

OUT & ABOUT

Please sign up for these outings:

Fareway/Aldi: Thursdays, 10:00 am.

**Iowa
State**

Fair:

Tues., Aug. 12,
9:00 am

This year's Fair dates are August 7-17. 11 unforgettable days in August, where everyone can find their favorite food, ride, game, entertainment or competition. Find the sweetest traditions or new favorites this year at the Iowa State Fair!



Lunch Out at Sully's Irish Pub:

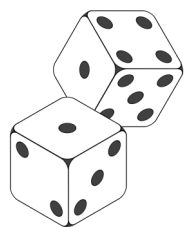
Wednesday, Aug. 20, 11:00 am.

FUN & GAMES

Please sign up for these activities:

Bunco: Fri., Aug. 22, 6:30 pm, Dining Room.

Bingo: Wed., Aug. 27, 2:00 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.

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

LIVE MUSIC

Fri., Aug. 15

Live Music Performance by
"Phil Hague Harmonica"

Join us for a great performance by an accomplished musician playing authentic Blues music for over 25 years!

Fri., Aug. 29

Live Music Performance by
"Been There Done That" Band

Don't miss the great sounds of one of our favorite bands, requested to come back again and again!



HEALTH & WELLNESS

Exercise Class (DVD-led):

Tuesdays & Thursdays, 10:30 am, Exercise Room.

Exercise with FOX Wellness & Therapy:

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

Ball Exercises:

Saturdays, 10:30 am, Exercise Room.

Wesley Life Blood Pressure Clinic:

Mon., Aug. 4, 10:00—11:30 am, Dining Room
Please sign up.

FOX Wellness & Therapy:

Wed., Aug. 13, 10:30 am, Dining Room
Come to our Community Meeting and hear our speakers Alyssa & Fiona explain how residents can sign up for an initial "FREE Individual Wellness Assessment" that will test key health factors like strength, balance, and other key areas that can help you live your days to the fullest!

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



Residents refer &
receive one to four months
rent-free!

It pays to make old friends your new neighbors.

Enjoy one month rent-free when a friend or family member moves into our community!

Know anyone exploring retirement living? We'd love to welcome them to

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.

To refer your friends,
please call or email Mike at:

515-644-2680

michael.herting@transformingage.org



Or scan the
QR code



NEWSLETTER August 2025



But wait, there's more.

If three of your referrals move in over a 12-month period, we'll give you another bonus month rent-free—that's a total of four months rent-free!

It's our not-so-little way of saying thanks for spreading the word about The Arbordale. And once they're here, we're pretty sure your friends will thank you, too.

And, even more.

Everyone committing to move in by September 30th will receive two months rent-free—because we believe that one good turn deserves another!



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
Marketing & Sales Director

RACHEL LEWIS
Life Enrichment Director

NICOLE KARRAS
Office Administration

ROSANNE ROSE
Concierge

JOHN BOORMAN
Maintenance Director

JOE BISHOP
Maintenance Tech

SAM PURSLEY
Maintenance Tech

SONYA CHAMBERS
Housekeeping Lead

PARIS DANIELS
Housekeeping

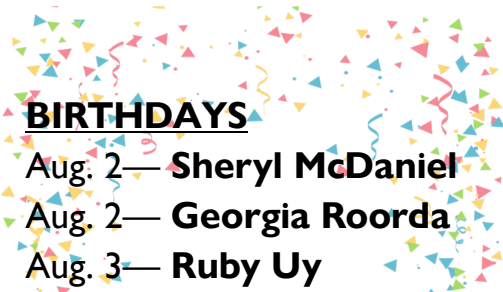
TOM CAMERON
Transportation

ENOSH KELLEY
Culinary Services Director/
Executive Chef

DINING SERVERS

Maji Agee
Summer Ahartz
Abigail Boorman
Madeline Boorman
Nathan Boorman
Katie Catlett
Leannah Choi
Meleah Davis
Kiko Heidbreder
Bryce Huey
Dee Melhus
Lauren Reid
Jenn Wilson

AUGUST CELEBRATIONS



BIRTHDAYS

Aug. 2— **Sheryl McDaniel**
Aug. 2— **Georgia Roorda**
Aug. 3— **Ruby Uy**
Aug. 3— **Vivian Holzworth**
Aug. 9— **Carol Kennedy**
Aug. 18—**Pam Barber**
Aug. 20—**Ken Messmore**
Aug. 25—**John Boorman**
Aug. 26—**Ron Fulton**
Aug. 27—**Bob Dilky**
Aug. 29—**Marion Singleton**



ANNIVERSARY

Aug. 11—
Bill and Betty 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 are given to help 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, across from our parking lot, please place items in Coffee Shop gray credenza (under TV).

