



ARCADIA GARDENS

RETIREMENT HOTEL

720 W Camino Real Ave. • Arcadia, CA 91007 • (626) 574-8571

Arcadia Gardens Staff

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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

February 2021



Talk About It: Love Is in the Air

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What are your favorite Valentine's Day memories from when you were a child? A teen? An adult?
- Were you ever surprised by a sweetheart with a really impressive gift?
- What is the sweetest thing you've ever done for someone?
- Describe your most romantic or memorable date.
- Any dating disasters?





RESIDENT BIRTHDAYS

2/2	Marilyn Derdevanis
2/3	Denise McNalley
2/12	Ida Jerahov
2/13	Beverly Niederman
2/14	Sally Carrillo
2/21	Kay Obler
2/25	David Ramirez
2/28	Linda Armstrong

EMPLOYEE BIRTHDAYS

2/8	Briana Hernandez
2/10	Suzana Zadourian
2/13	Solina Lombardo
2/16	Alejandro Espinoza
2/18	Alan Canizales
2/23	Eva Olivera



A Presidential Month

Two of America's most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.



February - The Month of Celebrations!

There are so many things happening in February; many of the most well known ones are listed on page 7. We would also like to remind you of a few other important celebrations. Purim is celebrated by those of the Jewish faith. It is Black History Month and also Mexican Flag Day on the 24th.



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.



Happy Valentine's Day!



Love Buds



Flutterby



Gingerbread Masks



Mardi Gras Mask



Chinese New Year: Cloisonne

Guess Who?



1978



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, Feb. 11th
2:30 pm
Dining Room



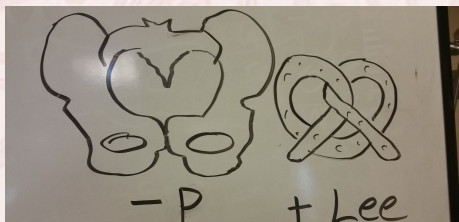
New Residents

Paula Gomez
Benita Garcia
John McKemie
Georgina McKemie

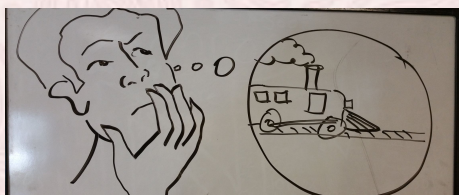
WordPlay 2nd & 3rd Fridays, O/R 3:30



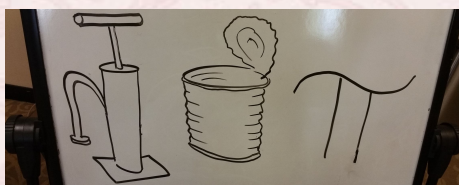
He sang "Sweet Caroline"



He sang "Love Me Tender"



Your sequenced order of ideas is called...



A favorite holiday confection



Boy child of a pistol



**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

To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.



Memory Care Neighborhood



Memory Lane had a busy January. New energy is in the air.

With 2020 in the rear view mirror, we are focusing on new things. We have been staying busy with some spa-time, craft projects, exercises to stay fit and much more. We are looking forward to a February inspired with lots of LOVE and shared time with staff and friends.



Mardi Gras- Fat Tuesday

It will be a toned down Mardi Gras this year for all, but we still want to take note. Mardi Gras is the Carnival celebration, beginning on or after the Christian feasts of the Epiphany and culminating on the day before Ash Wednesday.

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)



Holy Mother

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





Love Notes

Centuries of tradition show that a sweet card is all you need to say "I love you" on Feb. 14.

The oldest known written valentine greeting is a 1415 poem by Charles, Duke of Orleans, who wrote to his wife while imprisoned in England's Tower of London.

Valentines in the form of letters and poetry became common throughout Western Europe. People began adding lace borders and images of hearts, flowers and Cupid to handwritten valentines, and by the Victorian Era, valentines had become elaborate art pieces.

In the late 1840s, Esther Howland of Massachusetts introduced Victorian-style valentines to America after being inspired by a card she received from England. She organized an assembly line of family and friends to make intricately decorated valentines, earning \$5,000 her first year in business. Known as the "mother of the Valentine," Howland paved the way for greeting card companies of the future.

Who Is This Little Guy?

It's Bandit, one of our resident's cats. Gerri B's kitty to be exact.



...What?

Thank You CVS



We got started with the first phase of the Covid-19 vaccine.



Karaoke Time in the Hallways!



Jerry & Reiko



The rhythm section

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.



Into the New Year 2021!!

Time for new energy....We are
ALL Happy to see 2021!



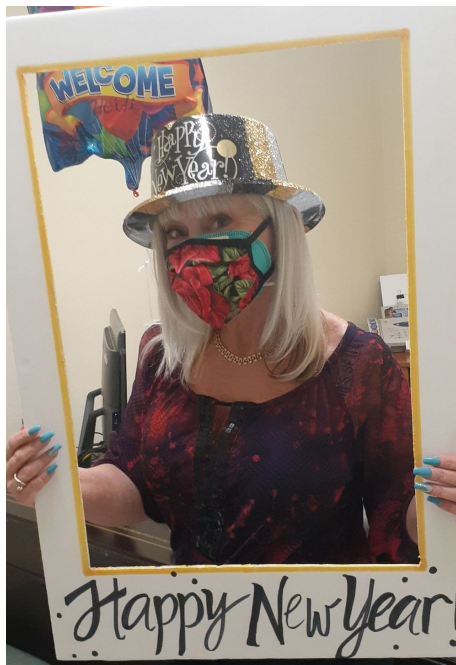
Caregivers in Memory Lane



Reiko & Joan



Staying SAFE in the New Year!



Heidi



Doris, Sheila and Gerri



Groundhog Day!

Phil, that rodent in Pennsylvania that we look to every Feb. 2, is no ordinary groundhog, and he has the name to prove it. His full title is "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary."



A Mighty Full February!

February is a busy month indeed. Now whether or not we will be ready to celebrate these occasions will remain to be seen. We hope so! Here is what's on the calendar this month:

Feb. 12th Chinese New Year

Feb. 14th Valentine's Day

Feb. 15th Presidents Day

Feb. 16th Mardi Gras-

Fat Tuesday

Feb. 17th Ash Wednesday

Are you DIZZY yet?





The Covid-19 vaccine was delivered and administered to staff and residents. Step #1, down! We are all so grateful!

