



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

July 2021



Word for July: Freedom

On the Fourth of July, people all across this great nation will gather to celebrate something so special it's almost taken for granted—freedom. In 1776, our founding fathers severed ties to the British crown and, in doing so, we the people of the United States have lived in the “absence of necessity, coercion or constraint in choice or action” (as defined by *Merriam-Webster.com*) for more than 230 years. Now, go have fun exercising your right to life, liberty and the pursuit of happiness!

Julie & David Chirikian, along with the entire staff, wish you a healthy and safe Fourth of July!



RESIDENT BIRTHDAYS

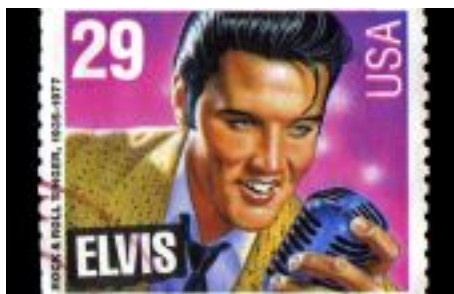
7/2	Pauline Terry
7/10	Pat Rizuto
7/13	Mae Putterbaugh
7/14	Kwansik Minn
7/14	Mona Bynny
7/16	Margie Harshberger
7/17	Paul Johnson
7/21	Moses Katz
7/22	Benita Garcia
7/26	Rosemary DePiazza
7/26	Matsuko Scheffler
7/27	Leilani Reyes

EMPLOYEE BIRTHDAYS

7/1	Dinora Carranza
7/2	Yulissa Banuelos
7/4	Angela Soto
7/7	Elizabeth Camacho
7/17	Willy Lazo
7/21	Yumi Ludwig
7/23	Yasmine Villagomez
7/24	Dora Ramos
7/24	Rose Varro
7/25	Liza Olmeda
7/25	Manuela Maldonado
7/27	Julie Asad
7/28	Amalia Cabanas
7/28	Liborio Cabanas
7/29	Hector Garcia
7/31	Ramona Campos
7/31	Karen Roman

Memorable Melody: 'Don't Be Cruel'

Elvis Presley released this bouncy, rockabilly song in July 1956. Legendary songwriter Otis Blackwell penned the lovelorn lyrics that include the catchy plea, "Don't be cruel to a heart that's true." This single was the B-side to another tune you might recognize, "Hound Dog," making the double-sided hit record one of the most famous in music history. "Don't Be Cruel" took the No. 1 spot on the pop, country and rhythm and blues charts, and later that fall, the future King of Rock 'n' Roll performed it for fans on "The Ed Sullivan Show."



Musical Memories
Tuesdays at 3:30 pm
Oval Room
Come Hear Your
Old Favorites!



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

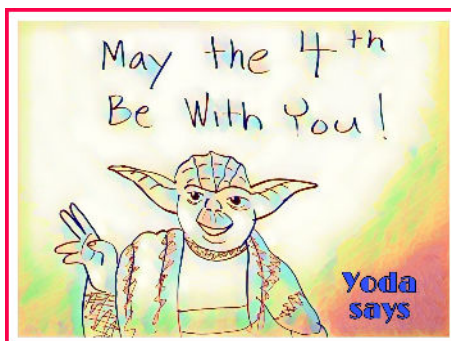
Come talk to our helpful concierge team that is ready to help you 24 hours a day.



Happy 4th of July From the Activities Department



And Greetings From a Galaxy Not Too Far Away



Resident Council

RESIDENT COUNCIL MEETING For ALL Residents

Next Meeting
with our new
President- Wes Hofland
Vice President - Joe Packard
Thursday, July 8th
Dining Room
2:15 p.m.

Welcome New Residents

Carlos Flores
Laura Flores
Ruby Liang
Mona Bynny
Mary Post
Tim Wong
Yuet Wong
Peter Hu
Nancy Hu

To Do at the Gardens



10:30 a.m. Saturdays in the Oval Room

Images of Interest



A Pirate Treasure Map in the Sky?



