



# 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  
Ramona Campos ..... Director of Housekeeping

[www.arcadiagardensretirement.com](http://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

May 2020



### Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! Julie & David Chirikian along with the entire staff here at Arcadia Gardens wish all the moms who call our community home a very happy Mother's Day!





### RESIDENT BIRTHDAYS

5/3	Jerry Anthony
5/3	Serena Yang
5/5	Irene Rumbo
5/7	Mary Rider
5/8	Joan Dowdell
5/11	Doris Frost
5/24	Leo Schlicht
5/25	Jean Schroeder
5/26	Henry Sanchez

### EMPLOYEE BIRTHDAYS

5/2	Ruth Valverde
5/9	Teresa Granados
5/12	Gracie Rubio
5/15	Michelle Guillen
5/17	Jaclyn Krause
5/26	Joanna Mata
5/29	Alice Masihi



### From the Desk of the Executive Director



#### Word for May: Blossom

As we soak up the sun and enjoy the days of spring, May sends us an abundance of "blossoms" to admire. These colorful "flowers on a single plant" evoke an appreciation for the season's growth and rebirth. The past month's events have been very unusual to say the least. With May ahead of us we are looking forward with a positive attitude. We have so much to be thankful for. For all our mothers, for all of our nurses and health care providers who have worked tirelessly this past month.

National Nurses Week is celebrated May 6-12, the birthday of Florence Nightingale, the founder of modern nursing. I also want to include our entire caring staff for the wonderful job they have all been doing. We are thankful for each and every one of you.

"May you have fresh strength in the spring season."

~Laila Akita

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**

&

**WILLY 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.





## Quafty Quack-Ups



Barbara Caught Herself a Cute Goose on the Loose! Come to Our **"Crafty People"** Class: Alternate Thursdays - 6:30 p.m. In the Game Room.



**"Science Wonders"** - Alternate Tuesdays  
6:30 p.m. in the Oval Room



**"WordPlay"** - Fridays 3:00 p.m. 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  
Providing we are able to meet, due to  
Coronavirus restrictions  
**MAY 14th**  
**3:15 pm, Oval Room**

## Welcome New Residents

There have been no new  
move-ins due to  
the Covid-19 situation.  
We will inform you when we  
have new move-ins.  
Thank you.



**May 6-12, National  
Nurses Week  
Thank a Nurse!**

## Bunny Love Craft





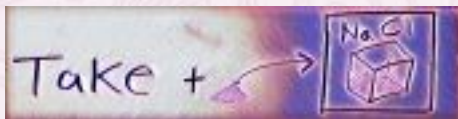
## WordPlay - Meets Fridays in the Oval Room 3:30



Said when you lose an opportunity



A French burlesque dance



You should check if what I said is valid



Stay the course



Something valuable found in an unlikely place



You can't win if you don't play



**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

### America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.



## **Memory Care Neighborhood**

### Sunshine Keeps You Sharp

Warm rays of sunshine against your skin not only feel good, but can also help lower your risk of developing Alzheimer's disease and other types of dementia, which are affected by vitamin D levels. Sun exposure for 10 to 15 minutes a few times a week can help you get your recommended dose of D.



### Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.





## 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 alternating Sundays

3:30 pm w/ Mary Ann  
(see calendar)



Hand-Carved Haitian Madonna

## 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.*

## EXERCISE CLASSES

Come and join us in staying fit and healthy with our daily classes in OVAL ROOM

9:30 am, Mon. - Thurs. & Sat.

BOOM 10:00 am. Fridays

Monday/Wednesday

Tai Chi

Tuesdays

Stretch Class with Instructor

THURSDAY

Rock 'n Roll Workout w/Sheila

2:15 p.m

Balance & Fall Prevention Class

Friday

Boom Fitness

Saturday

Stay Fit For Life



BOOM! Workout



## Music Programs

Our music program is sure to make you move and harken back to all those great memories from your life.

### Monday

3:00 pm

Robin & Norm

(2 Mondays per month)

### 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





## Spelling Showdown

In 1925, 11-year-old Frank Neuhauser of Louisville, Ky., correctly spelled the word gladiolus to win the first National Spelling Bee. Since then, millions of youngsters have made it their goal to spell their way into the winner's circle at the annual competition.

The bee was started by a group of nine U.S. newspapers hoping to encourage interest in spelling and vocabulary. The idea was a success, and the contest grew in size and popularity, with media company E.W. Scripps taking over sponsorship in 1941.

Today, it's estimated that 11 million children across the country and around the world participate, many studying for the event year-round. After winning regional level bees, about 500 super spellers earn spots as finalists in the two-day competition, held outside Washington, D.C. Public interest in the match is so high that the letter-by-letter action is broadcast live on TV and online.

It's no surprise that contestants take the spell-off seriously; the champion takes home a suite of prizes, including \$50,000 cash and trips to New York City and Hollywood for national TV show appearances.



## The 93rd Scripps National Spelling Bee Will Be Televised on ESPN, Thursday, May 28th at 8:30 p.m. Let's Watch!!



## Thanks for Your Cooperation!

Remember to wash hands, social distance & cover all coughs and sneezes.

## What's Happening



CRAFTING- 6 ft. apart, still FUN!



## Good Times



We enjoyed Rick's music on St. Paddy's Day!



## 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](http://www.Facebook.com).





## ARCADIA GARDENS - Staying Apart BUT Staying Connected!!



Staying connected with Family! Bev sends Birthday Wishes.



Pauine T. sends a message to loved ones.



Dana, assisting all of our residents with a smile!



Esmeralda, doing her part!!



Lizzette, making sure things are going smoothly for you!

## THANK YOU! To All of Our Staff for All Your Hard Work!

We appreciate the work you are doing and have done during this trying time. We thank you for pulling together and working with our residents to assure everyone's safety!  
BRIGHTER DAYS AHEAD!!



## Festive MAY!

May is quite a full and festive month!

Starting out with Cinco de Mayo, quickly followed by Mother's Day. We honor and celebrate Mothers everywhere. We also have National Nurse's Week which begins May 6 thru the 12th. We have a lot to be thankful for with our nurses, especially with recent events.

Finally the month ends with Memorial Day which is also the non-official "Kick off to summer"! Memorial Day is a time to honor the sacrifice made by so many men and women in our armed forces. It seems we have quite a bit to celebrate in May, so whether we are actually with family and friends or from a distance we are celebrating with our HEARTS United!

Take Good Care,  
Sheila - Activities Director



Wishing You All a Festive  
Cinco De Mayo...Ole'!!







Sheila's Rock 'n Roll Workout - Thursdays 9:30 am (Before Social Distancing).

