



ARCADIA GARDENS

RETIREMENT HOTEL

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

Main Office (626) 574-8571
Fax Number (626) 574-2094
Memory Lane Care (626) 574-1500
Mobile Number (626) 698-8645
Beauty Shop (626) 574-0469

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.

Happy Birthday



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,
ROBERT LIKADINATA

&

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.

Thank You!

Drivers Available

MONDAY -FRIDAY

7:00 am - 4:00 pm

SUNDAY

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"



Welcome New Residents

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



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.



Resident Council



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

Monday/Wednesday

Tai Chi

Tuesday/Thursday

Workout Fun

Friday

Boom

Saturday

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

Breakfast

8:00 am - 9:00 am

Lunch

12:00 pm - 1:00 pm

Dinner

5:00 pm - 6:00 pm

Health & Wellness



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 Care Neighborhood

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





Out & About



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.

Arts and Crafts

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 us.

Cool shades such as blue or violet generate a calming, comforting and nurturing effect, while warm colors like red or yellow 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.

