



# 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  
Pamela Parsons ..... Executive Director  
Valentina Ashjian ..... Business Director  
Nune Hasratyan ..... Wellness Director  
Emilio Nocelotl ..... Culinary Service Director  
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Rick Stubbs ..... Activity Director/Arts/Music  
Hiaira Miranda ..... Activity Director/Operations  
Claudia Vasquez ..... 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

### February 2022



### Happy Valentine's Day!

February is upon us and Valentine's Day is here, among many other occasions this month. Feb. 1st is the beginning of the Chinese New Year, the year of the Tiger. It is the month that we honor Black History. Feb. 2nd is Groundhog Day, and Super Bowl 56 is on Sunday, Feb. 13th. February 21st is Presidents Day. Wow, that is quite a few celebrations that are coming up. February is probably best known for Valentine's Day, so we wish you a wonderful, loving day filled with BEST WISHES from all of us at Arcadia Gardens!

### Cards From the Heart

The earliest surviving Valentine's Day message, a poem, dates from 1415. Victorian-era greetings featured lace and embossed paper, and at that time, it was considered bad luck to sign a Valentine's Day card. Today, more than 1 billion valentines are exchanged each year.

## RESIDENT BIRTHDAYS

2/12 Yanit Guillerma  
 2/12 Ida Jerahov  
 2/12 Carlos Flores  
 2/13 Beverly "Bev" Niederman  
 2/21 Kay Obler  
 2/25 David Ramirez  
 2/28 Linda Armstrong

## EMPLOYEE BIRTHDAYS

2/8 Maribel Banuelos  
 2/10 Sarita Micky  
 2/10 Suzana Zadourian  
 2/18 Allan Canizales  
 2/18 Norma Gallo  
 2/23 Eva Gonzalez  
 2/26 Queenie Leung



## Chinese New Year Starts Tuesday Feb. 1st



## Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

**Red.** The color of romance, red roses have a simple yet heartfelt message: "I love you." Additional symbols of a red rose include respect, passion and beauty.

**White.** Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

**Yellow.** The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

**Pink.** Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

**Lavender.** These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

## 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 Valentine's Day!

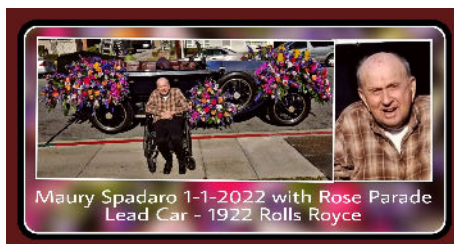


Love Buds



Love Birds

## Rose Parade



Cindy with Rose Parade Flowers

## 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, Feb. 10th

2:30 pm

Dining Room

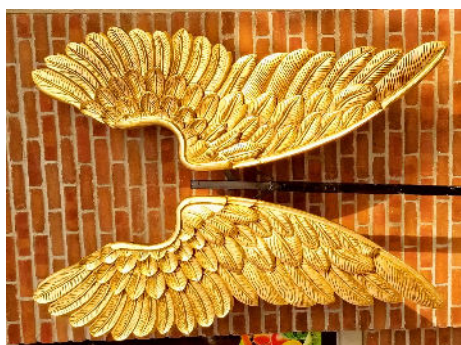
## Welcome New Residents

Charles Yue  
Alice Noriega  
Richard Beranek  
Ng Sheung  
Lois Haladay  
Peter Rhee  
Charley Cadet



**Super Bowl 56**  
**Sun. Feb. 13**  
**Watch for Details**

## Seen Around



They Finally Arrived!



Elegance





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



An Explorer



Turkoman Territory 14th - 20th Century  
Footstool Meets Baseball Ref(?)



Easily Annoyed



Emilio Nocelotl  
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

### A Perfect Pairing

Chocolate-covered strawberries are a sweet treat this time of year. It's a combination that was created in the 1960s. At a Chicago food shop, Lorraine Lorusso had the idea to dip fresh strawberries into melted chocolate and then let them harden. The pairing proved to be a hit with customers, and the confection became a craze that's now a classic Valentine's Day dessert.



## Memory Care Neighborhood

### Walking May Prevent Dementia

Dodging dementia may be as simple as taking a walk. A study from the University of Pittsburgh found that walking about six miles a week seems to protect seniors from brain shrinkage and cut their risk of developing memory and thinking problems in half.

### Movement in Memory Lane

We always take time to do our daily exercise and stretching in Memory Lane. Movement keeps the motor skills tuned and is good in so many ways. Along with crafting and games, and romance movies for the month we are ready for a Fantastic February!





## 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)



Love is...

## 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







Sheila and Gerri at our ladies tea.  
Feb. 2020

How Lucky I am to have  
something that makes saying  
goodbye so hard.  
~ Winnie the Pooh

It has been a pleasure working  
here, and I will miss you. I  
have enjoyed editing the  
newsletter these past 5 years.  
Thank you! I will visit. That's  
a Promise!  
Sheila K.

### Francesca's Beading Class Is a Big Success!



### Beading

Francesca F. has donated so  
many of her beading materials  
she has acquired over the years  
and we are so grateful. Arcadia  
Gardens has provided beautiful  
beads as well. If you'd like to  
come to the next beading class,  
make sure to sign up.



Francesca F. finishing off necklaces.



### Crafting Is Good for the SOUL



Crafting is a great way to spend time with  
friends. Kay's necklace in progress.

### 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).





## Rose Parade Car Visits Arcadia Gardens



Reiko



Edna



Dorothy & George

Many residents had a chance to pose with the beautifully decorated car on the gorgeous January day!



Peter & Bill



## Catherine D.'s 100th Birthday



Catherine, with a big SMILE on her 100th!



## Love Stories

Many readers go head over heels for romance novels. The genre attracts about \$1 billion in national book sales each year.



## Month of Games

All eyes are on athletes this month, with many major sporting competitions taking place. The Winter Olympics run from Feb. 4 to Feb. 20; Super Bowl LVI will be Feb. 13; and Feb. 20 will see both the NBA All-Star Game and the Daytona 500 NASCAR race.



## Groundhog Day

Will Punxsutawney Phil see his shadow on Feb. 2? Will we have six more weeks of winter, or is spring right around the corner?

We'll have some groundhog-themed activities as we eagerly await Phil's prediction, so check the calendar for all the details!







A beautiful old car from the Rose Parade stopped by for a photo op!  
Pauline T. (Grandma Nonni), and Suzana

