



# 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  
Nathan Rojas ..... Culinary Service Director  
Sheila Kinney ..... Activity Director/Editor  
Rick Stubbs ..... Activity Director/Arts/Music  
Hiaira Miranda ..... Activity Director/Operations  
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

### September 2020

#### The Difference of Labor Day

Labor Day (the first Monday in September) is different from most holidays because it is not related to the celebration or recognition of a specific individual, sect or race. Instead, Labor Day is dedicated to the social and economic achievements of American workers and their impact on the strength, prosperity and well-being of our country.



#### National Assisted Living Week Honors Essential Caregivers in 2020

This month we celebrate Labor Day, and never before has it ever been so evident how IMPORTANT our workforce is. Especially our essential workers. We here at Arcadia Gardens are so fortunate to see the dedication and loyalty of our essential workers in action! Julie and David Chirikian would like to thank the entire staff for working so diligently. We hope you, the residents, give a wink and a smile to the staff members and let them know how important they are to all of us. God Bless, and we will get through this TOGETHER!!



### RESIDENT BIRTHDAYS

9/2	Earl Steen
9/5	Mollie Hepburn
9/9	Irene Palafox
9/11	Julie Rose
9/13	Thomas Wilson
9/14	John Mills
9/14	Digna Iglesias
9/15	Gloria Feliciano
9/17	Ruth Freitag
9/19	Beth Wells Miller
9/23	Jeannie Hamley
9/26	Marie Vosgueritchian
9/26	Dara Kokanu
9/29	Miguel Limon
9/30	Manfred Mumper
9/30	Mary Kathryn Petit

### EMPLOYEE BIRTHDAYS

9/2	Maria Nava
9/3	Nune Hasratyan
9/5	Karina Vazquez
9/6	John Paul Woods
9/10	Rosa Bañuelos
9/11	Brittania Espejel
9/11	Natalia Moreno
9/13	Gloria Sandoval
9/13	Peeyooneh Sinani
9/17	Nathan Rojas
9/30	Petra Moreno



### From the Desk of the Executive Director



### Word for September: Patriotism

The month of September is host to an array of special remembrance days, all of which exemplify patriotism—or, as *www.M-W.com* defines it, “love for or devotion to one’s country.” Starting off the patriotic observances and tributes is Labor Day, followed by Patriot Day, Constitution Day and Citizenship Day. The common thread among all of these national holidays is what they represent—the ideals of America: bravery, courage, heroism, sacrifice and service.



We celebrate our heroes here at Arcadia Gardens. Thank you to all the staff and thank you to all our residents for staying strong, wearing your masks & social distancing.

#ArcadiaGardensStrong

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.





## "Crafty Creations" 2nd & 4th Tuesdays 6:30 G/R



"Puppy's Dream" - Montage - Molly



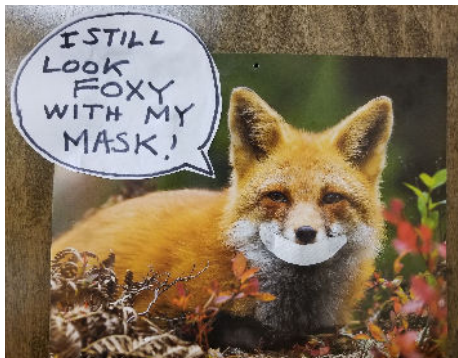
"Flower Decor"



"Make Like a Banana and Leaf?"



Reminders Seen Around the Campus



Prevention



**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,**  
**Thursday, Sept. 10th**  
**2:30 pm, Dining Room.**

**Flu Shot Clinic!**  
For Residents & Employees  
Thurs. Sept. 10  
Bring Your  
Insurance Card!  
10:00 a.m. Game Room

**Welcome**  
**New Residents**

Anna Losorelli  
Robert Riera  
Ed Woods  
Rose David - Memory Lane

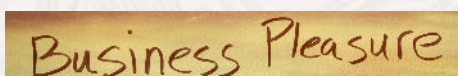




## WordPlay 2nd & 3rd Fridays, O/R 3:30



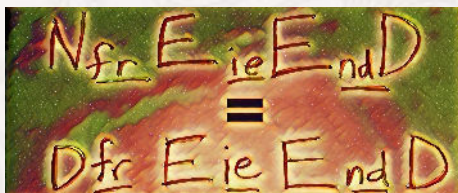
I'll be truthful if you don't inquire.



