

720 W Camino Real Ave. • Arcadia, CA 91007 • (626) 574-8571

### Arcadia Gardens Staff

Julie Chirikian	Chief Executive Officer
David Chirikian	Chief Operations Officer
Pat Redner	Executive Director
Valentina Ashjian	Business Director
Nune Hasratyan	Wellness Director
Maria Warren	MC Activity Director
Anna Guglielmi	Community Care Director
Nathan Rojas	Culinary Service Director
Sheila Kinney	Activity Director
Maria Khanzadian	Marketing Director
Rick Stubbs	Activity Director/Arts



#### WELCOME HOME!

#### **Contact Numbers**

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www.arcadiagardensretirement.com

# October 2016



End of the Month Dance in the lovely Penthouse.

#### **Friend Us on Facebook**

Did you know our community has its own Facebook profile? It's true! And we want you to be our friend. At our Facebook profile, you will find updated information about the community via blogs and bulletins. It's another great way to get to know your neighbors! To become our friend on Facebook, simply search for us on www.Facebook.com.



#### **OCTOBER BIRTHDAYS**

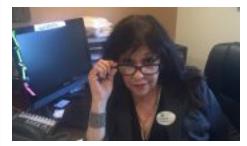
# **RESIDENT BIRTHDAYS**

10/1 Wendy Warschaw 10/4 Lilly Liu 10/6 Robert Wheeler 10/6 Yoko Hashima 10/10 Nancy Hellman 10/14 Vera Sanford 10/20 Nilda Medina 10/21 Lory Anderson 10/22 Margaret Gillies 10/25 George O'Bryan 10/28 Graydon Grey 10/28 Ann Polich 10/29 William Vargo 10/30 Dick Gautier 10/31 Ruth

#### **EMPLOYEE BIRTHDAYS**

10/6 Natalia Perez 10/13 Maria Guerrero 10/14 Marie Brooks 10/14 Karla Chandra 10/14 Victoria Lim 10/15 Viridiana Camacho 10/17 Artemis Bayat 10/19 Miguel Pineda 10/22 Erica Martinez 10/27 Guadalupe Granados 10/28 John Paul Woods 10/30 Patrick Brown 10/31 Patricia Reyes De Munoz

#### From the Desk of the Executive Director



### Get Creative for Your Brain

Taking on challenging, artistic interests can keep your brain alert into your later years. Whether you're picking up a paintbrush, a musical instrument, or a dance step for the first time, experts say giving your gray matter a new or surprising activity prevents it from slowing down. Whatever your creative pursuit, make it an interest that requires some effort to learn; when it gets too easy, look to a new goal. We have many unique activities and events here at Arcadia Gardens. I urge you to stop in and participate in one of them. You just may be surprised at how much you may learn, have a good time or even make a new friend.

I would also like to thank all who donated to our Alzheimer's Foundation "Buy a Jean Day" fundraiser. This is certainly for a great cause.

Pat Redner Executive Director



# ARCADIA GARDENS TRANSPORTATION

Got somewhere to go? Come and sign up with our helpful Concierge for your transportation needs. Our 2 friendly drivers, <u>ROBERT LIKADINATA</u>

#### <u>&</u> DIXON BAQUERO

are here to make sure you get where and when you need to be. In order to keep our transportation schedule on time, please make sure you book your day and time 24 hours in advance. <u>Thank You!</u> <u>Drivers Available</u> <u>MONDAY -FRIDAY</u> <u>7:00 am - 4:00 pm</u>

<u>SUNDAY</u> 8:00 am - 1:00 pm



**CONCIERGE** Come talk to our helpful concierge team that is ready to help you 24 hours a day.



# **Staying Active**



Science Wonders with Rick.



A twirl on the dance floor!

# "Bucks Boutique & Auction"







Halloween Festivities It's time for Tricks and Treats. Entertainment, Fun & More Our Halloween Costume Party will be at Dinner Monday, Oct. 31st, 5:00 p.m. Dining Room Come in COSTUME if you like. Costume Contest for Residents & Staff

#### **BEST PUMPKIN**

Residents will vote for best Jack O' Lantern, carved by the different departments (staff), here at the Arcadia Gardens. We hope you will cast your vote! Date will be announced.







Please help us in welcoming our new neighbors. We are very happy you chose Arcadia Gardens as your residence and look forward to seeing you every day ... Welcome Home!

> MARY JANE ANG LILLIAN COELLO FLORENCE HYKE ROBERT SCHMIDT PATRICIA TRAVIS







RUSS SIMSARIAN Resident Council President Pro Tem Thursday, Oct. 13, 3:15 p.m. in the Oval Room

Please come join the meeting.



