



# 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](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

### January 2021



### Happy New Year. A Time for New Beginnings! Enter January

January gets its name from the Latin word for door, since it opens the new year.

Well this certainly has been a year like no other. We were faced with challenges. We hung in there as a team. We are very proud of all of our residents and staff for staying strong this past year. We would like to wish everyone a

### *Happy & Healthy New Year.*

We celebrated the magic of Christmas with thousands of lights and decorations that brought us joy. The meaningful Manger scene reminded us of the true "*Reason for the Season*" and that we are blessed and have many things to be thankful for.

The new year is here, and our staff is ready to focus on serving you in 2021 with excellence and making your stay at Arcadia Gardens Retirement Hotel your *HOME* of comfort.



### RESIDENT BIRTHDAYS

1/4	Ermalinda Hulon
1/5	Weslie Hofland
1/6	Joseph Packard
1/6	Ralph Ybarra
1/8	Virginia Stefanovich
1/9	George Walker
1/9	Colleen Brennan
1/15	Dean McMillan
1/17	Michael Lui
1/20	Connie Pineira
1/21	Ly Young
1/21	Nita Swetnam
1/23	Ed Wood
1/24	Jean Burch

### EMPLOYEE BIRTHDAYS

1/6	Ana Maria Chavez
1/7	Karina Vazquez
1/8	Flor Deharo
1/11	Amanda Lopez
1/19	Arturo Flores
1/22	Cruz Aguilar
1/24	Bryan Nunez
1/25	Dina Guerrero



Although the last months have been challenging with restrictions and such, we have noticed that the Resident Council attendance has been dwindling. This is not considered an activity, but rather your chance as a resident of Arcadia Gardens Retirement Hotel to join together with your fellows and have a forum for your voices to be heard.

**Resident councils** are organized, self-governing, decision-making groups of long-term **care residents** meeting regularly to voice their needs and concerns and to have input into the activities, policies, and issues affecting their lives in the facility.

We hope you will choose to attend these meetings. Without you, there will be no meetings, and no chance to make sure you are heard. We hope to see you in January.



### 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.





**From All of Us  
at Activities!  
We Wish You a**



**May the New Year Bring  
You All Prosperity  
and Happiness!**

**DONUTS! Everybody's  
Favorite Treat - Fresh  
Every Sunday Morning**



Courtesy of Arcadia Gardens!



**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, Jan. 14th  
2:30 pm  
Dining Room.

**Crafty People**



Kay's Dr. Seuss Mask!

**Made From Household  
Items**



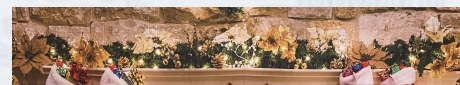
Would you believe - from TP rolls?



Ma and Pa Snowcone

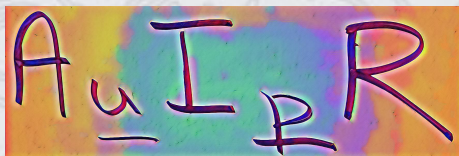
**Welcome**  
New Residents

Paul Fairbanks  
Edward Castner  
Scott Plumer  
Rolando Iglesias  
You Mui Wong

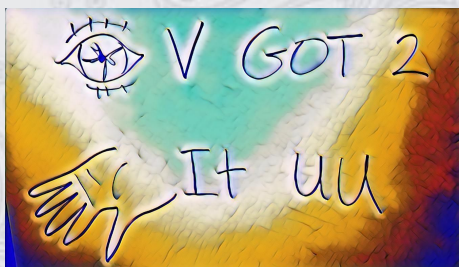




## WordPlay 2nd & 3rd Fridays, O/R 3:30



Undecided plans are ...



Giving credit where due



To be negative when someone's doing well



A favorite pastry



**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**

Enjoy the bright flavors of citrus favorites during the dreary days of January. Grapefruit, oranges and tangerines are all in season now, meaning they're at the peak of perfection and more affordable. Choose one that feels heavy for its size and has shiny, spotless skin. With light pressure, roll on the counter before eating or slicing; this gets the juices flowing and makes for an even tastier shot of vitamin C.



## **Memory Care Neighborhood**

Memory Lane had a wonderful fun-filled and busy month of December. The residents have been starting off mornings with chair exercises and stretches. There have been Christmas and holiday crafts and games happening. Of course the residents have been enjoying Christmas movies, and Holiday snacks as well.

A delicious Christmas dinner was had by all. We hope you all had a very enjoyable Holiday season. From all of us in Memory Lane to you, we wish you a very Happy New Year! All the best in 2021!





## 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 Light of Hope



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.*



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



Two for the Show



## HOLIDAY HAPPENINGS

The holidays were different this year. We made the best of them here at The Gardens.



The grounds were BEAUTIFUL this year.



The manger scene was lovely.



## Time for TEA



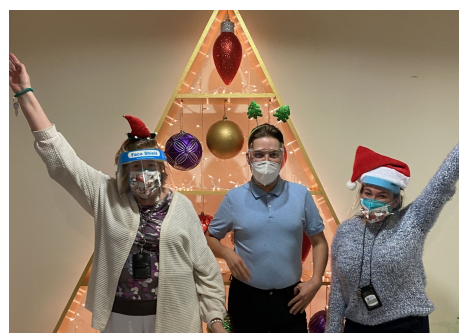
The residents enjoyed a cup of warm tea & some treats.



## Christmas Crafting



The little Crafty Elves



A few more Christmas Elves!  
Jan, Ozzie & Autumn

## Honoring a Variety of Traditions



Beverly worked on her Hanukkah wreath.

## 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).





## Holiday Cheer ~ Christmas Time



No Grinches around Here! Christmas Cocoa...and good fuzzy feels!



Hiara & Maricela in the Holiday mood!



Some delicious Christmas cookies and cocoa!



Dr. John by the fire....not a creature was stirring!



Trees beautifully done by Hiara.



Cheers to the New Year!

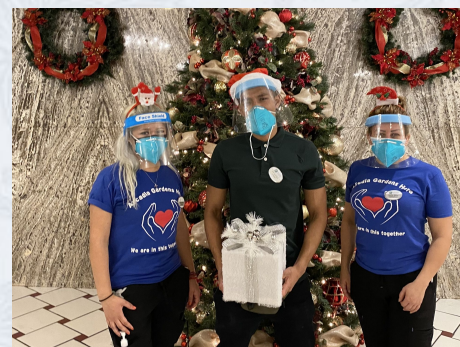


Pizza for the staff from some wonderful family members!!

## Trees, Trees, Trees



Candy Cane Heaven







Caregiver Claudia & Margie rockin' around the Christmas Trees!!

