

OUT & ABOUT

Please sign up for these outings:

Fareway: Thursdays, 10:00 am.

Barnes & Noble Bookstore:

Wed., Feb. 5. Departs at 10 am. Shop, browse, read...grab a coffee or snack! Outing will last approximately 1 1/2 hours depending on the group.

Brunch Out at Motley School Tavern:

Wed., Feb. 12, 10:00 am departure. Resident reservation limit is 14.

A&G Home & Dollar Tree:

Tues., Feb. 18, 12:30 pm departure.

Did you know that there's a beautiful new home décor & gift store just down the street? They're even going to treat us to cookies! (We might as well stop at Dollar Tree too!)



HEALTH & WELLNESS

Wesley Life Blood Pressure Clinic:

Mon., Feb. 3, 10:00—11:30 am, Dining Room

Please sign up.

Exercise Class (DVD-led):

Tuesdays & Thursdays, 10:30 am, Exercise Room

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

Foot Clinic with Dr. Vanderpool: Thurs., Feb. 20, 9:30-noon, 2nd floor office. Please sign up and see Amy for necessary paperwork (even if you have seen Dr. Vanderpool here previously).

Line Dancing with Aimee Reynolds: Fri., Feb. 28 at noon, Exercise Room

Aimee teaches a fun, low-key line dance catered to seniors. Please sign up.

touchtown

Channel 992 (HD Mediacom Box)

Channel 16.3 (Regular Mediacom Box)

CREATIVE STUDIO

Heart Wreath Class with Delaine

Tues., Feb. 4, 1:00 pm, Craft Room

Resident, Delaine Marker, will guide you in creating a paper heart wreath ... just in time to adorn your door for Valentine's Day!



Please sign up. (Max. size of class is 10.) There is no charge.

FUN & GAMES

Please sign up for these activities:

Board Game Bash: Tues., Feb. 25, 1:00 pm, Dining Room.

Amy will introduce several "new to us" games and the opportunity to play a sampling of at least two games of your choice. (Most of our "library" of games will be available.)



Bingo: Wed., Feb. 26, 1:30 pm, Dining Room

Bunco: Fri., Feb. 28, 7:00 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.

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



THE **Arbordale**
A TRANSFORMING AGE COMMUNITY

NEWSLETTER

February 2025

INTRODUCING CHEF ENOSH KELLEY...

WE'RE LOVING HIS CULINARY DELIGHTS!

Chef Enosh is the newest addition to The Arbordale staff. Residents and staff are thrilled to have him here ... bringing a passion for exceptional dining and a proven track record of excellence. Chef Enosh brings his extensive culinary expertise to enhancing life at our community through the art of food. A James Beard Foundation nominee for the prestigious Best Chef Midwest Award in 2009, Enosh is renowned for creating innovative and memorable dining experiences.

Enosh grew up in Iowa City where he developed his passion for cooking and went on to graduate from the prestigious Culinary Institute of America, High Park, New York. Following graduation, he worked on the East Coast—including a short stint on a small cruise ship and then at a private tennis club on the Upper East Side of Manhattan. After 9/11, he returned to Iowa and bought and ran *Bistro Montag*, one of Des Moines most successful restaurants. Since selling the restaurant in December 2016, he has been an industry consultant.

He has been featured in national and regional publications such as *The Wall Street Journal*, *Des Moines Register*, and *Cityview*. He also graced television screens on shows like *Iowa Ingredient* and collaborated with culinary icons, including the late Anthony Bourdain, with appearance on *No Reservations*. His career highlights also include curating the celebrated "Taste of Iowa" event for the 2016 National Governors Association Summer Meeting and serving as the first chef in Iowa selected for the national Niman Ranch Farmers Appreciation Dinner. He was also featured in the book, "*Steal the Menu: A Memoir of Forty Years in Food*."

Chef Enosh's blend of creativity, business acumen, and commitment to quality ensures a dining program that is not only delicious but also rooted in the highest standards of food quality and hospitality.

Residents are invited to sign up to reserve dinner space for themselves and their guests! Dinner is served Monday through Friday, at 5:00 pm. Each meal starts with soup or salad, progresses to the main dishes, and then finishes with delicious desserts for the finale!

Do you know someone looking to move into The Arbordale? We want to invite them to dinner too! Call or text Mike at 515-210-7239 and he will help set up a memorable dining experience!