**BOOM Workout** 

#### **EXERCISE CLASSES**

Come and join us in staying fit and healthy with our daily classes in OVAL ROOM 9:30 am Mon - Sat <u>Monday/Wednesday</u> Tai Chi <u>Tuesday/Thursday</u> Workout Fun <u>Friday</u> Boom <u>Saturday</u> Stay Fit For Life



**Religious Services** We also offer spiritual support weekly in the OVAL ROOM Friday 9:00 am Catholic Communion 2nd Friday of the Month 9:00 am Catholic Mass Saturday 10:00 am Rosary w/ Gladys Sunday 8:15 am Transportation to local Churches 9:15 am **Church Fellowship** 11:00 am Bible Study w/ Pat



NATHAN ROJAS CULINARY SERVICE DIRECTOR

# ARCADIA GARDENS FINE DINING

<u>Breakfast</u> 8:00 am - 9:00 am <u>Lunch</u> 12:00 pm - 1:00 pm <u>Dinner</u> 5:00 pm - 6:00 pm



# Why the Buzz About Omega-3s?

The Journal of Nutrition states that a daily dose of omega-3 fatty acid—found in flaxseed, walnuts, spinach and most abundantly in fish such as salmon and herring—is shown to lower cholesterol and combat inflammation, which in turn reduces a person's risk of cancer, stroke and heart attack.





#### **Memory Lane**

We are saying goodbye to summer and welcoming fall here in Memory Lane. Every Friday we have incorporated fall colors in our attire as well as projects and delicious colorful snacks, thanks to our wonderful kitchen staff. Our residents look forward to these special fun-filled days, delicious colorful foods, interactive games and hands on projects. Activity Director Maria Warren





#### Monthly Penthouse Dance



Jim, Maria & others on the floor!



# Memorable Melody: 'Monster Mash'

It was perfect timing when "Monster Mash" reached the No. 1 spot on the music charts in late October of 1962. The novelty ditty by Bobby "Boris" Pickett took inspiration from two pop culture fads of the day—the dance craze called the "mashed potato" and monster movies. Pickett impersonated the voices of horror film stars Boris Karloff and Bela Lugosi in "Monster Mash," which became an instant hit and has remained a seasonal staple ever since.





BINGO Monday - Friday 1:45 pm Game room Check calendar for other days and times.

# **Time for Fashion**



Scarf Tying Techniques Scarves are so popular and cool weather will be on its way. Come learn several stylish ways to tie yours. Demo- Wednesday, Oct. 26, 1:00 p.m. Oval Room.



#### **Music Programs**

Our music program is sure to make you move and bring back all those great memories from life. Come by and listen to this program in the OVAL ROOM. Monday 6:00 pm Piano to be announced Tuesday 2:00 pm **Musical Memory** Wednesday 10:30 am Guitar n' Tunes w/Erik 3:30 pm Accordion w/Helen Friday 6:15 pm Twilight Guitar w/Rick Saturday 10:30 am Sing A Long w/Rick 3:30 pm Accordion w/Walter Sunday 12:45 am Piano Time to be announced







Good Times together!





# Outing to the Santa Anita Mall



We have a great time on our outings. We hope you will watch for the upcoming trips and join us. It is great to get out with your friends and neighbors. There is always something to see and do!

# Happenings



Employee Appreciation lunch for the staff!



Happy Hour Social, a great time to mingle.



#### **Glitter Slime Monsters**

Have some fun making this slimy, sparkly and spooky craft. Materials:

- Black spray paint
- Clean, empty jars with lids
- Bowls
- Spoon
- 1 cup and 1 tablespoon water, separated
- 1 teaspoon borax
- Bottle of glitter glue
- Hot glue gun and glue
- Wiggle eyes

#### **Directions:**

Spray paint the jar lids and set

aside to dry.

In a bowl, use a spoon to mix 1 cup water with 1 teaspoon borax. In a separate bowl, empty the bottle of glitter glue and add 1 tablespoon water, mixing with a spoon.

Pour the borax mixture into the glue mixture, then use your hands to work everything together to make slime. Fill the jars with the slime.

With the glue gun, attach wiggle eyes to the front of the jars. Some monsters might need three eyes, while others might look better with just one—use your imagination!

Once dry, screw on the jars' lids and display your new monster friends.

# La Sole Flamenco



# **Arcadia Gardens Events**



Labor Day

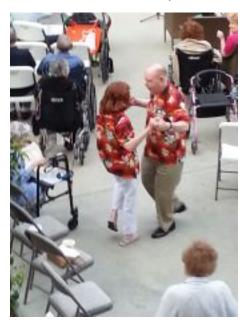








Eric Ekstrand Ensemble poolside.



# MONTHLY ARTICLE FROM THE DESK OF ...

#### **Spectrum of Color**

Genesis 1:14 - Then God said, "Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years. Let these lights in the sky shine down on the earth." And that is what happened. (NLT) When people say there is no God, they do not know the Master of the seasons, the One who has created such magnificent displays of color and tone which are evident of God's creation. Throughout Scripture, colors express many attributes of our Creator. Similarly, we too express ourselves in different colors which can affect those around 115.

Cool shades such as blue or violet generate a calming, comforting and nurturing effect, while warm colors like red or vellow motivate and stimulate the emotions. Moreover, contrasting colors create harmony with each other. Is our color warm and inviting to those around us? Do we portray the calmness of God's gentle Spirit when our family and friends need comfort and nurturing? Are we in harmonious relationships with our family and friends? **Parise Arakelian** Arcadia Gardens Newsletter --October 2016



Lunch Outing to Mijares Restaurant in Pasadena.



