



# 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](http://www.arcadiagardensretirement.com)

### November 2016



**Festive Fall, 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. 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](http://www.Facebook.com).





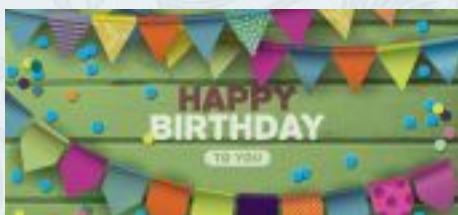
## NOVEMBER BIRTHDAYS

### RESIDENT BIRTHDAYS

11/6 Howard York  
 11/9 Dolores Contla  
 11/10 Patricia Hunter  
 11/23 Norine Snider  
 11/24 Peter Ulrich  
 11/26 Pauline Talley  
 11/26 Edith Dereign  
 11/26 Margaret Bradfute  
 11/27 Nvair Gaboudian

### EMPLOYEE BIRTHDAYS

11/4 Miranda Hiaira  
 11/5 Sendy Luna Aragon  
 11/6 Jacqueline Escobar  
 11/8 Teresa DeLira  
 11/8 Robert Likadinata  
 11/9 Bonnie Ormonde  
 11/12 Brigitte Benitez  
 11/15 Natalie Symanowicz  
 11/20 Ana Saldivar  
 11/21 Anna Petrelli  
 11/22 Angela Morales  
 11/26 Dina Salazar  
 11/28 Gohar Srapyan  
 11/30 Andrea Vasquez



## From the Desk of the Executive Director



## A Salute to Veterans Day

### Honoring Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.

Those are the facts about Veterans Day, but you may want to really think about what kind of person it takes to put his or her life on the line for our country. A person of **valor and dedication**. Veterans Day praises military service members, past and present, for contributing to our national security. We are much obliged to you, veterans. Your hard work saves lives all over the world.

*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.





# Health & Wellness

## Thanksgiving Dinner Nourishes Your Brain

The staple foods of a traditional Thanksgiving dinner will not only feed your holiday appetite, but their nutrients can also nourish your brain. The meal's centerpiece, turkey contains an amino acid used to produce dopamine, a chemical that improves mental alertness and memory. The bread crusts often used in stuffing are rich in antioxidants, and the side dish cranberries are also packed with

them. Research suggests that antioxidants stave off brain aging and enhance cognitive function.



## A Slice of Pie History

Pies, with their sweet fillings and flaky crusts, are popular desserts at Thanksgiving dinner, but pie hasn't always been the dish we know today.

Dating back to ancient civilizations, the first pies were filled with meat, fish and other savory foods. Crusts, made from various grains, were created to hold the filling, but not eaten.

Historians say pie made its way to England in the 12th century, where it was called

pye. Beef, lamb and duck often made up the filling, held together by a thick, inedible crust. At royal banquets, "surprise pies" were used to provide entertainment: Live frogs, rabbits, birds and even people were encased in baked pastry and emerged when the crust was cut open.

English settlers brought their meat pies to Colonial America. Colonists later used berries and other fruits to make sweet pies.

As pioneers moved to the West, new pie recipes were created using regional foods. Then the 20th-century innovations of shortening, canned fillings and ready-made crusts made pie-making easier.

# Resident Council



**RUSS SIMSARIAN**  
Resident Council President  
Please come join the  
**RESIDENT COUNCIL MEETING**  
Thursday, Nov. 10  
3:15 p.m.  
Voice your opinion, questions,  
comments.  
This is YOUR Resident Council.

# 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!

**THEODORE CHAPMAN**  
**PATRICIA CHAPMAN**  
**VIERA DEKLEMAN**  
**SALLY FINLAY**  
**GWEN GAUL**  
**MARION JOY PARIS**







**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



## **Daylight Saving Time Ends...Turn Your Clocks Back!**

Remember to turn your clocks back by one hour, late Saturday evening. (Standard time begins 2:00 am, Sunday morning, Nov. 6th.)



