



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
Jonathan Masayon	Wellness Director
Maria Warren	MC Activity Director
Anna Guglielmi	Community Care Director
Nathan Rojas	Culinary Service Director
Melissa Villan	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

September 2016



Ballet de Sally Savedra, Dancers at Arcadia Gardens

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. Another great benefit to being our Facebook friend? It's a great way to get to know your neighbors! To become our friend on Facebook, simply search for us on www.Facebook.com.

Happy Birthday



Happy Birthday in September...

We want to wish all of our residents and employees having a birthday in this month of September a very special and happy day. We wish you many more!

RESIDENT BIRTHDAYS

9/2 Earl Steen
 9/4 Helen Terrill
 9/5 Mollie Hepburn
 9/8 Josephine Arciaga
 9/9 Goerges Koenig
 9/11 Julie Rose
 9/12 Gilbert Beland
 9/13 Feifan Dang
 9/15 Gloria Feliciano
 9/17 Ruth Freitag
 9/23 Jennie Hamley
 9/30 Manfred Mumper
 9/30 Mary Kathryn Pettit

EMPLOYEE BIRTHDAYS

9/2 Maria Nava
 9/3 Nune Hastrayan
 9/8 Melina Lopez
 9/11 Natalia Moreno
 9/17 Nathan Rojas
 9/20 Sandra Juarez
 9/23 Gabriel Olivera
 9/24 Azucena Munoz
 9/25 Antonio Avila
 9/30 Petra Moreno

From the Desk of the Executive Director



One Last Splash!

It is hard to believe the end of summer is in sight. We have had an active summer with a variety of events and outings. Labor Day, which is observed on the first Monday in September and recognizes the achievements of American workers, is considered by many to mark the end of the summer season. We would like to take this opportunity to thank so many of our residents who have worked in a variety of positions throughout their lives and have added to the rich fabric of our country. We also would like to thank all of our employees here at Arcadia Gardens for all their hard work.

We look forward to our annual Luau at the end of the month as we send summer off with a BANG! We have a great variety of events and activities planned for the months ahead and surely hope to see you participating.

Best regards,
Patricia Redner,
Executive Director



Out & About



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.

Lunch Outing at Zen Buffet

We had a fun time at our lunch outing, and shared good times. We hope you will join us this month for our outing to Mijares for Mexican food.



Helen, Lillian, and Marion.



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!

Jack & Patricia Rizuto
Leonard & Kathy Lee
Mercedes Tuong
Ronald Ryan

Resident Council

Save the Date



September 22nd Is the LUAU!

Dancers, Lessons, Music, Great Food & Fun Times!!
We will have the LUAU and celebrate the monthly birthdays together at dinner on Thursday, September 22nd.
We encourage you to wear your Luau-inspired dresses, Hawaiian shirts, etc.!!



DOROTHY WILLIAMS
Resident Council President

Thursday, September 8th
3:15 pm in the Oval Room
You are invited to come to our monthly meeting with department managers. Thank you for taking the time to come and join our discussion.



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

Spiritual Corner

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

Food Facts

Get Garlic

Garlic might not win you any fresh breath awards, but it will do wonders for your health. As a member of the allium family of vegetables, raw garlic lowers bad cholesterol but raises good cholesterol, lowers blood pressure, reduces the risk of some cancers and can help fight neurological diseases.



Thank You

A special "Thanks" to resident *Harry Curley* for contributing photographs for our monthly newsletter!



A Nationwide Holiday

When Labor Day was first proposed, organizers suggested a street parade to exhibit "the strength and *esprit de corps* of the trade and labor organizations" followed by a festival for the recreation and amusement of workers and their families. Speeches were later added as groups placed more emphasis on the holiday's economic and civic significance. The character of Labor Day celebrations has changed over time. But no matter how you celebrate, it is appropriate to pay tribute on Labor Day to the creators of so much of our nation's strength, freedom and leadership—the American worker.