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



Enosh with wife Karen, and sons Hudson, Sullivan, and Lucas.

THE ARBORDALE STAFF

KAREN MOUSEL
Executive Director

MIKE HERTING
Director of Sales & Marketing

AMY PALMER
Life Enrichment &
Office Administration

HOLLY McDOLE
Concierge

JOHN BOORMAN
Director of Maintenance

JOE BISHOP
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

Feb. 2 - Karen Lees
Feb. 4 - Judi Squiers
Feb. 9 - Freda Ruleman
Feb. 10 - Ruth Rasmussen
Feb. 11 - Wes Boldt

Barbara McClain

Feb. 12 - Donna Rice

Feb. 16 - William Paeth

Joan Raymer

Feb. 19 - Tom Hueholt

Feb. 25 - Tom Cummings

Feb. 27 - Mary Norman

ANNIVERSARY

Feb. 8 - Bob & Kim Dilkly



ON THE SCREEN

Movie: The Girl Who Believed in Miracles

Fri., Feb. 7, 2:00 pm, Home Theater—Please sign up.
2021, Drama, Rated PG, 1 hr. 40 min.

Movie: Tyson's Run

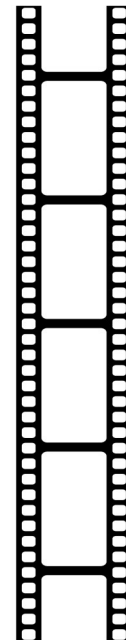
Sun., Feb. 16, 6:30 pm, Home Theater—Please sign up.
2022, Drama, Rated PG, 1 hr. 43 min.

One Day University: What Would the Founding Fathers Think of America Today?

Wed., Feb. 19, 2:00 pm, Club Room—Please sign up.
1 hr. 8 min.

Movie: The Replacements

Sun., Feb. 23, 6:30 pm, Home Theater—Please sign up.
2000, Comedy, Rated PG-13, 1 hr. 58 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

Stop at the south Dining Room
table nearest Fireside to donate
eye glasses (Lions) and small
grocery items for our food pan-
try near Creekside Church.

MONTHLY GATHERINGS

BIRTHDAY & ANNIVERSARY CELEBRATION | MONDAY, FEB. 17, 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, FEB. 23, 5:00 PM

Dining Room—Please sign up. Cost: \$8

Give to Ben or Charlie Peiffer before the previous Friday.

FABULOUS FIRESIDE FRIDAY | FRIDAY, FEB. 28, 3:00 PM

Fireside/Dining Room—No need to sign up. Join your neighbors for cocktails
and light appetizers. Vintage Café, will perform "Love Songs through the Ages."



SPECIAL EVENTS/PROGRAMMING

"SOUPER" (SUPER) BOWL PARTY | SUNDAY, FEB. 9, 4:00 PM

Coffee Shop—No need to sign up. Bring soup to share—a ladle would be great too! Pop and paper products provided. Game time is 5:30 pm—enjoy watching in the Coffee Shop if you'd like.

"EVERYDAY AI" WITH SARAH | TUESDAY, FEB. 11, 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.

VALENTINES DAY SOCIAL | FRIDAY, FEB. 14, 3:00 PM

Dining Room—Please sign up. Celebrate the day with your neighbors and enjoy: harp music by Laura Erickson, a Valentine Sweets spread, informal guided discussion, and optional themed activities (in Coffee Shop). Fireside area and nearby dining tables will be set aside for those wanting to focus on the music. Otherwise, light conversation is encouraged. Wear red and/or pink if you wish!

PROGRAM: MARY'S MEALS WITH ELLEN MILLER | TUESDAY, FEB. 21, 11:00 AM

Dining Room—Please sign up. Meet Amy's old friend Ellen — from Indianola! She is the Regional Coordinator for the mission organization, Mary's Meals—a world-wide school feeding program for children. Hear how her mother's heart was moved to support the "least of these." Donations will be accepted — but not expected.

"VAN'S VIRTUOSOS" STUDENT PIANISTS | THURSDAY, FEB. 27, 6:30 PM

Dining Room—No need to sign up. Enjoy listening to 9 students of Barb Van Roekel perform a "practice recital" for their upcoming piano competition.