



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

October 2021



Let's Celebrate Fall

From gazing at the colorful leaves to sipping a warm mug of apple cider, autumn is full of special moments to celebrate. Come savor the season at our Fall Happy

Hour, Our Annual Halloween party, where you can enjoy music, ghost, and goblins, and some good old-fashioned FUN! Get those costumes ready. David and Julie Chirikian along with the staff want to wish you a happy and healthy October and a festive & safe Halloween.





RESIDENT BIRTHDAYS

10/1	Wendy Warchaw
10/5	Georgina Mckemie
10/10	Nancy Hellman
10/14	Lee Soo
10/18	Woleen Dorion
10/22	Margaret Gillies
10/25	Mary Gonzales
10/25	Annie Packard
10/30	Rene Wilson
10/30	John Mckemmie
10/31	Fidelio Tarzia
10/31	Ruth Courtney

EMPLOYEE BIRTHDAYS

10/6	Teresita Posadas
10/14	Victoria Lim
10/14	Hiaira Miranda
10/14	Marie Brooks
10/16	Fatima Escario
10/19	Carla Gutierrez
10/30	Patrick Brown
10/30	Alberto Mendoza



Scary-Good Benefits

Settling in with a blanket, a bowl of popcorn and a spooky movie is a fun October tradition—and it can have startling health benefits! The adrenaline rush and emotional response associated with an onscreen thriller may help you cope with worries and anxiety in your real life. Along with releasing the body's "feel-good" chemicals dopamine and serotonin, the brain becomes more alert and active while watching a suspense flick. Even the immune system can get a boost: One study showed that people who watched a scary movie had a higher number of infection-fighting blood cells compared to those who just sat quietly in a room.



Our Annual Halloween Party

will be held on Fri. Oct 29th at LunchTime

Prepare to get Batty with Fun & Festivities.

We would love you to wear a COSTUME.



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.



Crafty People Do Abstract



Margie's "Thing-a-ma-jig"

One Colorful Critter!



Red-Eyed Tree Frog - Central America

What's THIS? Actually Seen at the Gardens!



\$300 Play Dough to who identifies this!

The FULL Food Experience!



Sing Along Sat 10:30 a.m.

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, Oct. 14th
2:30 pm
Dining Room.

Welcome New Residents

Minnie McMillan
Ronald Stowe
Carol Cuthbertson
Donald Norwood
Salwa Barsoun
Millie Vega
Betty Murrey
Dorothy Leong
George Leong
Gloria Snow
William Holmes
Sandi Brune
Amparo Aranda
Kendal Lortz
William Taiyoshi



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



We root for this long-shot



The first station dedicated to pop music
(It's hollow)



He's in the running again!



Frittering away the moments



**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

Autumn may be here, but that doesn't mean the growing season is over. October is prime time for many tasty and nutritious fruits and vegetables, including apples, potatoes, pumpkins, winter squash, cabbage, kale, turnips, peppers and sweet potatoes.



**Memory Care
Neighborhood**



**STAYING ENGAGED
and SOCIAL**

We always look for ways to keep our residents engaged, social and active. This is so important in Memory Lane. We start our mornings with stretching and exercising. We continue on to crafts, music, or games as seen above. With Fall upon us, and the season changing (as much as it may or may not here in California), we get ready for Halloween and holiday themes. We hope you are getting ready to. Watch out for those friendly ghosties and goblins!



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

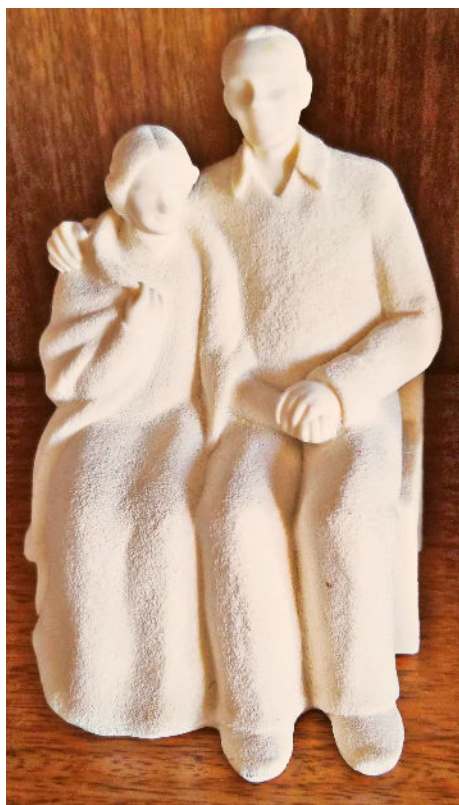
Church Fellowship

9:30 am alternating Sundays

3:30 pm w/ Mary Ann

(see calendar)

True Love Abides



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



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



La Señora Maria De Los Angeles "Angie"

Nació en Venice, California y asistió la Secundaria Temple City High School. Después de graduar, conoció el Señor Hernán Lecea y se casaron el 19 de Septiembre 1953.

Decidieron ir al pueblo, San Julián, Jalisco, Mexico. No habian vecinos, electricidad, ni agua. pero lo mas importante tenían su amor.

"Angie" tiene 6 hijos, Hernan, Hector, Rebeca, Celia, René y Jaqueline. "Angie" le gusta croché.

-Rafael Ybarra-



Angie



Time for Gaming



Whether it's the Horse Racing Derby or Mexican Train, we have a great time.



Mexican Train - Watch for times on the calendar



The Fall Classic

It was 100 years ago this month that baseball fans first heard the World Series broadcast on the radio. Technology now lets us watch and stream the action and post and tweet about it. The 2021 World Series is scheduled to begin Oct. 26.

Let's hope our L.A. Dodgers make it to the Series this year!



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 



A Send Off to Summer



Barbara & Virginia



Aloha to summerhello Fall



Aloha from Walter and Linda



The Luau spirit, Roseanne and Ida

LUAU STYLE



Beautiful Manea Polynesian Dancers



Hiaira & Sheila with the Manea Dancers

The Grounds Looked AMAZING



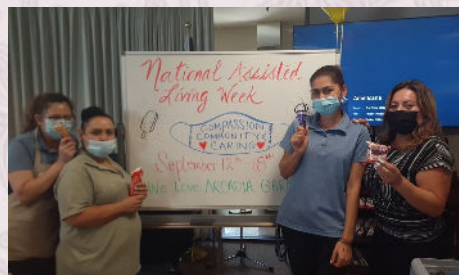
Crafty People Do Pumpkins!



Oh yes they do...Let the pumpkin season continue!



Arlene and her Great Pumpkin!



Celebrating National Assisted Living Week



Erik Ekstrand Ensemble rocks the house on a balmy summer evening!

