



ARCADIA GARDENS

RETIREMENT HOTEL

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

Arcadia Gardens Staff

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

March 2021



Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!

Not Just Lucky

According to Irish legend, the four petals of a four-leaf clover stand for hope, faith, love and luck. We hope you have much of all of the above in your future and a wonderful SPRING!





RESIDENT BIRTHDAYS

3/1	Pan Kao
3/3	Rebecca Sullivan
3/5	Lloyd Isaacson
3/5	Gloria De Santos
3/18	Johnny Tran
3/21	Paul Fairbanks
3/23	Gerri Bruno
3/28	Bob Kotob

EMPLOYEE BIRTHDAYS

3/1	Oswaldo Almodovar
3/4	Peeyooneh Sinani
3/11	Bella Rabaja
3/15	Angelica Molina
3/22	Sandra Palacios
3/24	Christina Corona
3/24	Liza Maradian
3/25	Juana Rosales
3/28	Lorraine Valenzuela
3/28	Alvaro Medina



Spring Forward

Remember that daylight saving time begins on the **second Sunday in March on the 14th**. So move those clocks ahead one hour before you go to bed so you won't be late!



With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.

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 St. Patty's Day!



Erin Go Bragh!



Bringing It to You! - Rix Music Mobile!



RUSS SIMSARIAN
Resident Council President



RESIDENT COUNCIL MEETING

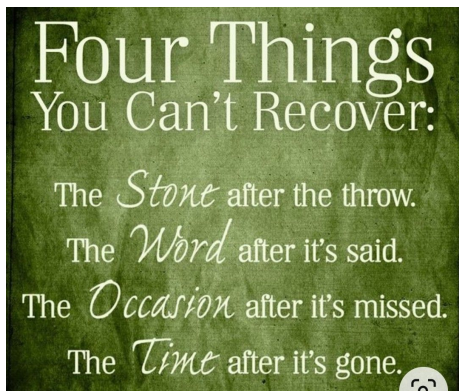
is for ALL residents
and is a forum to
voice your opinions, questions
and comments.

Next meeting will be held in
the Dining Room
due to coronavirus restrictions
Thursday, Mar. 11th
2:15 pm
Dining Room



Lucille Medina
Marie Finocchio
Linda Winn
Charles Baldwin
Lyle Wroan
Johnny Tran
Linda Armstrong

Words to the Wise



Around Town



Interesting - Cracked-Up Sign! (Real)

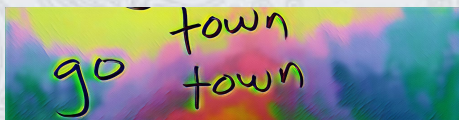


Does this sign mean, "Don't Climb on the Squirrels," Or ...?
(In front of a LIBRARY - no less!)

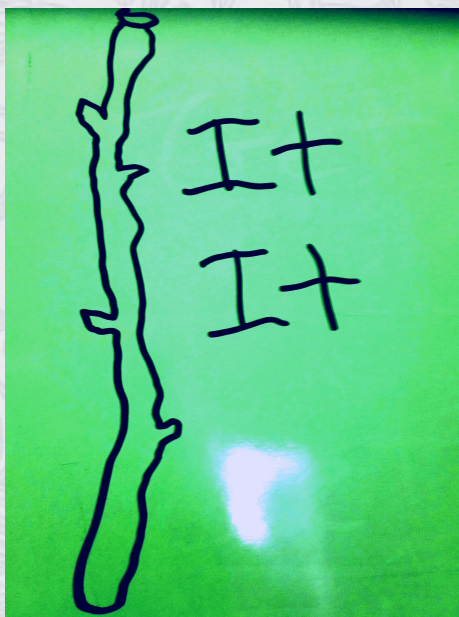
WordPlay 2nd & 3rd Fridays, O/R 3:30



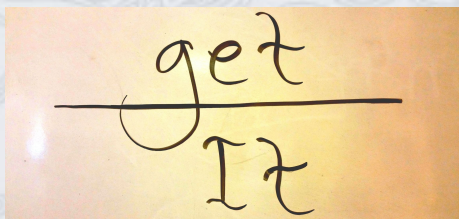
To Exaggerate



Get Wild



Be persistent



Admonition to Recover



**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



Classic Holiday Meal

A popular American St. Patrick's Day tradition is a meal of corned beef and cabbage. While not a true custom of the Emerald Isle, it can be traced to Irish immigrants who came to the U.S. at the turn of the century. They substituted corned beef for their native dish of Irish bacon and added cabbage since both ingredients were readily available and much cheaper.

**We Will Be Having a
Traditional Irish Meal on
St. Patrick's Day!**

Memory Care Neighborhood

Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.



Some creative time in Memory Lane

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)



Peace



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



We Received Our Vaccinations!



Thank You to CVS Who Administered the Vaccinations to Our Staff and Residents.



We received the Pfizer vaccinations here at the Gardens.



We are so grateful we were able to receive the vaccine!

Cheesy Irish Soda Bread

Irish soda bread gets a boost of flavor from cheddar cheese.

Ingredients:

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons caraway seeds
- 1 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 cup shredded Irish cheddar cheese, or any sharp cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Directions:

Preheat oven to 350° F.

In a large bowl, mix flour, sugar, baking powder, baking soda, salt and seasonings. Stir in cheese. Set aside.

In a medium bowl, mix eggs and buttermilk. Add to dry ingredients and stir until well blended. Spread batter into a lightly greased 9-inch round cake pan.

Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove bread from pan and let cool completely on wire rack.

Find more recipes at McCormick.com.

Guess Who?



Who is this lovely lady? Answer pg. 7

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.



find us on facebook!



What We Do ...

We celebrate holidays, WE play games, WE help each other, WE show Team Spirit, and so much more!

We Stay Positive,
We're ALL in this TOGETHER!



Our Valentine's Guessing Game!



Hiara and myself (Sheila) serve fresh baked cookies!



Show & Tell, Mary Ann G. shares a sentimental item.



Caregiving and Housekeeping staff show their LOVE!



Hiara and Maricela

When Irish Eyes Are Smiling

Probably the most recognized Irish ballad, the tune was written by George Graff, a German, and Chauncey Olcott, who was born in Buffalo, New York. Graff was never in Ireland in his life and Olcott grew up in the United States. It's just goes to show: There's a wee bit o' Irish in all of us!



A Festive Passover

Happy Passover to all of our residents! May your festival celebrations be filled with joy and delight.

Passover begins at sundown on
Saturday, Mar. 27



The Lovely lady from Guess
Who on pg. 6 is
our resident Gerri Bruno!!



Good Times at Ring Toss!

