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

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Memory Lane Care	(626) 574-1500
Mobile Number	(626) 698-8645
Beauty Shop	(626) 574-0469

www.arcadiagardensretirement.com

March 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.

MARCH BIRTHDAYS

RESIDENT BIRTHDAYS

3/1 Ryo Hashima
3/2 Stella Quinones
3/3 Rebecca Sullivan
3/5 Viola Mallory
3/5 Gloria De Santos
3/8 Clara Colasuonno
3/17 Maybelle Alten
3/19 Jose Salazar
3/21 Dorothy Williams
3/23 Virginia McCullagh
3/28 Zeyad Kotob

EMPLOYEE BIRTHDAYS

3/1 Oswalso Almodovar
3/4 Jasmine Pong
3/7 Ramona Campos
3/8 Joel Koviak
3/15 Angelica Molina
3/22 John Bear
3/22 Sandra Palacios
3/28 Lorraine Valenzuela

From the Desk of the Executive Director

It's Wonderful Being Wellderly

March is here, and in addition to March Madness and St. Patrick's Day, it's time to celebrate Wellderly Week!

Beginning on the third Monday in March, this weeklong event is a celebration and recognition of senior citizens who do not act their age. If you take a look around you, it's easy to see just what that means: Today's seniors are something special. Medical advances and active lifestyles are helping seniors live longer than ever, and not just live, but thrive.

Senior adults are becoming pros at Wii, going on frequent excursions, volunteering, exercising daily and updating their Facebook pages!

These are the people who are showing the rest of society that "80 is the new 70," and so on. Remember as you celebrate Wellderly Week the words of poet Robert Browning: "Grow old along with me! The best is yet to be."

All the best,

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
&
WILLIAM LAZO
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.

St. Patrick's Day Party

We will celebrate
St. Patrick's Day
on Friday, March 17th.
"The Danny Boys"
will perform at Dinnertime and
we will hold the Birthday
Celebration as well.
Wear your GREEN!

OUTINGS FOR MARCH

Thursday, March 2
Shopping at WALMART
10:00am

Tuesday, March 14
Lunch at
TWOHEY'S RESTAURANT
11:00am

Thursday, March 23
LONG BEACH
AQUARIUM of the PACIFIC
Time to be announced

Ash Wednesday

Ashes will be given at the Catholic Communion service on Ash Wednesday, March 1st in the Oval Room. 9:00 a.m. There will be no service on Friday.

Seasonal ABCs

M is for named for Mars
A is for Arrival of spring
R is for Renewal and Rebirth
C is Celebrate St. Patrick's Day
H is for NCAA Hoops action

DAYLIGHT SAVING TIME BEGINS

Remember to set your clocks ahead 1 hour when you go to bed Saturday night, March 11th. It is already that time again - Daylight Saving Time begins on Sunday, March 12th.

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, March 9th
3:15pm Oval Room

Welcome Home

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!

George Anspach
Pauline Fish
Robert Hyden
Letha Kittleson
Mary Ann Traut
Lupe Dominguez- Memory Lane

Happy St. Patrick's Day!

This is the month when everyone seems to have a bit o' the Irish in him or her. On March 17, wear your green, watch a parade and impress your friends and family with the truth about these common Irish myths (or blarney):

- *Myth:* "St. Patrick drove the snakes out of Ireland." *Truth:* The Emerald Isle probably never had snakes thanks to the Ice Age.
- *Myth:* "Leprechauns are cute little sprites." *Truth:* According to Irish legend, they're bad-tempered creatures who perform treacherous deceptions to keep people away from their gold.
- *Myth:* "The national symbol of Ireland is the shamrock." *Truth:* It's really the Celtic harp.
- *Myth:* "Corned beef and cabbage is a favorite St. Patrick's Day dish in Ireland." *Truth:* It's actually an American creation.

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

Super Food: Kudos to Cabbage

The humble cabbage doesn't get much glory. Boiled until bland, it's often a culinary afterthought. But the cruciferous vegetable deserves a place on your plate—next to the corned beef in March and as a side dish year-round. The antioxidants and anti-inflammatory compounds in cabbage help lower cholesterol and prevent cancer. It's an excellent source of vitamin C and a good source of vitamin A.

Memory Care Neighborhood

February was an exciting month in Memory Lane. We enjoyed our Fun Fridays very much, which included Disney Day, Broadway Musicals while popcorn popped, Art Day and more. We have been enjoying nature and this beautiful weather outside in our garden. The sunshine, flowers and each others' company always equals a wonderful day. Our Valentine's Day Tea Party was a success and a big thank you to all families and friends who joined us us. We look forward to March. Please see the calendar for upcoming events.
Maria Warren,
Memory Lane Activity Director

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!

Stay Sharp & Have Some Fun With Friends at BINGO!

Ann, Marvelyne, Nancy, Jeannie, Marjean, Wanda, Linda & Teresa at Bingo.

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

Marianne Crosby on piano.

Out & About

Out for some shopping at our local Trader Joe's

Happenings & Events

A special thank you to
Chris & Susan Bedke
Creative DJ & Photo Booth
(Grandson to resident
Margarite Bradfute)
who generously donated
their time
with their photo booth
for our Valentine's Day Event!
We had fun & really
appreciated it.

The Norton Simon Museum

Harry, Kay, Bonnie, Bill & Russ admiring some of the artwork.

Surrounded by masterpieces.

Robert, Rick, Viola, Kay, Russ & Clara.

Susan at work with the photo booth.

Second Strings Orchestra

A Big Thanks to Roberta Wilcox for bringing her Orchestra to Arcadia gardens!

Fun Times at Super Bowl LI (51)

Clara & others CHEERING for the Super Bowl!!

VALENTINE'S DAY

Photo Booth Fun on Valentine's Day!

Betty & Al in the booth!

(L to R) Nvair , Karen & Val.

The Year of the Rooster-Chinese New Year

Helen with the Lion Dancers.

Lion Dancer - Full height.

Cont'd from right - green, you are siding with the troublemakers, disturbing the equilibrium of our landowners and governors; therefore, you are a terrorist and shall be dealt with."

Top of the morning to you!

The Three Leaf Clover (Shamrock) By Parise Arakelian

The legend of St. Patrick says that he used the three leaf clover to explain the Trinity to the people of Ireland. As the clover has three distinct leaves but is only one piece of clover so also God has three distinct persons while remaining one God.

History reveals that St. Patrick was born in Roman Britain (which was the part of the island of Great Britain controlled by the Roman Empire from AD 43 until ca. AD 410.) "When he was about sixteen he was captured by Irish raiders and taken as a slave to Ireland, where he lived for six years before escaping and returning to his family. He entered the church, as his father and grandfather had before him, becoming a deacon and a bishop. He later returned to Ireland as a missionary, working in the north and west of the island. St. Patrick died in 493, and by the eighth century he had become the patron saint of Ireland.

Many people of Irish heritage, and those who wish they were Irish, celebrate St. Patrick's Day by wearing a Shamrock or green clothes. Historically, the English considered this a sign of active nationalism or separatism. In the eighteenth and nineteenth centuries, methods of stopping this were simple. The attitude was, "If you are wearing the

Cont'd on left bottom column

Super Bowl Fun - Vivian, Molly, Lou & Jane

Illustratus
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