# **Memory Care Neighborhood**

## **Memory Lane**

Memory Lane is having a blast welcoming Fall. From our hanging lollipop ghosts, colorful leaf wreaths to scarecrows and more, we enjoy hands-on crafts as well as our Mystery Tours, twice a month provided by our Arcadia Gardens Transit. Every Friday our residents and staff enjoy our themed Fun Fridays from Disney Day, Popcorn and a Movie to fun food creations. On October 31st, Halloween Day we will be having a Spooktacular time as we dress up for our costume party, play games and eat some amazing creepy, but delicious foods.

Maria Warren,  
Activities







### BINGO

Monday - Friday 1:45 pm  
Game room

Check calendar for other days and times.

## GAMES HELP YOU STAY SHARP!

*So why not get out and try some!*



Kings in the Corner



POKER

## Thanksgiving



THURSDAY, NOVEMBER

24th is

THANKSGIVING.

We will have  
A TRADITIONAL  
THANKSGIVING MEAL  
AT LUNCHTIME.



## 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

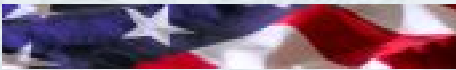




## EXTRA Neighborhood News

**VETERANS DAY IS  
FRIDAY, NOV. 11th**  
Activities for the Day:

**DEDICATION OF  
VETERANS HALL**  
3:00 pm  
Lower Level Veterans Hall



**HONORING OUR VETS**  
We Will Be Honoring Our Vets  
at Dinner  
In the Dining Room.  
EVENT WILL BEGIN AT  
5:00 PM.



### **ELECTION DAY**

Tuesday, Nov. 8, is  
Election Day.

Arcadia Gardens is a polling  
site.

The Oval Room will be closed  
for activities on  
Monday, Nov. 7 & Tuesday,  
Nov. 8.



**Time Spent With Loved  
Ones is Special  
Time Indeed.**

### **Aloha to Summer**



### **Gourd of Gratitude**

Use this simple craft to show  
your gratitude and decorate your  
table this Thanksgiving.

#### **Materials:**

- Scissors
- Orange and green  
construction paper
- Black marker or pen
- Hole punch
- Brad fasteners
- Glue

#### **Directions:**

Cut the orange construction  
paper into eight long strips,  
each about 1-inch wide. From  
the green paper, cut out two leaf  
shapes and two long strips, each  
a half-inch wide.

In the center of each orange  
strip, write down something you

are thankful for. Leave about an  
inch of blank space at each end.  
Use the hole punch to make a  
hole at both ends of every strip.

Arrange the orange strips in a  
stack, with the words facing up  
on each strip. Insert a brad  
fastener through all the holes on  
the left, then insert another one  
on the right side.

Gently fan out the paper  
strips into a pumpkin shape.

Wrap each green strip around  
the marker or pen to make them  
curl into vines. Use glue to  
attach the leaves and the vines to  
the top of the pumpkin.





## The Arcadia Gardens Annual LUAU



## To Inspire ... By Parise Arekelian

### A Thankful Heart

*Colossians 3:17* - Let every detail in your lives — words, actions, whatever — be done in the name of the Master, Jesus, thanking God the Father every step of the way. (MSG)

The Thanksgiving holiday celebration is slowly becoming less significant in the minds of millions of Americans. For some, Thanksgiving is a day to get a list together prior to a day of marathon Christmas shopping.

As a child, I was asked to say the blessing before a Thanksgiving Day dinner. I thanked God for everything from the furniture to dishes and each family member. Suddenly, my mother was saying, "finish, the food is getting cold." My prayer quickly came to an end by giving thanks for the food and saying, "Amen."

Reflection on this experience leads us to an important insight--*God loves to hear from us*; He cares deeply about *everything* that affects our lives. Thankful people recognize their need and the generosity and grace of *God the Giver*. At this time of thanksgiving let us count our blessings and reflect on what God has done.





*LOVELY LADIES AT THE ANNUAL LUAU!*

