

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
Suzana Zadourian Wellness Director
Emilio Nocelotl Culinary Service Director
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
Fax Number	(626) 574-2094
Memory Lane Care	(626) 574-1500
Beauty Shop	(626) 574-0469

#### 'Honey' Is One

How many words can you come up with using the letters in "chocolate bunny"?

#### April 2022



#### **Wear Your Wellies**

A pair of rubber rain boots are both fashionable and practical during soggy weather. In the United Kingdom and Canada, the boots are affectionately called "wellies," short for Wellington boots, which were invented in the 1800s by Arthur Wellesley, the first Duke of Wellington. Valued for decades by horse riders, soldiers and outdoor laborers, wellies later became stylish spring wear for all types of people, and now come in a wide variety of colors and patterns.

#### **Get Hooked on a New Book**

If you love to read but find yourself getting too distracted to finish a book, try this trick: When you start a new title, commit to reading 60 pages in one sitting. This gives you enough time to become familiar with the characters and the story's structure, so instead of setting the book down and forgetting about it, you'll be hooked.

#### **RESIDENT BIRTHDAYS**

- 4/1 Nguyet Ho
- 4/3 Elbert Thomas
- 4/14 George Leong
- 4/18 Robert Whittier
- 4/19 Chuck Harrison
- 4/20 Sam Pan
- 4/21 Darma Dickinson
- 4/21 Maurice Spadaro
- 4/23 Richard Beranek
- 4/28 Joseph Miller
- 4/29 Myron Stevenson
- 4/29 Mary Jane Ang
- 4/30 William Taiyoshi

#### **EMPLOYEE BIRTHDAYS**

- 4/11 Alejandro Gonzalez
- 4/12 Irene Gomez
- 4/15 Araceli Dimaguila
- 4/16 Angelica Alvarez
- 4/16 Leticia Garcia
- 4/16 Rosario Hernandez
- 4/17 Khanh Tran
- 4/22 Silvia Dueñas
- 4/26 Richard Stubbs
- 4/27 Michelle Olivares







#### **From Bulbs to Blooms**

A cheerful sign of spring, the tulip has been dazzling humans for thousands of years.

Though they bloom from mid-April through May, tulip bulbs are planted in autumn because they need cold weather during their dormant stage to grow properly. There are more than 3,000 cultivated varieties of tulips, representing nearly every color of the rainbow. Common hues include red, yellow and pink.

Native to central Asia, the flower gained popularity throughout the Ottoman Empire and was cultivated as early as A.D. 1000. The word "tulip" comes from a Persian word meaning "turban." Sultans would wear the flower on their turbans as a symbol of life.

Although tulips are often associated with the Netherlands, they didn't reach that country until 1593, when botanist Carolus Clusius planted bulbs in Leiden University's garden. The flowers' appeal grew, and the Netherlands experienced a "tulip mania" in the 1630s. The price of tulip bulbs soared so high, some varieties cost as much as a house.

#### 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

#### <u>⊗</u> 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.



#### Tonia Tenerelli Celebrates Her 40th Year at Arcadia Gardens!



Our beautician extraordinaire!



#### **Guess Who?**



Ti voglio tanto bene, mamma.

#### **Guess Who?**



Her Favorite Songs Are "Que Sera, Sera" and "Jingle Bells"

#### **Found Around**



# Resident ()



### 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, April 14th
2:30 pm
Dining Room



Paul Allan Phillips
Diana Olson
Tu V Tran
Nguyet Ho
Michael O'Connor
Rhonda Roberts
Fanny Chan
Joseph Valenzuela
Myron Stevenson

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



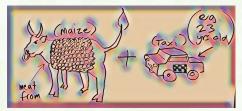
One who gives unwelcome directions from behind



A classic Irish ballad



Fanciful clothes for a party or parade



Traditional Irish Dinner



A celebration.



A traditional Mardi Gras stew



Emilio Nocelotl Culinary Service Director

#### ARCADIA GARDENS FINE DINING

Breakfast 8:00 am - 9:00 am <u>LUNCH</u> 12:00 pm - 1:00 pm <u>DINNER</u> 5:00 pm - 6:00 pm





## Neighborhood



#### **Exercises To Ease Aches**

Exercises that engage both the body and mind, such as yoga, tai chi and qi gong, are linked to better pain management. Their gentle, flowing movements and mindfulness practices can help those with lower back pain and arthritis aches, say doctors.





#### **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 TBA (see calendar)





#### **BINGO SCHEDULE**

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





Stretch Class w/ Betty

#### **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 Bella E Inteligente Elizabeth Thaller, Conocida Como "Libby"

Siempre a tenido un gran interés en los estudios de humanidad y el género humano. Libby nació en Palmerton, Pennsylvania y asistió Palmerton High School en la secundaria Libby tomó unas clase donde los maestros de vez en cuando hablaban acerca del hombre humano. Eso encendió una luz y Libby supo lo que quería estudiar en el Colegio. Después de graduar con honores, Libby ya casi no podía esperar para ir a la Universidad de Dickinson College. Allí, encontró un Arco iris de clases. Por primera vez, Elizabeth halló estudios del Hombre de las cavernas de la calle, conducta, el amor, el odio, el terror psicológico, etcétera. Otra vez, Libby graduó con honores y para festejar los días decidió ir a un baile de la Noche Buena y allí conoció un hombre tan simpático llamado Floyd, y fué amor a primera vista y con eso empezó la aventura de amor.



La pareja decidió vivir en Temple City donde el señor Thaller llegó a ser un maestro de la Química y la Física en la escuela Temple City, durante los años el señor Thaller racibió una cantidad de becas de estudios y méritos.

Libby tiene tres queridos hijos Nancy, Barbara y Thomas. Adelante, querida Libby. Rafael Reyes Ybarra





الإسلاد أو اليوس بية أرسم بل و لإيكر الا يعرو واثات هذا التن القديم فيو لا يقسل و ليعب مع الإنجاز أو اليوس بية أرسم بل و لإيكر الا يعرو واثات هذا التن القدم فيو لا يقسل بي ليعب مع ألا يتجويها أنه التنافية في الإنجاز أن التنافي التنافية من استلام المراحد ألها التنافية الم تتصييمات أم تسميحات المراحد أم المستمرة أم يقال المستمرة أم ا



#### 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.



**Craft Time** 









Mardi Gras~Fat Tuesday









**Horse Races at Arcadia Gardens** 







Balloon Volleyball