ON THE SCREEN

Please sign up for these showings.

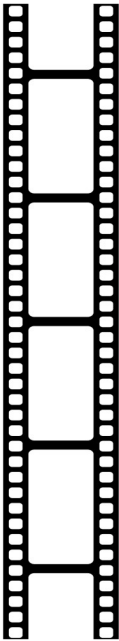
One Day University:
One Hundred Years of Looking Forward
Wed., Aug. 6, 2:00 pm, Club Room.

Movie: *As Good as it Gets*
Sat., Aug. 9, 2:00 pm, Home Theater.
1997, Comedy/Romance, Rated PG-13, 2 hrs. 19 min.

Movie: *The Help*
Sun., Aug. 17, 6:30 pm, Home Theater.
2011, Drama/Comedy, Rated PG-13, 2 hr. 26 min.

One Day University:
Over My Dead Body: Unearthing the Hidden History of America’s Cemeteries
Tues., Aug. 19, 2:00 pm, Club Room.

Movie: *Evelyn*
Sun., Aug. 31, 6:30 pm, Home Theater.
2002, Family/Drama, Rated PG, 1 hr. 35 min.



MONTHLY GATHERINGS

FABULOUS FIRESIDE FRIDAY | FRIDAY, AUG. 15, 3:00 PM
Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails and light appetizers. A fun opportunity in August would be to join us for one of our Fabulous Fireside Friday events on August 15th, when we will be celebrating with a variety of Iowa State Fair type treats along with Live Music Performance by Phil Hague, an accomplished Harmonica player, playing authentic Blues music for 25 years.

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, AUG. 18, 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, AUG. 24, 5:00 PM
Dining Room—Pizza, Can of Soda, and Brownie.
Please sign up. Cost: \$8, give cash please to Ben or Charlie Peiffer before the previous Friday.

SPECIAL EVENTS/PROGRAMMING

“EVERYDAY AI” WITH SARAH | TUESDAY, AUG. 12, 1:00 PM
Dining Room—Please sign up. Join this evolving class serves as a broad overview to artificial intelligence as well as discussing AI that is already integrated into daily life. Topics include: AI for writing, AI for research, AI for reviews, AI for advice, AI for images and how AI uses your data.

COMEDIAN TONY ALDERMAN | FRIDAY, AUG. 22, 3:00 PM
Dining Room—No need to sign up. Back by popular demand... Join us for “An Afternoon with Tony Adelman” Actor, Producer and Writer of the acclaimed comedy podcast, LOL TAKE 2 (and Robbie Alderman’s son)!
Tony will be appearing live at The Arbordale reading several episodes of his acclaimed comedy podcast, “LOL Take 2” as the hit series is in its 6th Season. Adelman, who has appeared on national television (“Grey’s Anatomy,” “The X-Files,” “CSI: Miami,” etc.), films (“Scattering Mother” and “13 Heads of Hair”) and onstage (“Titanic,” “Follies,” “Chapter Two,” etc.), will bring to the stage his humorous observances of growing up as a creative kid in Iowa. Reviews from the first 5 seasons of “LOL Take 2” include “Tony can spin a yarn better than Garrison Keillor” and “Laughing is always better than crying.”

RESIDENT COMMUNITY MEETING: “RESIDENT FREE INDIVIDUAL WELLNESS ASSESSMENT”-BY FOX Therapy/Rehab | WEDNESDAY, AUG. 13, 10:30 AM
Dining Room—No need to sign up. Come hear Alyssa & Fiona explain how you can sign up for your FREE individual wellness assessment, that will test key health factors like strength, balance, and other key areas that can help you live your days to the fullest!

“BEEN THERE DONE THAT” LIVE MUSIC | FRIDAY, AUG. 29, 3:00 PM
Dining Room—No need to sign up. Enjoy listening to live music by one of our favorite bands!