



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

Main Office (626) 574-8571
Fax Number (626) 574-2094
Memory Lane Care (626) 574-1500
Beauty Shop (626) 574-0469

October 2020



Moon Over October

This year, October's night skies will light up with two full moons. The first day of the month brings the full harvest moon, and on the 31st, the full hunter's moon will rise. The second of two full moons in one month is called a blue moon.



**And All at Once Summer Collapsed Into
Fall. ~ Oscar Wilde**



RESIDENT BIRTHDAYS

10/1	Wendy Warschaw
10/4	Virginia Blizzard
10/5	Kok-Wain Lee
10/9	Osvaldo Zagaroli
10/10	Nancy Hellman
10/14	Carol Benson
10/14	Julia Vermilion
10/14	Frederick Williams
10/14	Soo Lee
10/15	Julianna Lam
10/22	Margaret Gillies
10/25	George O'Bryan
10/25	Mary Gonzalez
10/28	Ann Polich
10/28	Graydon Grey
10/30	Rene Wilson
10/31	Fidelio Tarzia
10/31	Ruth Courtney

EMPLOYEE BIRTHDAYS

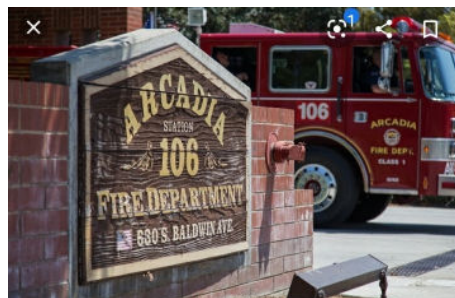
10/14	Mary Brooks
10/14	Victoria Lim
10/14	Hiaira Miranda
10/19	Carla Gutierrez
10/19	Miguel Pineda
10/27	Gloria Sandoval
10/28	John Paul Woods
10/30	Patrick Brown



Fire Safety

National Fire Prevention Week is observed in the United States and Canada during the week in which Oct. 9 falls. The date was chosen in commemoration of the Great Chicago Fire, which began Oct. 8, 1871. To help prevent fires, don't overload electrical circuits with too many appliances; don't run extension cords under rugs or carpets; unplug hair dryers and other small appliances when not in use; and when cooking at a stove, keep pot handles turned inward so they won't be knocked over. Use Fire Prevention Week as a reminder to check that smoke alarms are working properly and to talk with household members about a fire escape plan. If you're ever in a situation where a fire occurs, get out, stay out and call for help.

Thank You to All Our Local Firefighters for Knocking Out the Bobcat Fire in Our Local Foothills- Arcadia, Monrovia, Sierra Madre, Duarte Stations. God Bless!



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.

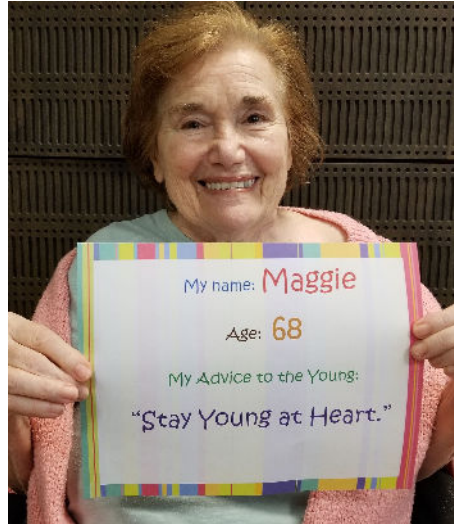


Old "Smokey Joe" Wearing His Mask

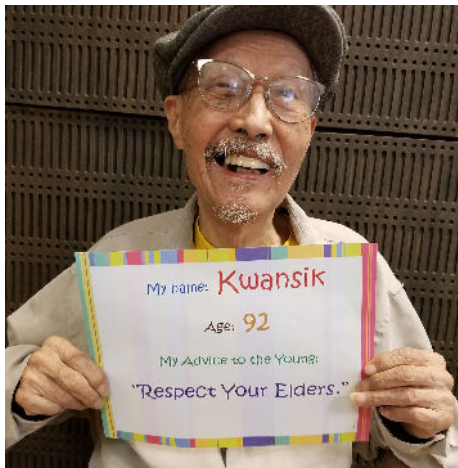


In Honor of Our Brave Firefighters

Words of Wisdom



Maggie Says ...



Kwansik Says ...



Pauline Says ...



