



# 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/Editor  
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)

### February 2017



### 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).



## FEBRUARY BIRTHDAYS

### RESIDENT BIRTHDAYS

2/3 Denise McNalley  
 2/5 Patricia Travis  
 2/6 Laura Phillips  
 2/11 Yunzhu Luo  
 2/12 Henry Lum  
 2/12 Ida Jerahov  
 2/13 Marjorie Gryka  
 2/14 Sally Carrillo  
 2/16 Maria Bedoy  
 2/17 Michael Jones  
 2/18 Jennie Papan  
 2/21 Kay Obler  
 2/22 Parise Arakelian  
 2/25 David Ramirez  
 2/27 Sally Finlay  
 2/28 Linda May Armstrong  
 2/28 Robert Mounier

### EMPLOYEE BIRTHDAYS

2/10 Suzana Zadourian  
 2/11 Anna Guglielmi  
 2/13 Solina Lombardo  
 2/18 Juan Nava  
 2/20 Justin Segura  
 2/23 Eva Olivera



## From the Desk of the Executive Director



### Happy Valentine's Day

The earliest surviving Valentine's message, a poem, dates from 1415. Victorian-era Valentines featured lace and embossed paper; at that time, it was considered bad luck to sign a Valentine's Day card. Today, more than 1 billion Valentine's Day cards are exchanged each year.

Well, Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not just thinking about hearts, flowers or cards either. We are thinking about the love we have for each and every one of you. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!



## 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.





## Groundhog Day 2017



The Prognosticator of Prognosticators, Punxsutawney Phil, will once again appear at sunrise on February 2 at Gobbler's Knob in the Pennsylvania wilds to make his annual prediction on the 131st Groundhog Day. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then the

spring season will arrive early, some time before the vernal equinox. If it is sunny, the groundhog will supposedly see its shadow and retreat back into its den, and winter will persist for 6 more weeks?

## Happy 100th Arnold!



**RUSS SIMSARIAN**  
Resident Council President

**RESIDENT COUNCIL MEETING**  
is a forum to  
voice your opinion, questions,  
comments.

***This is YOUR Resident Council.***  
Next Meeting - Thursday, Feb. 9th  
3:15pm Oval Room

**Welcome Home**



**Mardi Gras- Fat Tuesday  
is on February 28th. As  
They Say, "Let the Good  
Times Roll."**

## Thank You!

We'd like to thank so many of the entertainers that come and perform here for your enjoyment.



**The Salsbury Family**



The Ramillano triplets & friend, with  
Marjean T.

## 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!

**Loretta Merrill**  
**Louis Hooper**  
**Carol Hooper**  
**Teresa Failing**  
**Aurelia Figueroa- Memory Lane**





## Send a Balloon-A-Gram On Valentine's Day!



Valentine's Day is on Tuesday,  
Feb. 14th

You can send a  
Balloon- A- Gram  
& note,  
to a Valentine or Friend that  
will be delivered  
in the Dining Room on  
Valentine's Day!

Stop by the Balloon- A-Gram  
table  
near the Lobby on Monday,  
Feb. 13th  
after breakfast & after lunch to  
sign up.



**We Will Also Celebrate  
Valentine's and the  
Birthday Party Together  
on Tues., Feb. 14th, at  
5:00pm, in the Dining  
Room With a '50s Sock  
Hop & "Salsa Kids."**



**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



## February is National Cherry Month

### Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

## MEMORY LANE

Happy New Year from Memory Lane. We are welcoming the New Year with some wonderful entertainment, calming exercises to get our energy going and monthly Mystery Tours. Our Mystery Tours are a wonderful opportunity for our residents to step out of our facility and enjoy all of nature's goodness. This month we continue to enjoy this beautiful weather and look forward to visiting our garden area. We look forward to some amazing conversation over tea and delicious finger foods as we reminisce on the past. Art, interactive activities, card games and puzzles seem to be favorites here in Memory Lane. We are planning to celebrate Valentine's Day with a wonderful tea party for our residents and their families. Please see the bulletin board for upcoming dates and flyers.

Thank you, Maria  
Warren-Activity Director



**Parachute Fun in Memory Lane.**





### **BINGO**

The BINGO Schedule is CHANGING.

We will now play on  
Sun., Mon., Tues., Wed. Thurs. & Fri.  
at 1:45p.m. in the Game Room.

(No BINGO on Saturdays)

Please come join us for some FUN!



### **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



### **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

&

#### **THURSDAY**

Special Time - 2:15 p.m

**Balance & Fall Prevention Class**

### **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



## Fun Facts for Feb. 14th



### Sending a Message

Millions of tokens and expressions of love will be exchanged on Feb. 14. Consider:

- 110 million roses, the majority red, will be sold within a three-day time period.
- 1 billion Valentine's Day cards are exchanged each year.
- About 50 percent of cards are sold the week of the holiday, the largest and most elaborate cards sold in the final 48 hours.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children ages 6 to 10 exchange about 650 million valentines.
- In 1866, candy manufacturer NECCO made the first "Conversation Hearts." According to NECCO, 8 billion of these little candies are sold between Jan. 1 and Feb. 14.



## Time to Get CREATIVE!



Canvas Creations- Grace's beautiful ARTWORK.



Kay's Creation!

Come join Rick for his wonderfully creative classes, listed in the calendar.

## Arts and Crafts

### Chalkboard Heart

Write sweet messages with this Valentine's Day-inspired project.

#### Materials:

- Scissors
- Cardboard
- Hole punch
- Newspaper
- Wide paintbrush
- Chalkboard paint
- Decorative ribbon

#### Directions:

Cut a large heart shape out of

the cardboard. Use the hole punch to make two holes at the top of the heart, one on each lobe.

To protect your work surface, put down several sheets of newspaper. With the paintbrush, coat the front of the heart with chalkboard paint. Multiple coats may be necessary. Let dry completely between coats.

When the paint is dry, thread the ribbon through the holes at the top of the heart and tie the ends in a knot to make a loop. Hang the homemade chalkboard sign in your home and write notes and reminders on it with chalk.



## Happenings in the New Year



Jim & Maxine... A Countdown to 2017!



Carolyn joins in the festivities!



Betty & Harley - Cheers to a New Year.



## Music & Movement at Arcadia Gardens



Students from Temple City & San Gabriel High School perform.



A great time at "The End of The Month Dance" in the Penthouse!



"BOOM" Exercise class gets the blood pumping.



## To Inspire ... By Parise Arakelian

### The Importance of LOVE

1 Corinthians 13:4-13 (ESV)

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away.

For we know in part and we prophesy in part, but when the perfect comes, the partial will pass away. " When I was a child, I spoke like a child, I reasoned like a child. When I became a man, I gave up childish ways.

For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as i have been fully known.

So now faith, hope, and love abide, these three; but the greatest of these is love.







Graydon & visiting student performer, Isis R. ... smiles all the way around!

