



# 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

### April 2021



### Happy Easter!

Bonnets, bunnies and baskets! Colorful eggs and jelly beans!

Spring is here, and good news is on the way in many, many ways. It has been a long winter and now it is time to breathe in some fresh air.

Julie and David Chirikian along with the entire staff want to wish you and your family a happy and safe Easter holiday.

### Word for April: Rejuvenate

The new growth of the season debuts this month, splashing color and life into parks, lawns and gardens everywhere. While the fresh air rejuvenates, or "gives new vigor," to our surroundings, the attitude in April makes us feel like kids again. Suitably, the Latin root of "rejuvenate" means "young." May all of the new activity put a little spring in your step.





### RESIDENT BIRTHDAYS

4/2	Robert Haley
4/3	Thomas Elbert
4/4	Kristen Harnum
4/18	Robert Whittier
4/19	Chuck Harrison
4/20	Sam Pan
4/21	Darma Dickinson
4/23	Juanita Smouse
4/29	Jane Ang

### EMPLOYEE BIRTHDAYS

4/7	Anthony Cruz
4/11	Alejandro Gonzalez
4/13	Paulina Salazar
4/15	Sally Dimaguila
4/16	Leticia Garcia
4/17	Khanh Tran
4/22	Silva Duenas
4/26	Rick Stubbs
4/27	Michelle Oliveras



### April Is All About SPRING!

#### WORD FOR APRIL IS: ECOSYSTEM

During April, Mother Earth begins her annual rejuvenation process of replacing winter's cold with spring's warmth. Our ecosystem (defined as "the complex of a community of organisms and its environment functioning as an ecological unit") also undergoes a change.

As far as the eye can see, a renewal of life takes place as people plant gardens and clean homes, while birds and bees flit about doing their thing. Take a moment this month to stop and smell the roses and appreciate the symbiotic relationship found between nature and humans.



#### Positive Thought

"When the world wearies and society fails to satisfy, there is always the garden."

—Minnie Aumonier

### 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**



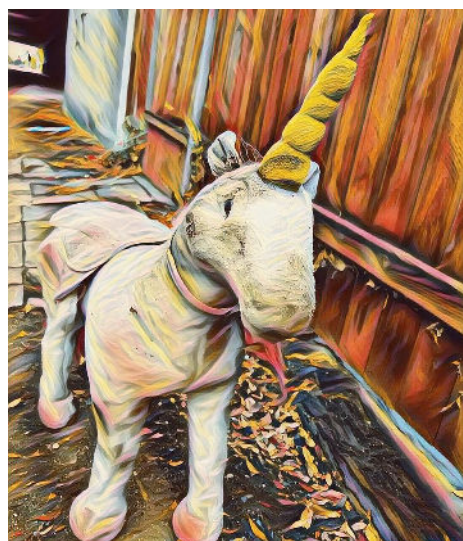
### CONCIERGE

Come talk to our helpful concierge team that is ready to help you 24 hours a day.





## Signs O' The Times



Found on the Roadside ...



Rix Fix It - New Purse Handle for Doris



Ice Cream Castles in the Air ...



**RUSS SIMSARIAN**  
Resident Council President

## Resident Meeting

### *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  
Thurs., April 8th  
2:15 pm  
Dining Room

## Welcme

### New Residents

Maurice Spadaro  
Andrew Arceo  
Josephine 'Fietje' Ralston  
Walter Adler  
Anthony Morales (Mem. Lane)





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



What you say to someone you adore.



Old-fashioned name for an adoring couple.



When you offer your affections.



A cozy, romantic seating for a couple.  
(How many "2's" are there?)



**NATHAN ROJAS,  
CULINARY SERVICE DIRECTOR**

### ARCADIA GARDENS FINE DINING

#### Breakfast

8:00 am - 9:00 am

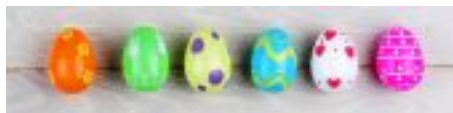
#### Lunch

12:00 pm - 1:00 pm

#### Dinner

5:00 pm - 6:00 pm

### EASTER Is on Sunday, April 4th We Will Have a Traditional Easter Lunch/Supper



## **Memory Care Neighborhood**

### Sunshine Keeps You Sharp

Warm rays of sunshine against your skin not only feel good, but can also help lower your risk of developing Alzheimer's disease and other types of dementia, which are affected by vitamin D levels. Sun exposure for 10 to 15 minutes a few times a week can help you get your recommended dose of D.

With the warmer weather coming we plan to be out on the patio soaking up some of that rich Vitamin D. We have been busy in Memory Lane. Whether we are crafting, exercising, or making music, we keep busy and are looking forward to a bright and energized SPRING!



Social Time is always a Good Time!





## 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)



~ Crucifix ~



## 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





## HAPPENINGS

Something is always going on at the Gardens.

A delivery from Girl Scout Madeleine...friend of our resident Wes. Thanks for the cookies.



Thank you!



Georgina & John. This makes us SMILE!



*Springtime Happy Hour*  
Fri. Apr. 23rd - 3:00pm  
Dining Room

## Time for Crafting!



St. Patrick's Day Crafts.  
Watch for dates for Earth Day Crafts this month. Earth Day is April 22nd.



## Baseball Begins

For baseball fans, the most important event of the year takes place this month: opening day! Come root for the home team at our opening day party, then make plans to join us the rest of the season as we watch MLB games together. Check the calendar for details!



Opening Day, Thurs. April 1st!

## Can You Guess Who?



This resident still looks the same in my opinion... just a few years older. Can you guess who this is?  
Answer bottom right 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](http://www.Facebook.com).





## The Easter Bunny's on His Way!



### Chocolate Bunny Bonanza

More than 90 million chocolate bunnies are sold in the U.S. each year.

### Mardi Gras Was a GOOD TIME!

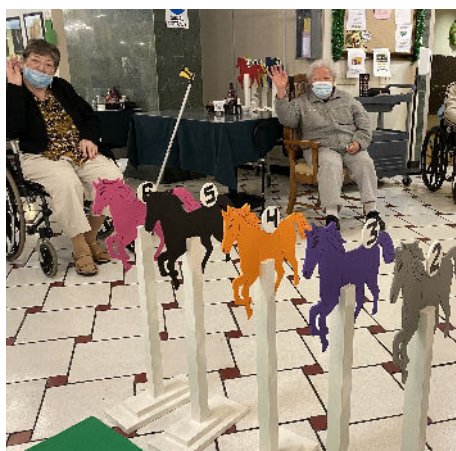


Duane is happy to Celebrate.



Kay & Virginia ..Lettin' the Good Times Roll

### Arcadia Gardens Horse Racing Derby ~ Always Great Fun for ALL!



Pauline & Reiko betting on their favorites.



## We Got the Beat!



Our New Drum Exercise Class is really a great time - Stop by and try it out!



Music is great for the SOUL!

## Santa Anita Doesn't Have Anything on Us!!



Watch for next month's races...time to be announced.







Arcadia Horse Racing Derby...We had ourselves a BLAST!

