



# 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

### August 2021



### Greetings From the Activities Department

Welcome to the dog days of summer! We have plenty of "cool" activities planned this month, so make plans to dive right in and join us for some fun times. If you have any suggestions, comments or questions, please stop by the Activities office. Our door is always open, and we enjoy chatting with each and every one of you! Make sure to take some time to re-hydrate this month! Julie & David Chirikian along with the staff want you to stay healthy and safe, and enjoy the rest of your SUMMER!





### RESIDENT BIRTHDAYS

8/1	Ruth Alpert
8/3	Patsee Plumlee
8/4	Michael Durando
8/5	Elaine Vilven
8/8	Claudia Bertero
8/9	Linda Winn
8/13	Miriam Knight
8/14	Duane Leonhard
8/14	Helen Lum
8/16	Joe Rosati
8/19	Teresita Lo
8/19	Robert Pitzer
8/20	Gladys Thomas
8/25	Harley Hart
8/26	Reiko Takai
8/27	Georgia Dekens
8/28	Laura Flores
8/29	Lyle Wroan
8/31	Charles Thomas

### EMPLOYEE BIRTHDAYS

8/2	Daysi Carino
8/3	Michael Marrufo
8/3	Ligia Khachaturyan
8/7	Jonathan Hernandez
8/14	Elizabeth Nava
8/14	Kevin Rodriguez
8/17	Ping Dong
8/17	Rodrigo Soriano
8/18	Juliana Mendez
8/22	Maria Herrera
8/25	Marlene Mendez
8/26	Johanna Haugen
8/27	Amanda Castaneda
8/27	Laura Avila
8/28	Maral Mardirosian

### Word for August: August

As a noun, the word "August" indicates the eighth month of the year. As an adjective, "august" means "inspiring reverence or admiration," according to *Dictionary.com*. With the sun beginning to set on the summer season, it's the perfect time to reflect on people in your life whom you admire and revere. Better yet, tell them—either by email or in person. You'll make their day, their week and maybe even their summer.



### Sky Watch: Full Sturgeon Moon

The end of August brings the full Sturgeon Moon. At this time of year, Native American tribes had the most plentiful catches of the large freshwater fish, which were once abundant in the waters of the Great Lakes.



### 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.





## A Bouquet From Our Wonderful Gardens



All In Our Front Yard!

## Guess Who's in the Sculpture Zoo!



Registering with the "Giraffe" Board?

## Fascinating Critters



Orchid Mantis of Malaysia



Scaly Anteater of Sub-Saharan Africa

## Images of Interest



Geisha Doll



Nina en un Caballo

# Resident Council

## RESIDENT COUNCIL MEETING

### For ALL Residents

## 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, Aug. 12th  
2:30 pm  
Dining Room.

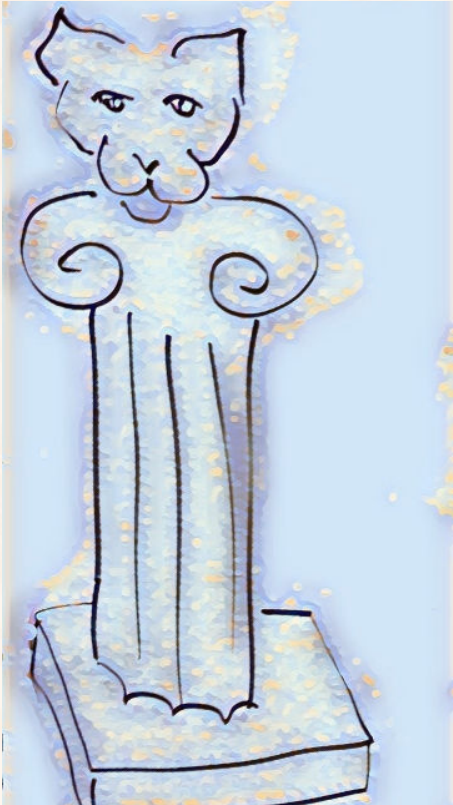
## Welcome New Residents

Maria Dexheimer-Memory Lane  
Charles Rambo-Memory Lane  
Manon Santucci-Memory Lane  
Raquel Guzman





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



A Feline Column = a Fuzzy Moth Larva



Said When Someone's Trying to Fool You



A Word Meaning "Cranky" and  
Ill-Tempered  
(Soup is Often Contained in The First  
Object)



**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

### **Double the Hydration**

Nutrition experts say you can double up your hydration by snacking on fresh produce.

Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H<sub>2</sub>O can help you stay better hydrated.



## **Memory Care Neighborhood**

July was a busy month in Memory Lane. We have been busy with crafting, exercising, making music and celebrating summer. We celebrated the Fourth of July with a flair. Patriotic decorations, hot dogs & burgers and good old fashioned ice cream cones!

We enjoy some garden and patio time before it gets too hot and we are making sure to stay nice and hydrated with refreshing beverages. We look forward to August and plan to do a lot of reminiscing, and having great conversations. Stay healthy friends... We plan to.



## 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)

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Peace

## BINGO SCHEDULE



Monday - Friday, 1:30 p.m.  
Sunday, 2 p.m. (No Saturdays)



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



This is especially for Sheila's Exercise  
PALS!!!

## Music Programs

Our music program has still NOT RETURNED to its Pre-COVID Schedule, which is listed here. The Current Calendar will list what is up and coming.

### 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



Erik Ekstrand and his Big Band!



## A Little Summer Crafting



A Little Summer Crafting



A great way to spend creative time with friends.



## Summer Concerts - Poolside! Wednesdays 6:30pm



*Tatjana was great....We've got more!*

08/04 - Jordan Preston  
08/11 - Robin & Norm  
08/18 To be announced  
08/25 - Erik Ekstrand Big Band  
LUAU to be announced



Erik Ekstrand & His Big Band  
will get your blood pumping and your  
feet tapping!!



Jordan Preston  
will cover the classic crooners & some  
Rock 'n' Roll

## Look at Landscapes

Mountains, meadows and other landscapes can set the scene for serenity, whether it's a view of the real thing or scenic terrains in a photograph or a painting hanging on a wall. Research shows that after looking at landscapes, people reported health benefits similar to those associated with being in nature, including calm feelings, reduced pain and faster healing.



Our beautiful San Gabriel mountains are a sight to see...even if you have to look past a few buildings!!

## 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).





## INDEPENDENCE DAY



We started the Fourth with a bang....even in exercise class! Julie & Pauline.



Michael, Leilani & Ernesto!



Pat showed her patriotism at our concert!

## 4th of July Concert



TATJANA performed poolside.



Fantastic food for the Fourth of course!



Linda at the concert

## Reverse Parade in Arcadia

Downtown Arcadia Patriotic Reverse Parade and food drive for Foothill Unity Center! We were able to donate for a good cause.



Look who stopped by...Elvis & The Arcadia Peacock!



A reverse parade where the people on the streets, wave at us (the cars, etc).



Even Captain America said "HELLO"!





Celebrating good times with our residents!



## We All Scream for Ice Cream!

Many people beat the summer heat by dipping into their favorite ice cream. Take a "lick" at these popular parlors and see when and where they began serving up their cool treats.

Year	Ice Cream Shop	Location
1934	Carvel	Hartsdale, N.Y.
1935	Friendly's	Springfield, Mass.
1940	Dairy Queen	Joliet, Ill.
1948	Swenson's	San Francisco
1953	Baskin-Robbins	Glendale, Calif.
1968	Braum's	Oklahoma City
1976	Häagen-Dazs	Brooklyn Heights, N.Y.
1978	Ben & Jerry's	Burlington, Vt.
1988	Cold Stone Creamery	Tempe, Ariz.
1989	Bruster's	Bridgewater, Pa.