



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
Heidi Fimbres Marketing Director
Maria Bratton 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

July 2019



God Bless America & Here's to Our Independence!

We hope you have a wonderful Independence Day holiday! Our best wishes to you and your family on the anniversary of the birth of our great nation! Julie & David Chirikian along with the entire A.G. staff wish all the residents and their families a happy and safe 4th of July.





RESIDENT BIRTHDAYS

7/2	Pauline Terry
7/10	Patricia Rizuto
7/10	Enrique Arriola
7/14	Kwansik Minn
7/16	Margie Harshberger
7/17	Paul Johnson
7/17	Angie Montenegro
7/21	Moses Katz
7/31	Terri Konoske

EMPLOYEE BIRTHDAYS

7/6	Yulissa Banuelos
7/7	Elizabeth Camacho
7/8	Adriana Montellano
7/8	Vianey Moreno
7/17	Katalin Simon
7/17	Wilberto Lazo
7/18	Angela Soto
7/19	Thomas Lewis
7/24	Dora Ramos



From the Desk of the Executive Director



3 Things You Need to Know

Laughing has some marvelous health benefits.

1) It boosts the immune system. T cells can be activated when you laugh or smile. These cells play an important role in fighting infections.

2) Blood vessel function improves when you laugh, protecting your heart against common cardiovascular problems.

3) Laughing promotes the production of endorphins, which in turn can relieve pain.

Summer is a time to relax, take in the sunshine and breathe a sigh of relief! Let's all do that together here at Arcadia Gardens.

Attend a new activity, take a stroll around the community, smile at a new resident! And another reminder: don't forget to drink plenty of water. It's very important to stay hydrated - especially with the coming warm months.

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.

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.



Anna Lucia Guglielmi Celebrates 40 Years at Arcadia Gardens!



Introducing Heidi Fimbres



Our New Marketing Director, Heidi Fimbres holds an Associate of Arts degree in Healthcare Administration. She has worked in the healthcare industry for the past twenty years, including over five years of experience working as a Marketing Director for senior living communities. Heidi finds working with the senior population to be extremely rewarding. In her spare time, Heidi enjoys traveling and attending sports events with her husband and four grown children.



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, July 11th
3:15 pm, Oval Room

Welcome New Residents

Carolyn Brookins
Ethel Mae Field
Mary Ann Garrett
Carole Greenberg
Kwansik Minn
Rene Wilson
Thomas Wilson
Kam Yung

Comedy Night Is a Hit!



Laughter is the best medicine!

Sulekha's Tech Workshop



Sulekha Kishore is in her 2nd year with us.



She trained students to come and help with phones, tablets & computers.



Youth and Seniors learning together. YES!

Virtuoso Volunteers - The Van's 3rd Year With Us!



Melissa and Jeffrey Van play Beethoven, Chopin, Debussy and Rachmaninoff for a packed house in their 40th concert for us! Melissa is now enrolled in music at PCC and Jeffrey will be graduating TCHS soon. Great music and great volunteers!

WordPlay - Meets Fridays in the Oval Room 3:30



Someone who reads a lot.



I'm compelled to give you credit for that.



This word means to *not* use in protest.



Never been used. (animal is a wildebeest)



**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



Seasonal Selections to Stay Hydrated!!

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.



Memory Care Neighborhood



The month of June in Memory Lane was filled with tons of hands on fun & exciting times. Patriotic crafts, Readings and Poems acknowledging those who served our Country as we prepare for a fun-filled July. Sing alongs during Piano time always brighten our day. All our Residents love our karaoke hour. Some favorites we sing to are Johnny Cash, Frank Sinatra & any oldies we can move & groove to. We look forward to a wonderful & sunny July. Staying cool in our garden as we sip tea or fruit water is another favorite. Reminiscing & conversing are great as we all maintain strong relationships here in Memory Lane. Please check our calendar for upcoming mystery tours. Maria Warren



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

9:30 am or 3:30 pm alternating

Sundays

(see calendar for times)

Mary Ann Garrett



New resident, Mary will conduct religious services on Sundays at 3:30 p.m. in the Oval Room. She brings stories of her missionary work where she traveled the world to 10 different countries!

BINGO SCHEDULE



Monday - Friday, 1:30 p.m.
Sunday, 2 p.m. (No Saturdays)
Bingo Prize Party - Last Friday of the month, 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

THURSDAY

9:30

Rock 'n Roll Workout w/Sheila

2:15 p.m

Balance & Fall Prevention Class

Friday

Boom Fitness

Saturday

Stay Fit For Life



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

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Care

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Anna G. Celebrates 40 Years at Arcadia Gardens! WOW!!



Anna G. with her husband Victor!



Anna's family joins in for the celebration!



A "BIG THANK YOU"



Julie & David recognize Anna G. with an award, flowers and more for her 40 years of dedication and service.



Anna with her grandson



What IS This?



The 1st person to figure it out gets \$300 in Play Dough.

Get Ready for Our Summer Concerts

1st concert - Folklorico Dancers
Wed., July 17, 6:30 pm
Poolside
We'll see you there!

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.



find us on facebook!

Computer Available in the Game Room!

Senior Prom 2019 - "Under the Sea"



Viola at the Photo Booth!



Make-up artist Miranda does Grace's makeup.



King & Queen of the Prom



Lia & Moses Katz- Our Prom King & Queen



Dr. & Mrs. Mills looking sharp



Photo booth fun with Heidi & Sheila

More "Fun Under the Sea"



"The Time Machine"



Our Under the Sea Cake



Bubbles & Bubbles





Anna G.'s 40 Anniversary party with friends Lucia, Stassi & Anna. (Left to Right)

