



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
Pam Parsons 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



WELCOME HOME!

Contact Numbers

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Memory Lane Care (626) 574-1500
Beauty Shop (626) 574-0469

November 2020



Word for November: Thankfulness

Officially, the word "thank" is defined as "to show or express appreciation or gratitude to, as by saying 'thank you.'" "Thankfulness," then, is the feeling or expression of such thanks. But that description truly doesn't give justice to the emotions that swell up from our hearts when we truly feel thankful for the people in our lives who we love, cherish and appreciate. During this month of Thanksgiving, give some thought to the people for whom you are most thankful, both now and in the past.

This year has been quite a challenge, hasn't it? Julie and David Chirikian would like to give "Thanks" to all the residents and their families for their patience.

To the dedicated staff who have been working so diligently. Everyone is doing their best during this trying time, and we truly are one big family in this together. Thank you all for your SUPPORT. Let's all give thanks TOGETHER!

We wish you a very Happy Thanksgiving!



RESIDENT BIRTHDAYS

11/3	Janette Alvarez
11/6	Howard York
11/9	Dolores Contla
11/10	Patricia Hunter
11/15	Mary Ann Garrett
11/20	John Hubbs
11/23	Helen Norine Snider
11/24	Florence Kerechuk
11/26	Pauline Talley
11/26	Chiyoko Yamashiro
11/26	Margaret Bradfute
11/27	Nvair Gaboudian
11/28	Helen Soto

EMPLOYEE BIRTHDAYS

11/6	Jaqueline Escobar
11/8	Robert Likadinata
11/9	Bonnie Ormonde
11/11	Aden Ghazarian
11/12	Brigette Benitez
11/15	Iris Chang
11/15	Aizhen Li
11/17	Nichole Sais
11/20	Maria Sillas
11/26	Charmain Sanchez
11/27	Krystal Carrasco
11/28	Gohar Srapyan
11/30	Patricia Rojas
11/30	Andrea Vasquez



Seniors in Action

Did you know that in the 2004 presidential election, 79 percent of registered voters were over 65? Of that number, 71 percent cast a ballot on election day—the highest rate of any age group. Maybe it's because they represent a generation that fought in the World Wars—they know what apathy can lead to. Whatever the reason, seniors should be proud of their voting record and continue to be the voice of America!

Election Day

Tuesday, Nov. 3, is Election Day. Make your voice heard, and vote!

You can drop your ballots in the mail or request for them to be taken to an Official Ballot Drop Box!

Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin. Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.

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.



Honoring Our Veterans



Thank You for Your Service



God Bless America



Your Vote Is Your Voice



From the Heart

A Veterans Day Thank You

We are gathered here today to honor those of you who served our nation in the United States Armed Forces. Whether you served on the battlefield or in some other capacity, you were ALL an indispensable part of a concerted force for good that enabled us to defeat the tyranny and evil that threatened our world.

We are here to remind ourselves that we must remain ever vigilant and guard against those who would destroy the potential for our world to grow toward a place where

ALL people may someday enjoy their God-given birthright - to life, liberty and the pursuit of happiness.

We know FULL WELL that we are only able to stand here as free citizens and enjoy the bountiful blessings of this wonderful nation - because of YOU!

So, it is with solemn and humble hearts that we, and all generations who follow, honor you for your part in preserving the hope and aspirations of our great and compassionate nation.

Thank you all for your service to us. God Bless every one of you, and God Bless America.

By Richard Lyle Stubbs 2012



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 will be held in
the Dining Room
due to Coronavirus restrictions
Thursday, Nov. 12th
2:30 pm
Dining Room.

Mix In Some Pumpkin

It's that time of year when foods flavored with pumpkin fill stores and menus. It's easy to bring that seasonal taste to at-home meals by using canned pumpkin. Mix it into chili and pancakes, or add a dollop to vanilla yogurt, oatmeal and smoothies.

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



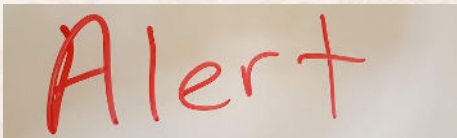
Book by John Milton



Just say the name of the nuts out loud



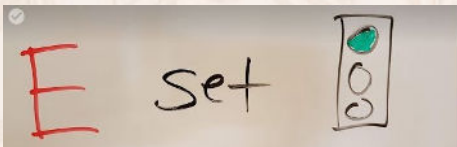
French snail (the light's green)



(kind of self evident)



State famous for potatoes



Said at the beginning of a race



**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



Thanksgiving Dinner

Head Chef Nathan Rojas, along with the Dietary staff will be preparing a wonderful dinner for all our residents.