Just for Fun

Daily ...

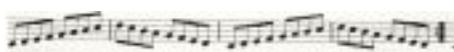
There is something going on daily in the Oval room- first floor, or the Game room- second floor. Stop on by!



Participating in activities is good for the **BODY & SOUL!**



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



Helen, playing her accordion.

Music Programs

Our music program is sure to make you move and bring back all those great memories from life.

Come by and listen in 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





A Salute to 'Star Trek'

On Sept. 8, 1966, the crew of the starship Enterprise invited TV audiences along on its mission "to boldly go where no man has gone before." Fifty years later, "Star Trek" remains a permanent fixture of pop culture.

Created by Gene Roddenberry, a former World War II fighter pilot-turned-TV writer and producer, "Star Trek" starred William Shatner as Capt. James T. Kirk, the charismatic leader of the U.S.S. Enterprise; Leonard Nimoy as Mr. Spock, his half-human, half-Vulcan first officer; and DeForest Kelley as the ship's physician, Dr. Leonard "Bones" McCoy.

Set in the 23rd century, "Star Trek" used the world of science fiction and alien characters to offer commentary on 1960s issues such as civil rights and war. The series was beloved by fans for its diverse casting and message of equality and peace.

"Star Trek" was saved from cancellation by a massive letter-writing campaign and lasted three seasons. Later, the series won new fans in syndication and was revived in films and TV spinoffs.

HAPPY HOUR

*Happy hour was a big success ...
We hope you will join us next time!*



Toni, singing with Rick at happy hour.



Arts and Crafts

Dazzling Fall Decor

Add glam to some plain acorns with this beautiful and simple craft.

Materials:

- Acorn caps
- Clear nail polish
- Hot glue gun and glue
- Round marbles, various colors

Directions:

Paint each acorn cap with clear nail polish to protect it from cracking. Let dry.

Carefully line the inside of an acorn cap with hot glue, then place a marble inside. Hold the cap and the marble together for several seconds until the glue dries. Set aside.

Repeat with the remaining acorn caps and marbles. When all have dried, arrange them in a bowl or shallow dish. To create extra shimmer and shine, place a battery-operated pillar candle in the center of the acorns.

Memory Care Neighborhood



Talk About It: Favorite Fall Memories

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What were your favorite fall activities growing up? Going on hay rides? Raking leaves (or jumping in them)? Visiting a pumpkin patch? Playing football in the backyard?
- What were some of your favorite fall foods? Homemade apple pie? A big bowl of chili? Hot chocolate with marshmallows? A mug of apple cider?

MONTHLY ARTICLE FROM THE DESK OF ...



Seeds of Kindness

Ephesians 4:32 - Be kind and loving to each other, and forgive each other just as God forgave you in Christ. (NCV)

Seeds of kindness are something that comes from within that we display outward in what we say and what we do. When we say that someone is kind, we usually mean they are kind to others; kindness involves our relationships with others.

How do we begin sowing those seeds?

1. Remember who we are:

Colossians 3:12 - God has chosen you and made you his holy people. He loves you. So you should always clothe yourselves with mercy (compassion), kindness... (NCV)

2. Follow Christ's Example:

Acts 10:38b - You know how Jesus went everywhere doing good and healing those who were ruled by the devil, because God was with him. (NCV)

3. Develop Compassion:

Matthew 9:36 - Jesus was "moved with compassion." (KJV)

Cont'd, next column.

Monthly Article, Cont'd

Have we shown compassion for someone?

4. Begin One Kind Deed at a Time:

Galatians 6:10a - When we have the opportunity to help anyone, we should do it. (NCV)

Look around you. Who could use a simple act of kindness?

Parise Arakelian

September AG Newsletter



Goodbye Summer, Hello Fall

Fall may be on its way, but in California, we always have a SUNNY outlook! So many of you participated in our day of "wearing yellow"!



Sunny times at bingo.





Summer concerts by the pool.

