



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
Sheila Kinney Activity Director/Editor
Rick Stubbs Activity Director/Arts/Music
Hiaira Miranda Activity Director/Operations
Claudia Vasquez Marketing Director
Ramona Campos Director of Housekeeping

www.arcadiagardensretirement.com



WELCOME HOME!

Contact Numbers

Main Office (626) 574-8571
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Memory Lane Care (626) 574-1500
Beauty Shop (626) 574-0469

January 2022



A Bright and Shiny New Year! Welcome 2022!

January is always a time for new beginnings, fresh starts, and a positive outlook. We are ready for a great year ahead. We still faced some challenges in 2021, and now we are moving forward and affirming **GOOD THINGS** in 2022!

Julie and David Chirikian, along with the entire staff at Arcadia Gardens, are ready to serve you and make sure you are comfortable and happy here at your **HOME—Arcadia Gardens.**
God bless you in the New Year!



RESIDENT BIRTHDAYS

1/5	Wes Hofland
1/6	Joe Packard
1/6	Rafael Ybarra
1/8	Virginia Stefanovich
1/9	George Walker
1/9	Colleen Brennan
1/10	Harriet "Yum" Kane
1/10	Elnora Campos
1/11	Arlene Johnson
1/11	Katherine Conley
1/13	Catherine Dach
1/15	Edna Gutierrez
1/17	Mike Liu
1/20	Connie Pineira

EMPLOYEE BIRTHDAYS

1/6	Ana Maria Chavez
1/8	Flor Deharo
1/9	Claudia Vasquez
1/12	Ingrid Cardona
1/12	Sarahi Cristin Williams
1/19	Xue Shi
1/22	Cruz Aguilar
1/24	Bryan Nuñez
1/25	Dina Guerrero
1/30	Tony De Avila
1/31	Maria Leticia Cruz



5 Things About: January

- January is the coldest month in the Northern Hemisphere and the hottest month in the Southern Hemisphere.
- Scholars say the name January derives from the Latin word for "door."
- With the exception of leap years, January begins on the same day of the week as October.
- The birth flower for the month is the carnation.
- The third Monday of January is recognized as Martin Luther King Jr. Day.



Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.

I Resolve To ...

About 60% of people in the U.S. make New Year's resolutions. According to surveys, the most common are: eat healthier, lose weight, exercise more, save money, and learn a new skill or hobby.

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.



From All of Us to All
of You!



May This Be the Best Year
of Your Life!

Another One of Kay's
Krafty Koncepts



How Much Is That Doggie in the
Courtyard?

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, Jan. 13th

2:30 pm

Dining Room

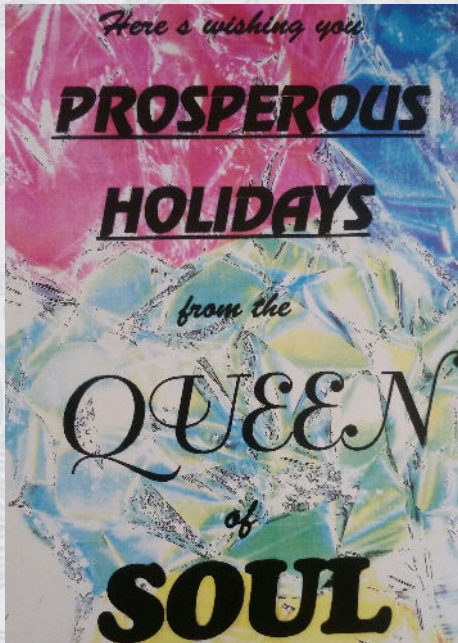
Welcome New Residents

Isabel La Chance
Bruce Belkin
Edna Gutierrez
Edward Rembecky
Lois Londean
Linda Chen
Rachel Shafer
Louis Heim
Amy Johnston (M/L)
M/L - Memory Lane



(A PUDDLE!)

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



(Punchline Below)



Happy Gnu Year?



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

Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types: Chowder, Broths, Cream, Bisques, Consommés.

We may not serve consommés here at The Gardens, BUT we do have delicious soups. Some favorites are the French Onion, Clam Chowder, the Mushroom and Minestrone. What is your favorite soup that we serve?



Memory Care Neighborhood



Best Wishes in 2022 From All of Us in Memory Lane!

Memory Lane was filled with festivities during the Christmas season, and we are ready for a great 2022. Lots of movement, music, and social interaction are planned as we move into the new year. Some entertainers will be coming back in soon, and we are really looking forward to that. Once again, we wish you a happy & healthy 2022.

Be well!



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)

Bless This New Year



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 Paulina

Talley nació en la ciudad de Bristol, Rhode Island, en 1923.

Los padres, Santo y Mariana Miano, tuvieron 8 hijos: Maria, Phelipa, Providencia, Beneto, Salvadora, Antonina, Dominico y Paulina.

Durante su juventud, Paola asistió la primaria, central Jr. High y tenía planeado asistir a la secundaria, Samuel Colt Memorial High School cuando el hermano, Benedeto, anunció sus planes de ir a Los Angeles para tomar clases en la Universidad USC y llegar a ser Médico. Para darle ánimo, toda la familia se mudó con él. La movida fué difícil, durmiendo en los pisos duros y fríos de los ferrocarriles

Benedeto llegó a ser un Médico famoso y bien conocido.

Adenlante Paola!

~Rafael Reyes Ybarra~



Pauline, also fondly known as Grandma Nonni

Holiday Crafting



Crafting together is a great way to stay social.

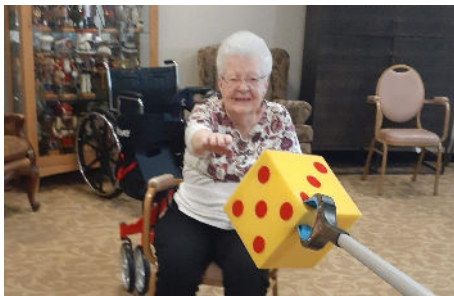


Sheila & Hiara helping along.



Arlene & Pauline

Stretch Yourself - Try Something NEW!



Virginia...doing just that!



Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

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 facebook!

Christmastime

We had a nice Christmas Season. Hanukkah was celebrated as well with a Hanukkah Dinner for our residents. We had a lot of fun decorating and being together—Residents and staff.



Christmas Tree Decorating Party



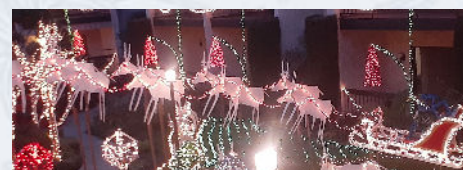
The residents got in on decorating the Oval Room Tree.



Tanya - Thanks for all your beautiful Beauty and Salon services!



Hiaira did a beautiful job on the Trees & Decorations!



The Maintenance Crew set up all the Lights! BRAVO!!



Happy New Year! L to R: Sheila, Elizabeth, Bella, Valentina, Pam, Rina, Maral & Hiaira.

Bundle Up! ❄️ Winter is Here ❄️

