



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
Rick Stubbs Activity Director/Arts/Music
Hiaira Miranda Activity Director/Operations
Maria Warren MC Activity Director
Lisette Rodriguez Marketing Director
Cinthia Navas Director of Housekeeping

www.arcadiagardensretirement.com



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

March 2019



Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.





RESIDENT BIRTHDAYS

3/1	Pan Kao
3/2	Stella Quinones
3/3	Rebecca Sullivan
3/5	Viola Mallory
3/5	Gloria De Santos
3/8	Rachel Adams
3/8	Clara Colasuonno
3/19	Jose Salazar
3/21	Dorothy Williams
3/28	Marilyn Baldwin
3/28	Bob Kotob
3/30	Austin Post

EMPLOYEE BIRTHDAYS

3/3	Flora Lobo
3/10	Isiah Vasquez
3/15	Angelica Molina
3/22	Sandra Palacios
3/28	Lorraine Valenzuela
3/28	Alvaro Medina

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From the Desk of the Executive Director



Word for March: Growth

March brings the beginning of spring, a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. Regular growth is part of nature's cycle and ours, too. No matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness. Consider coming to an activity that you have never tried. It's time to venture out again. Shed the layers from a blustery winter.

The grounds here also reflect the coming spring. You probably have noticed our groundskeepers hard at work. Soon you will see the pay-off in beautiful buds: irises, roses, butterflies, etc. We are so grateful to the maintenance and landscaping team. Way to go, wouldn't you say? So dust yourself off and get ready for a beautiful and blessed spring here at Arcadia Gardens.

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 two 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 - 10:30 pm



CONCIERGE

Come talk to our helpful concierge team that is ready to help you 24 hours a day.



Erin Go Bragh!

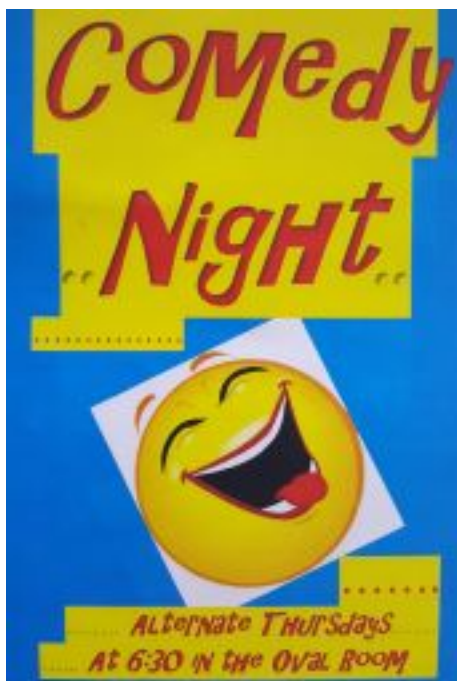


Smooooth Tones



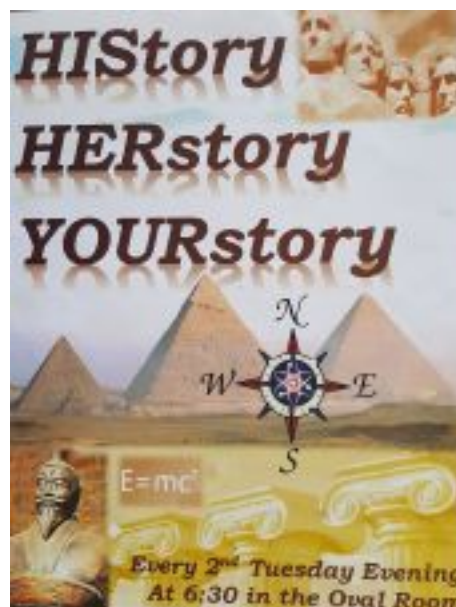
Marv Robinson shared his vocal stylings at our Valentine's Day luncheon.

Laughter Is the Best Medicine



New for You to Do

Every 2nd Tuesday at 6:30 in the Oval Room



RUSS SIMSARIAN
Resident Council President

RESIDENT COUNCIL MEETING
is for ALL residents
and is a forum to
voice your opinions, questions and
comments.
Next Meeting
THURSDAY, March 14th
3:15 pm, Oval Room

Making Our Voices Heard



Chef Nathan asks about dietary concerns.



Accolades and special requests.