Thanksgiving falls

on

Thursday, Nov. 26th.



Memory Care Neighborhood

October was filled with fun Fall crafts. We always enjoy our breathing, stretching and chair exercises. We played a variety of interactive games, and just share good times together. We laugh with some of our favorite variety shows such as The Dean Martin & Carol Burnett shows. Those laughs just never get old. In sunny California, November weather is usually very pleasant, so we will be spending some time out in the garden this upcoming month.

Happy Thanksgiving to you all from Memory Lane.



Coloring the colors of the season!



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

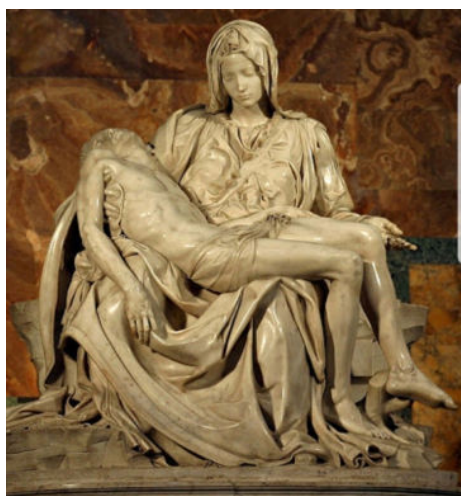
Transportation to local churches

Church Fellowship

9:30 am alternating Sundays

3:30 pm w/ Mary Ann

(see calendar)



The Pieta - Michelangelo -St Peter's Basilica



Hope & Faith

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

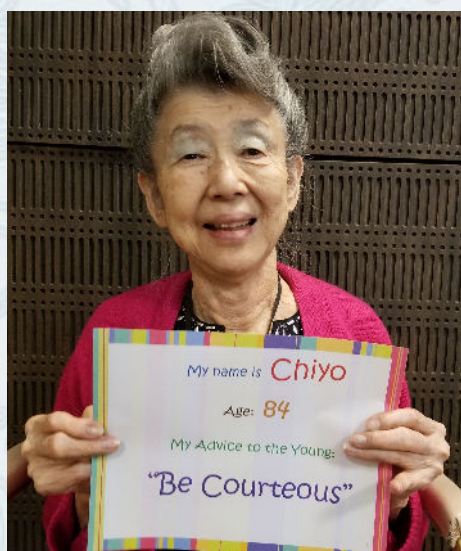
Sunday

12:45 pm D/R

Performer to be announced



Sage Advice



Weathering Joint Pain

Some people say they can feel the weather in their bones—an achy shoulder just before it rains or a sore knee when it's cold. For years, these sensations were written off as old wives' tales, but according to more and more health care professionals, there is a credible theory: the barometric pressure.

Barometric pressure often drops before bad weather arrives, and when it does, the lower air pressure allows the tissues in our bodies to expand. For those with chronic joint pain, this expansion can put extra pressure on inflamed joints and aggravate surrounding nerves.

So what can you do to minimize these aches and pains? Experts say exercise can provide relief. Although chilly, damp days may have you wanting to curl up on the couch, it's best to keep moving. Strong muscles better support joints, and low-impact exercise can help the fluid that accumulates in your limbs flow back into your system, which can reduce the pressure on nerves.

Keep your weight in check; this reduces excess stress on your joints. A healthy diet can also be beneficial. Load up on foods rich in omega-3 fatty acids, found in salmon and nuts, along with fruits and vegetables containing vitamins C and K.

Keeping Busy



Kay's sewing masks for friends and family.



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.

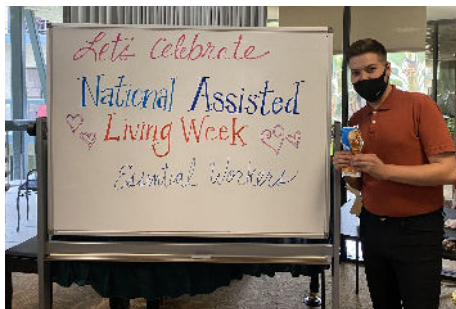


Ruth Turns 100!



Everybody's Doing It!
So should you!

November at the Gardens





Gloria Turns 101!