Do the work first.



Keep things in the proper order.



Someone who helps when it's crucial.



Said when chaos follows.



Wearing a mask means you're in D \_\_\_\_



**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

September means harvest time, cooler weather and the beginning of autumn. Celebrate the changing of the season with this in-season produce:

*Fruits:* Apples, dates, figs, grapes, melons, pears, plums and raspberries.

*Vegetables:* Beans, beets, cucumbers, eggplant, lettuce, okra, peppers, squash and tomatoes.

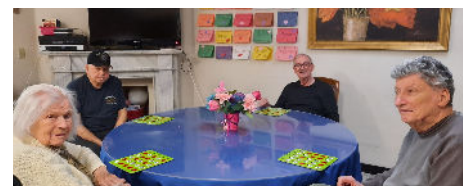


## Memory Care Neighborhood

The Month of August in Memory Lane was eventful and fun-filled.

As usual we start the day with movement exercises to music, clapping and more. Our residents look forward to getting outside several days per week before it gets too warm. With interactive games and activities such as balloon toss, Jenga, Music-making and chair volleyball, our residents are greatly encouraged to socialize & interact with each other. We laugh with some of our favorite variety shows such as The Dean Martin & Carol Burnett shows. Those laughs just never get old. We have been getting crafty and are looking forward to a warm sunny September.

~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 alternating Sundays

3:30 pm w/ Mary Ann

(see calendar)



## 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. - 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



## 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





# What's <sup>NEW!</sup> New?

## Book Club Begins!

We are starting a new Activity.  
Sheila will read aloud  
in the Oval Room.



We will start with a GREAT BOOK  
"The Residence  
Inside the Private World Of the  
White House"  
Every Mon., Wed., & Fri.  
10:30 am - Oval Room

## ICE CREAM SOCIAL Celebrating Our 'Essential' Workers!



**Wed. Sept. 16, 1:30pm**

Stop on by the Oval Room for  
delicious Ice Cream, and  
celebrate National Assisted  
Living Week. Say Thanks to our  
employees who have done a  
great job during the pandemic!!



Look who was showing off his AMAZING  
Elks jacket on his birthday....Duane L!  
with pal Mary Ann.



Duane's special Elks jacket, with great  
patches!

**If You've Got Something  
Special to Share, Let Us  
Know in Activities!**

## On the Calendar

Labor Day, a federal holiday  
observed on the first Monday of  
September, celebrates the  
contributions workers have  
made to the strength and  
well-being of the United States.  
We will have our Annual BBQ  
lunch to commemorate Labor  
Day!

We'll see you in the Dining  
Room on  
Monday, Sept. 7th to celebrate!



## 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).





## Staying Active Safely!



Barbara and Margie play Connect Four out by the pool.



Smiling behind that mask!!



Jerry showing off his well-earned BUCKS!



Let the bidding begin!!

## Time to Spend Those Arcadia BUCKS!!

Well you know when you come out to activities you earn Arcadia Bucks....well we had some great things at the Auction/Boutique including a microwave, Smoked salmon, Jewelry, and more.



OOh Caramel Corn!



## 'Caring Is Essential'- Theme for National Assisted Living Week

"The theme, 'Caring is Essential' is more relevant today than in recent years and highlights the incredible care provided by essential caregivers in assisted living communities across the country," according to American Health Care Association/ National Center for Assisted Living.

So let's take this opportunity to let our residents say Thank You to all of our employees, for all their work and dedication, and for our employees to visit (with masks and a safe distance). The annual observance this year is Sept. 13-19. We will be planning an ICE CREAM SOCIAL & Popcorn, & Music Trivia. Watch for dates during the week of the 13th - 19th.







Morning Games in the Oval Room...Good way to start the Day!



*Happiness is*  
being a grandparent.

*Luck is*  
being a grandchild.

*Celebrate Grandparents Day*



The First Sunday after Labor Day