RUSS SIMSARIAN
Resident Council President

Resident Council

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

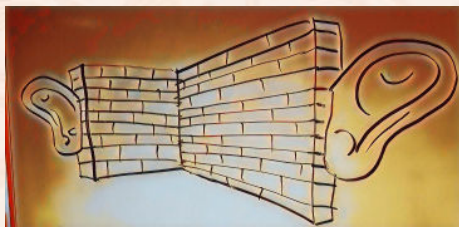
Thursday, Oct. 8th
2:30 pm
Dining Room.

Welcome New Residents

Patricia Engel
Arlene Johnson



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



Careful - someone might be listening.



Said of someone who gets anxious and backs out.



When someone spoils your fun.



When people cease hostilities.



**NATHAN ROJAS,
CULINARY SERVICE DIRECTOR**

ARCADIA GARDENS FINE DINING

Breakfast

8:00 am - 9:00 am

Lunch

12:00 pm - 1:00 pm

Dinner

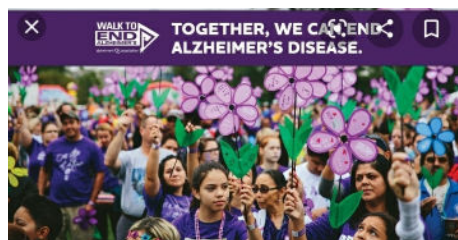
5:00 pm - 6:00 pm



**Halloween Is Coming!
We Will Have a
Halloween Inspired
Dinner & music!
Sat. Oct. 31
Dinner Time**



Memory Care Neighborhood



October Is the Month for the Alzheimer's Walk.

Held annually in more than 600 communities nationwide, Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This year, The Walk to End Alzheimer's will be a bit different. Due to Covid-19, there are no mass gatherings. People will be doing individual walks all over the nation. This is very important work and a cause that we hold near and dear to our hearts, especially in Memory Lane. If you would like to donate to the cause please visit ALZ.org; it truly is a great cause.

**WALK TO
END
ALZHEIMER'S**
alzheimer's association

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

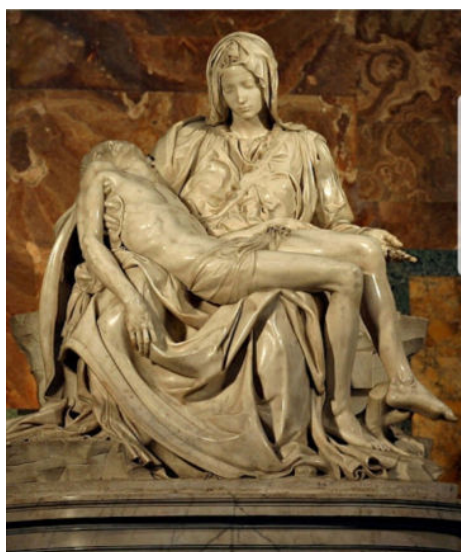
Transportation to local churches

Church Fellowship

9:30 am alternating Sundays

3:30 pm w/ Mary Ann

(see calendar)



The "Pieta" Michelangelo



The Light of Hope

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



Good 'n' Crafty

A great way to spend time together while social distancing is crafting! We always have a good time.



Fun Creatures just in time for HALLOWEEN!



Using an end of summer, foam POOL NOODLE of all things.



Joan's Little Monster!



Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. One of the best ways to do that is with structured exercise that includes balance training. In fact, research shows that these types of programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

Fresh Floral Arranging



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.



We Celebrated National Assisted Living Week at the Gardens



Dietary Crew



Caregivers



More Dietary Crew



More Caregivers



Activities



Concierge & Caregivers

The Theme for This Year's National Assisted Living Week Was - "All Caregivers Are Essential"

Not all employees are included in photos. Nursing Dept. will be featured next month!

We Are THANKFUL to All Our Employees and Every ONE Is Essential!



Jerry, Allen & Paulina



Laugh Lines: Tickle Your Funny Bone

See if you find these riddles "humerus."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

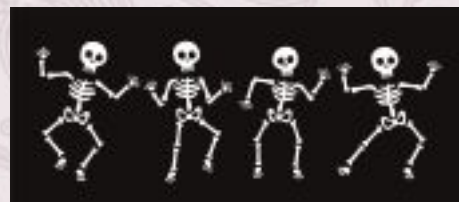
A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.





Ramona heading up some of the members of the hard-working Housekeeping team! Thanks for a great job.

