



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

October 2019



Once Again, Arcadia Gardens Voted BEST Senior Living Facility!



EXCITING NEWS! Once again, Arcadia Gardens has been voted BEST Senior Living Community for the second consecutive year in a row by Beacon Media's multimedia audience and received special recognition in their annual Readers' Choice special edition published in August. **Big thanks** to everyone who voted for us!



RESIDENT BIRTHDAYS

10/1	Wendy Warschaw
10/4	Virginia Blizard
10/5	Teresa San Martin
10/9	Robert Hysten
10/9	Osvaldo Zagaroli
10/10	Edward Craig
10/10	Nancy Hellman
10/14	Julia Vermillion
10/14	Soo Lee
10/22	Margaret Gillies
10/25	George O'Bryan
10/28	Ann Polich
10/28	Graydon Grey
10/30	Rene Wilson
10/31	Fidelio Tarzia
10/31	Ruth Courtney

EMPLOYEE BIRTHDAYS

10/4	Oscar Alquacira
10/13	Maria Guerrero
10/14	Victoria Lim
10/14	Haiira Miranda
10/25	Jonathan Quintana
10/27	Guadalupe Granados
10/28	Stephanie Coronado
10/28	John Paul Woods
10/30	Patrick Brown
10/30	Alberto Quesada
10/31	Patricia Reyes De Muñoz



From the Desk of the Executive Director



What Does October Stand for?

O is for Oktoberfest
 C is for Candy corn
 T is for Tricks and treats
 O is for Orange orbs
 B is for Bonfires
 E is for Enjoying cool nights
 R is for Rustling of leaves

October is the pause between summer and winter. It is a month of fun & festivities. We also look to supporting others. The Alzheimer's Association is doing such important work, and we are a part of that. Join us in participation or support as we Walk to End Alzheimer's. You can donate to this very important mission at act.alz.org choose "Walk to End Alzheimer's," click on **DONATE**, enter team name: **Arcadia Gardens Memory Lane Walkers.**

We appreciate your support and know that together we will prevail!

Thank you

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.



Crafty Capers



Lei Bracelets



Barbara *LOVES* Her *HULA MONKEY!!*

Francesca Sola



Exquisite

Stylish



Stella Wears It Well

Guess Who??



Name Her and Win \$300 Playdough Bucks from Activities

Science Wonders Crowd



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, Oct. 10th
3:15 pm, Oval Room

Welcome New Residents

- Christa Greissmeyer
- Ursula Hawkins
- Yolanda Shewell
- Edwin Wells -Mem. Lane



OKTOBERFEST
Watch for a Date & Time
to be announced
as we will honor and celebrate
OKTOBERFEST
here at Arcadia Gardens

WordPlay - Meets Fridays in the Oval Room 3:30



After Summer Vacation We Go



Gallons of Merriment



A Pain in the Brain



A Lively European Dance Song



BLOW DADDY!



**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

October, the first full month of autumn, is a perfect time to fall in love with fresh produce.

Here's what's in season:

Vegetables: Beets, Brussels sprouts, leeks, lettuce, okra, parsnips, turnips, watercress and winter squash.

Fruits: Apples, cranberries, dates, figs, grapes, pears, persimmons and raspberries.



Memory Care Neighborhood

Memory Lane had a wonderful fun-filled and busy month of September. We started off our mornings with chair exercises while movin' & groovin' to '50s hits & swing music. We have enjoyed Spa Time as we do some simple breathing techniques to start the day off feeling great and gentle hand massages. Our Residents also enjoy art & crafts. Some fun crafts were mini flower pots, mirrored art, self portraits, finger painting & a variety of fun games. We look forward to planning & seeing Family for our Annual Halloween Party located in Memory Lane's Dining room. Flyers will be coming soon.

*Thank you, Maria
Warren-Activities*



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

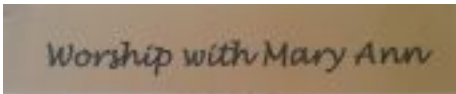
8:15 am

Transportation to local Churches

Church Fellowship

9:30 am or 3:30 pm alternating Sundays

(see calendar for times)



Sundays 3:30 pm Oval Room



JOIN US
Info on Pg. 2, Column 2

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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Rock 'n Roll Workout w/Sheila

Lunch & A Tour for a Good Time Outing!



Can you say Buon Appetito?



A very informative tour at San Antonio Winery!



Arts and Crafts



We always have a fun time crafting & visiting!



Pinecone PINEAPPLES for the LUAU!



Join Us for Our Next Happy Hour, Friday, Oct. 18th 3:30 pm Oval Room



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.



A GREAT Summer Concert Season

While summer has come to a close, we sure had a Great Concert Series this year!



The Eric Ekstrand Ensemble Rocked the House!



Two for The Show...a Favorite.



What a Season of Great Performances!



Tatjana dazzled us as usual with her stunning One Woman Show



OCTOBER Is Upon Us....And It Is TIME for Fun & Festivities!



Halloween Party & Costume Contest

On Thurs. Oct. 31 we will have a Halloween Party with entertainment and a costume contest for residents and staff with prizes in the D/R. Need a costume? Activities will have a selection of them available for you to borrow from their office.



Halloween Memories...Jeannie, Ida & Roseanne.

Pumpkin Carving Contest!

Pumpkins will be distributed to the staff departments and YOU, THE Residents, will VOTE for your Favorite at month's end!



Trip to the San Antonio Winery - Downtown, L.A.



Eric Ekstrand whoopin' it up Big Band Style at Arcadia Gardens!!