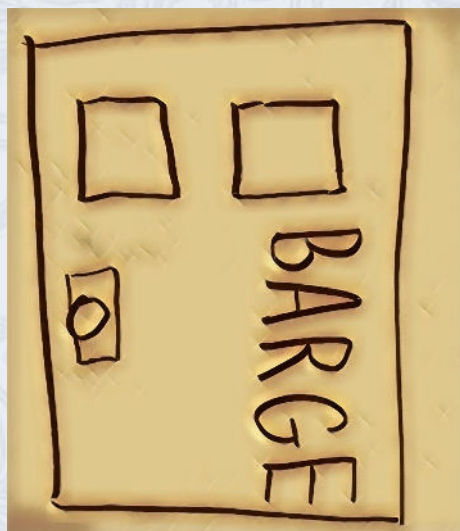
Fireworks for Your Mouth!



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



From Shakespeare's "Hamlet"



To enter without knocking



Smart



Telling someone they are almost a stranger



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

Fourth of July Lunch

We will have an All- American
Lunch on the 4th to CELEBRATE
this Great Nation of Ours,
The Good Ol' U.S.A.
Let Freedom Ring!



Red, White and Blueberry

July brings National Blueberry Month, the prime time for the little blue fruit. It's one of only a few fruits native to North America, and the U.S. is the world's largest producer of blueberries, growing about 600 million pounds of wild and cultivated varieties each year.



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.

Social Time & Summer Fun

We have been spending time this summer getting out in the garden when it is not too hot, and just enjoying the outdoors. Daily stretching, socializing, and moving and grooving is important to us. We have also been getting creative with crafts and so much more. From all of us at Memory Lane, we wish you and yours a healthy & happy SUMMER!



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)



Faith



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

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

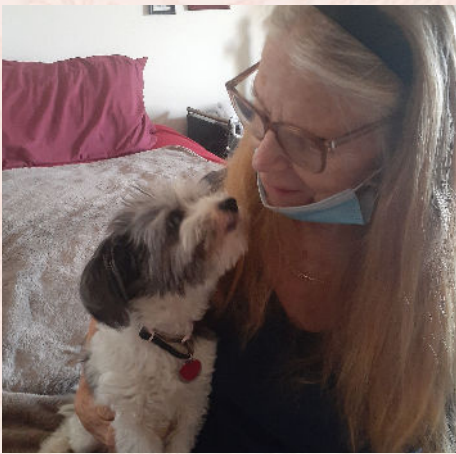
12:45 pm D/R

Performer to be announced



Another New Doggy at Arcadia Gardens

Meet Jazzy. This cute little pup belongs to Yum. She is such a sweetheart. She loves to give kisses and is so friendly!



The sweetest lil' girl!

Just Be You

"Act as young as you feel. You're not getting older; you're getting more entitled to be your fabulous self." —Gwen Stefani

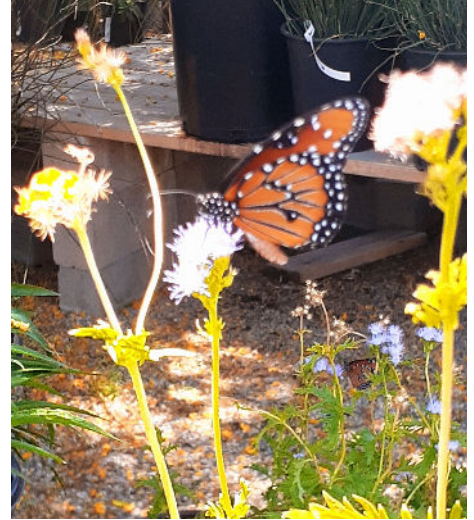
BOOM Is BACK

We are happy many of our performers and instructors are coming back. We have waited a LONG time to see them.

As we move along, we will be seeing more of our old friends!



Sights of Summer



This beautiful Monarch butterfly practically posed for this photo. Sheila took this in nearby Monrovia.



Watch for Old Friends



Friends like Tatjana!
Watch for Our Summer Concert dates which will be Announced!
We are Looking Forward to it!

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.



A Crafty & Creative Summer



These gorgeous pastels pieces were drawn during our "Fun with Pastels" class. Watch for times in the calendar.



Linda at work.



A Little Tropical Umbrella in Your Wreath



The ladies had a fun time crafting these whimsical summer wreaths.



Yum is looking quite festive!



Crafting is a fun & social way to spend some time with friends.

We Celebrate in Style!



Ernesto is happy to be celebrating another birthday ... Rodrigo lends a hand!



So glad to have family back for visits. Betty & Penny celebrate as well!





We are so happy some of our exercise instructors are back. We were so happy to welcome BOOM back to The Gardens!

