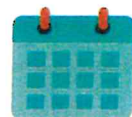


EXTRA



YOUR VOICE MATTERS



Business Office

- Hours: Monday–Friday, 8: 0:00 a.m. – 5:0 p.m.
- Sign-Up: Residents may register at the front desk to speak with a team member.



Share Your Feedback

- Suggestion Box: Located in the café—your ideas are welcome!
- Resident Advisory Council (RAC): Meets Second Wednesday of month at 1:00 p.
 - Notes: Taken by a resident volunteer and submitted to the Arbordale team.



Social Committee

- Meets: First Monday of each month at 11 a.m. In formal dining room



Newsletter Contributions

- Deadline: Submit your content for inclusion *By the 21st of the month*

Upcoming Survey

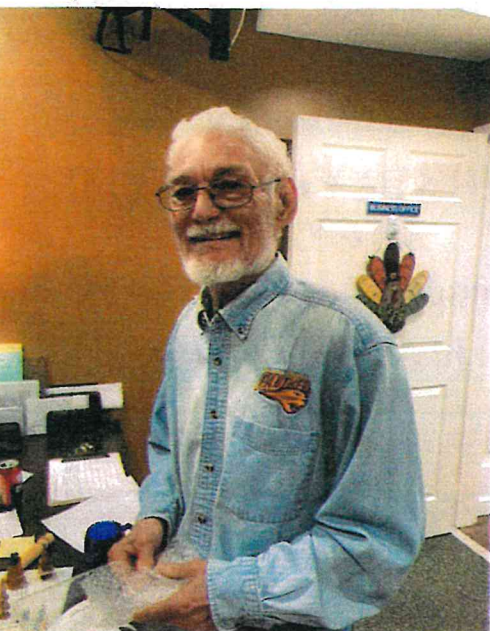


Just a Gentle Reminder to Keep your furry friends



on a leash and out of the community spaces.

Thank you!



Thank you Paul Miller for sharing your Christmas Village with us!

Join us on December 19th at noon to sample 5 – and 7-pack meals that you can have delivered. Sign up at the front desk to hold your spot.



Representatives will be on site Monday December 1st from 1 – 2 pm to conduct safety checks on walkers, wheelchairs & scooters. Stop by no pre-registration necessary!



50 years ago, kids learned
A is for APPLE
B is for BALL
C is for CAT
D is for DOG

Today...
A is for ANDROID
B is for BLUETOOTH
C is for CHAT
D is for DOWNLOAD

and to Senior citizens
A is for ARTHRITIS
B is for BLOOD PRESSURE
C is for CHOLESTEROL
D is for DIABETES



THE Arbordale AN ESSEX COMMUNITY NEWSLETTER

December 2025

Move in by 12/30 and get three-months free rent! Call today to learn more about this limited time offer.

Sarah Murphy

Director of Sales and Marketing

Main: 515-727-5927

Mobile: 515-210-7239

sarah.murphy@transformingage.org



DECEMBER CELEBRATIONS

2-Dec Jan Hardt

7-Dec Nancy Brown

12-Dec Dave Rudny

13-Dec Mary Ann Ward

13-Dec Larry Jones

17-Dec Anne Mauldin

18-Dec Beverly Baartmans

22-Dec Jackie Barber

24-Dec Marsha Tschapp

30-Dec Gary Griffin

Monday December 15th at 2:00 PM

Dining Room

Enjoy cake and informal conversation with your neighbors and this month's celebrants!

Celebrants: Please RSVP to the front desk if you and/or a guest plan to attend.



The Arbordale Holiday Open House

Please sign up at the front desk if you would like to open up your home and share your holiday decorations with the community **Tuesday, December 23rd from 3 – 4:00 PM.**

The Arbordale Honors and Appreciates Our Veterans

