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
Anna Guglielmi	Community Care Director
Nathan Rojas	Culinary Service Director
Sheila Kinney	Activity Director/Editor
Maria Khanzadian	Marketing Director
Rick Stubbs	Activity Director/Arts/Music
Cinthia Navas	Director of Housekeeping
Hiaira Miranda	Activity Assistant
Maria Warren	MC Activity Director

WELCOME HOME!

Contact Numbers

Main Office	(626) 574-8571
Fax Number	(626) 574-2094
Memory Lane Care	(626) 574-1500
Beauty Shop	(626) 574-0469

www.arcadiagardensretirement.com

November 2018

~~ Honoring Our Veterans ~~

~~Thank You for Your Service ~~

We gather here today to honor those of you who served our nation in the United States Armed Forces. Whether you served on the battlefield or in some other capacity, you are ALL an indispensable part of a concerted force for good that enables us to defeat the tyranny and evil that threatens our world.

We are here to remind ourselves that we must remain ever vigilant and guard against those who would destroy the potential for our world to grow toward a place where ALL people might someday enjoy their God-given birthright - to life, liberty and the pursuit of happiness.

We know FULL WELL that we are only able to stand here as a free people and enjoy the bountiful blessings of this wonderful nation because of YOU!

So, it is with solemn and humble hearts that we, and all generations who follow, honor you for your part in preserving the hope and aspirations of our great and compassionate nation.

Thank you all for your service to us. God Bless every one of you, and God Bless America. © RLS 2011

RESIDENT BIRTHDAYS

11/1	Margaret Wilke
11/6	Howard York
11/9	Dolores Contla
11/10	Chen Yeh
11/10	Patricia Hunter
11/13	Mary Chandler
11/16	Janice Kacer
11/20	John Hubbs
11/23	Helen Norine Snider
11/24	Florence Kerechuk
11/26	Pauline Talley
11/26	Chiyoko Yamashiro
11/26	Margaret Bradfute
11/27	Nvair Gaboudian

EMPLOYEE BIRTHDAYS

11/6	Jaqueline Escobar
11/8	Teresa De Lira
11/8	Robert Likadinata
11/9	Bonnie Ormonde
11/12	Brigette Benitez
11/15	Karen Mina
11/17	Christopher Coates
11/20	Anna Ssaldivar
11/20	Ruby Davila
11/22	Ruben Cabañas
11/28	Gohar Srapyan
11/28	Hugo Cabañas
11/30	Andrea Vasquez

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From the Desk of the Executive Director

Be a Bookworm for Your Brain

Putting your nose in a book is good for your brain. Researchers at Yale University studied seniors' reading habits over several years and observed big benefits from deep reading. They say unlike skimming the headlines in a newspaper or paging through a magazine, deep reading requires critical thinking to connect one chapter to the next and make links to the world. When working to make those connections, the brain builds neural networks that can help combat cognitive decline.

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. To become our friend on Facebook, simply search for us on www.Facebook.com.

Feel free to visit our website: arcadiagardensretirement.com.

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.

LUAU!

War Chant!

Canvas Creations

Painting Class meets Tuesdays
3:30 pm G/R

"Cheetah Mom and Cub" by resident artist Chiyoko Yamashiro

Tweety Bird Quartet

Art in the Aviary

Julie had them framed, and they really look professional.

Crafty

Kay's got a ***chirp*** on her shoulder

RUSS SIMSARIAN
Resident Council President

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

Next Meeting
THURSDAY, November 8TH
3:15 pm, Oval Room

Welcome New Residents

Dan Morgan
Dolores Schwam
Shirley Scolini M/L

HAPPY HOUR

*

Please stop by Happy Hour
Friday, Nov. 16th
3:30 p.m. Oval Room

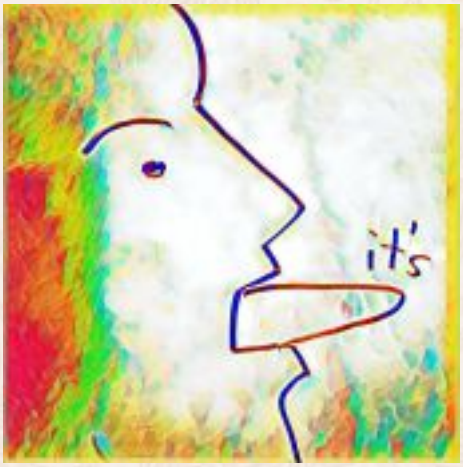
*

We would *LOVE* to see our New Residents
so we can welcome you!

Rix Rebus Rumpus - A Fun Workout for Your Brain - Fridays at 3:30 p.m. Oval Room

Au is the symbol for a precious element.

When there are two ways to go.



When you're on the verge of remembering something

When you're overwhelmed.

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

Memory Care Neighborhood

October was a fantastic and memorable month in Memory Lane. We all enjoyed the ghoulish crafts, cookie decorating, fun with food, socials, themed Fun Fridays & our Halloween Party. Thank you to those who participated and made this event a blast. We look forward to November as we will celebrate Thanksgiving with Our Residents and Express all we are thankful for. Please remember to take a look at our calendar and blackboard for any events.

Thank you,
Maria Warren
Activity Director

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

Church Fellowship
9:15 am or 3:30 pm alternating Sundays
(see calendar for times)

One of our many Tiki Goddesses!

BINGO SCHEDULE

Mon. through Fri. 1:30 p.m. Sun. 2 p.m.
(No Sat.)
Bingo Prize Party - Fri., Nov. 30, 1:30 p.m.

***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-Video

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 hearken back to all those great memories from your life.

Monday
3:15 pm
Gil Gunderson on Piano O/R

Tuesday
2:00 pm
Musical Memory O/R

Wednesday
10:30 am
Guitar 'n Tunes w/Erik O/R
3:30 pm
Accordion w/Helen O/R

Friday
6:30 pm
Twilight Guitar w/Rick O/R

Saturday
10:30 am
Sing-Along w/Rick O/R
3:30
Our All-Resident Band
Open Rehearsal O/R

Sunday
12:45 pm D/R
Performer to be announced

Heavenly: Francesca Sola will be the chanteuse for our Birthday Party Nov. 15, 5 pm D/R

Nelson's Restaurant at the Terranea Resort, Rancho Palos Verdes

When you step onto their private peninsula paradise, it's like stepping into a whole new world. The coastal setting of Terranea embraces its Mediterranean heritage and incorporates it into its architecture.

The Proud Winners of the "Best in Show" At Taste of Arcadia 2018

Delicious Short Rib Sliders and Whiskey Chocolate Mousse with Raspberries. Good Job, CHEF NATHAN ROJAS!!!

Erik, Hiaira and Nathan

Our Booth at Taste Of Arcadia

Hiaira's intricate melon carving art certainly added flair to our booth.

Gloria Feliciano Turns 100!

Congratulations, Gloria!

Guess Who?? (A Resident)

Her bubbly personality always brings a smile.

For the birds.

Mahalo!

Vote November 6th!

The Oval Room will be a polling place on November 6th. (Closed Nov 5 for preparations).

For our better angels ...

Armen Mangasaryan - Concert Violinist - Performs for Our Thanksgiving Luncheon

Virtuoso Fire! At 12:30 pm, Nov. 22 D/R.

Keeping Us Safe.

Our Veteran's Hall is a profound testament to our respect and gratitude for our men and women of the armed forces.

Illustratus
www.illustratus.com
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