Welcome
New Residents

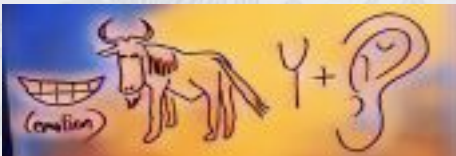
Mary Swanston
Terri Konoske



WordPlay - Meets Fridays in the Oval Room 3:30



The 1st President's 1st Day



Greeting for the 1st Day of the Year (the animal is another name for a wildebeest)



The 16th President's 1st Day (the second word is short for another word for prisoner)



Feeling "*Tired?*"



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



St. Patrick's Day

Erin Go Bragh!

We will celebrate

St. Patrick's Day

on Saturday, March 16th

at Dinner time.

Kattywompus will perform & we
will enjoy
traditional corned beef &
cabbage.



Memory Care Neighborhood

Although February was a month filled with rain, Memory Lane was shining bright. We had an absolutely amazing time at our Valentine's Day party. We enjoyed some great piano music played by Mary C, food and socializing. Our Residents enjoyed the fresh air, beautiful scenery and ducks on our Mystery Tours to Santa Fe Dam.

We also always enjoy our mornings while movin' & groovin' to Rock & Roll and swing music. To set the tone for a great day, I encourage our spa time as well. The sound of soothing music, hand massages and breathing exercises set the mood for a wonderful day. As we say goodbye to this lovely month, we look forward to an amazing March.

Maria Warren, Activities
Memory Lane



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)

To Our Better Angels



Joan's beautiful brooch

BINGO SCHEDULE



Mon. through Fri., 1:30 p.m.; Sun.,
2 p.m. (No Sat.).

*Bingo Prize Party - Fri., Mar. 29,
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

Tuesdays

Workout Fun-Video

Friday

Boom

Saturday

Stay Fit For Life

&

THURSDAY

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

10:30

Sing LIVE with Leon O/R

2:00 pm

Musical Memory O/R

Wednesday

10:30 am

Guitar 'n Tunes w/Erik O/R

Friday

6:30 pm

Twilight Guitar w/Rick O/R

Saturday

10:30 am

Sing-Along w/Rick O/R

3:30

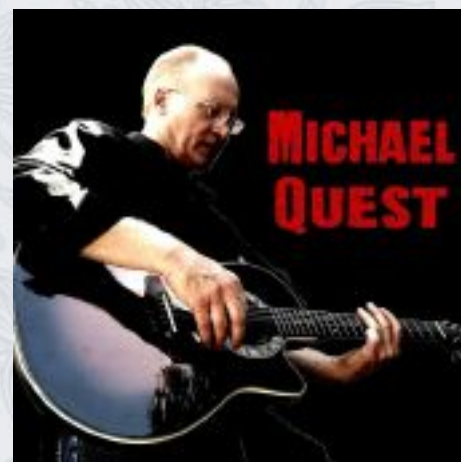
Our All-Resident Band

Open Rehearsal O/R

Sunday

12:45 pm D/R

Performer to be announced



Plays for Birthday party Thursday, 3-21, at 5:15 D/R.

Happenings at the Gardens

Spa Day Was a Hit!



*Residents enjoyed their pampering:
hand massages and a little paint job.*



Groundhog Day Crafting



Residents getting ready for the "Arcadia
Auction"



Out & About



Yummy food at *The Canoe House*
in So. Pasadena.
Tropical-themed food and fare.



A delicious Pu Pu Platter



Pauline & Chio enjoying the lunch outing!



**Daylight Saving Begins
Sunday, March 10th**
Set clocks ahead one hour on
Saturday night, Mar. 9th.

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.



VALENTINE'S DAY



Doris in the foreground as festivities roll on!



Sheila, Entertainer Marv Robinson & Hiara



Valentine's crafting!



Love Is in the Air



Dr. & Mrs. Mills cuttin' a rug!



Rodrigo, Paulina, Jonathan & Julie



Yesenia, Bonnie, Jackie, Sheila & Hiara at Valentine's Employee Appreciation Lunch!
Thank you, Julie & David



Balloon-a Grams were delivered.
Marvelyne, Lillian & Ada.

A BIG Thank You!

We want to officially "THANK" Deb and daughter Kimberly for all their help with the Arcadia Bucks auction!

Deb helps with so many activities and we want her to know, we appreciate her.



Kimberly & Deb



Let's Celebrate!

Mardi Gras Lunchtime Parade

Beads, Coins & Cake

Fun & Festivities

Tues., Mar. 5th

12 Noon

Dining Room





Valentine's Day celebration at the Gardens - Teresa, Margaret, Sheila, Beverly & Hiara. Marv Robinson in background!



Fun times at The "Canoe House" restaurant in So. Pasadena. Clockwise- Hiara, Bowmand, Doris, Graydon, Lowell, Moses & Elaine.