



ARCADIA GARDENS

RETIREMENT HOTEL

720 W Camino Real Ave. • Arcadia, CA 91007 • (626) 574-8571

Arcadia Gardens Staff

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WELCOME HOME!

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Beauty Shop (626) 574-0469

www.arcadiagardensretirement.com

August 2017



"The Accidentals" Barbershop Quartet

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.





AUGUST BIRTHDAYS

RESIDENT BIRTHDAYS

8/1 Ona Trube
 8/3 Ronald Ryan
 8/4 Louis Hooper
 8/14 Helen Lum
 8/14 Duane Leonhard
 8/15 Dorothy Vargo
 8/16 Joe Rosati
 8/19 Teresita Lo
 8/19 Robert Pitzer
 8/21 Frances Napoliello
 8/21 Fred Tressel
 8/24 Joan Cee
 8/25 Harley Hart
 8/26 Marguerite Mallen
 8/30 Martina Berube
 8/31 Jack Lamp

** Happy Belated Birthday to
 Margie Harshberger (July 16)
 last month.

EMPLOYEE BIRTHDAYS

8/3 Ligia Katchaturyan
 8/7 Jonathan Hernandez
 8/12 Edgar Lopez
 8/17 Ping Dong
 8/17 Rodrigo Soriano
 8/17 Elsy Patronilo
 8/18 Julianna Mendez
 8/24 David Cabrera
 8/25 Marlene Mendez
 8/26 Johanna Haugen
 8/26 Francisco Estrada
 8/28 Maral Mardirossian

From the Desk of the Executive Director



Senior Citizens Day

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." With those words, President Ronald Reagan proclaimed Aug. 21, 1988, the first National Senior Citizens Day, now an annual celebration. Join us on Monday, August 21st, as we celebrate our residents - very special seniors! We will meet in the Oval Room for music and an ice cream social to honor each and every one of you.

We know that staying social is so important, a study from Harvard reported that older people with the highest level of social integration had the slowest rate of memory decline over a six-year period. Experts think the shared interaction with community may play a role. Stay connected with peers to not only enjoy the friendship, but also retain brain power. We hope to see you out in the community.

With God's blessings,
 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.



Faith Into Action

It is Sunday morning at Arcadia Gardens, and the Oval Room is packed to capacity with our residents. The air is full of anticipation. The residents know something uplifting and beautiful is about to happen. The Salsbury family is gently weaving through the aisles among the residents - warmly greeting them and passing out the prayer/song sheets they prepare every week for the service. The atmosphere is cordial, convivial and feels like we've been transported back to a kinder, gentler, more wholesome time. There is an old-time feeling like back in the day when everyone knew their

neighbors and could leave their front doors unlocked. This family of three generations has been serving Arcadia Gardens since the mid-nineties – first supplementing the services of our beloved pastor Bill Randal, then taking over his duties when he retired in 2014.

The elders at the helm are Dick and Margo Salsbury. Dick leads the service in song with his big, robust voice full of fervor and conviction and Margo rhythmically orchestrates the entire service with her rousing and harmonically rich piano accompaniment. Both of them have ministered in their faith in far and sometimes war-torn regions of the world. (cont.-)



L to R: Top Dick, Kathleen, Adam
Margo, Lola, Chloe
Noah

The talented second generation is led by daughter Kathleen Salsbury-Lipson, son-in-law Adam Lipson and Kathleen's sister Kristin Salsbury. Kathleen graces the service with her silky, feminine voice and beautiful renditions of songs of faith. She is also a prolific songwriter with six albums to her credit. Kristin Salsbury sometimes joins the family singing and on violin when her busy schedule permits. Kathleen's husband Adam is the stand-in pastor and is a college administrator. Adam and Kathleen are the loving and supporting parents of their children in generation three: Lola, Chloe and Noah. (cont.-)



RUSS SIMSARIAN
Resident Council President

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

Next Meeting
Thursday - August 10th
3:15 pm, Oval Room

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

Jacqueline Bagnuolo
Gisele Bandurrago
Martina Berube
John Hubbs
Virginia Moseley
Elizabeth Packard
Pauline Eilers



Faith Into Action (continued)

Lola and Chloe then take their turn filling the room with their crystalline, young and pure voices in solos, duets and with the rest of the family. The youngest, Noah joins in too and often closes the service with an adorable solo on "Jesus Loves Me." It is no surprise that all three of these talented youngsters are becoming ever more successfully involved in professional-level Hollywood productions.

We are blessed to have this wonderful family come and share their ministry and talents with us. It is a joy to witness them putting their faith into action. (by Rick Stubbs)



Noah sings "Jesus Loves Me."



**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



Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife's batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.

Memory Care Neighborhood

The month of July was fun-filled with a variety of summer activities. We always enjoy a myriad of movement classes from Tai-Chi and Balloon Volleyball to Parachute Group Fun. Keeping our residents moving is a top priority. We have once again spent quite a bit of time out in the garden. Our Garden Chalk Art and decorated garden pots have made the area look so special. A nice summer smoothie outdoors is quite the way to spend a leisurely day with friends. We hope you are having a fantastic summer, and make sure to check our board and calendar for any special dates.



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



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!



WINNER of the 4th of July Door Decorating Contest



Al & Betty Sipert - That's the Spirit!!

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-Along w/Rick

Sunday

12:45 pm

Piano Time to be announced



Summer of the Centenarians Continues!

Last month we told you about four of our residents who have recently celebrated, or will be celebrating, reaching the milestone of 100 years. We need to add one more special resident to that list:

Helen Terrill who will be turning 102 on September 4th.



Join Us for the Big Birthday Celebration!

We will honor these five "Centenarians,"

Helen Terrill (102), William Vargo (100), Virginia Carr (100), Marie Fay (100), Marvelyne Bailer (101), here at Arcadia Gardens along with our Mayor Peter M. Amundson and other City Council members.

We will have cake, certificates from the city and a fun time as we celebrate with family members and friends on

**Thursday, August 24th
12:15 pm
in the Dining Room**

August Birthdays celebrated that same evening at Dinner.

Father's Day



Lou celebrating the day!



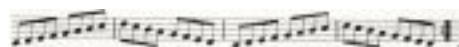
The "Hightoppers"



Dorothy feeling the music on Father's Day!



Craft time and some ties for some Father's Day decor.



OUT & ABOUT



Trip to the San Antonio Winery ... Great tour!



Graydon amongst all the wine barrels.

Fun on the Fourth!



Fourth of July serenade.



4th of July



Craft Time



4th of July Door Decor Contest



How Does Your Garden Grow?

Our everyday life is our garden. What we sow into it grows up around us. Do seeds of negativity, pride, fear, doubt, unbelief, defeat, depression and complaining find a home in our garden?

God has readily made available the seeds of success. He gives us the opportunity to live a life of much fruit! This is a life abounding in the fruits of the Spirit which are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control ... (see Galatians 5:22-23a)

We can look at our circumstances as a trial to be endured or as an opportunity to get ready for the next big thing in our lives, whatever that may be. When we bloom where we are planted, we begin to change ourselves and others for the better, one person at a time.

A question for reflection: At the end of each day, do we end up with more positive or negative seeds? These seeds are not only in thoughts and words but also in deeds.

Let us be fruitful in spite of our circumstances!

Parise Arakelian
June 30, 2017



A great lunch outing at the San Antonio Winery!

