min.

Movie: To Kill a Mockingbird | Sat., July 26, 2:00 pm
Home Theater; 1962, Drama, 2 hrs. 9 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, JULY 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, JULY 25, 3:00 PM
Fireside/Dining Room—No need to sign up.
Join your neighbors for cocktails and light appetizers. **The Band Spam** will perform Golden Oldies for us!

PIZZA PARTY | SUNDAY, JULY 27, 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, JULY 1, 1:00 PM
Dining Room—Please sign up. Blank Park Zoo staff will present an hour-long educational program at The Arbordale.

PATRIOTIC PIANO MUSIC WITH PAM AVAUX | WEDNESDAY, JULY 2, 3:00 PM
Fireside/Dining Room—No need to sign up.

4TH OF JULY POTLUCK | FRIDAY, JULY 4, 5:00 PM
Dining Room—No need to sign up. Bring a dish to share (and serving spoons). Beverages and paper products provided. (Urbandale fireworks begin at 10 pm—get a glimpse from our parking lot and north-facing balconies.)

“DIGITAL DECLUTTERING: COMPUTERS” WITH SARAH | TUESDAY, JULY 15, 1:00 PM
Coffee Shop—Please sign up. This class covers using File Explorer (PC) or Finder (MAC) to create a folder system for your files. We'll discuss navigation, arranging and naming files and folders, understanding file sizes, using external storage devices, cloud storage, and more.

TRIVIA WITH LUPE’ | FRIDAY, JULY 18, 2:00 PM
Dining Room—No need to sign up. Enjoy a fun-filled, light-hearted trivia competition with your neighbors. Choose to be part of an intentional team of 4—or just come on in and find an open chair. No sign-up necessary.