



# 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  
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](http://www.arcadiagardensretirement.com)



**WELCOME HOME!**

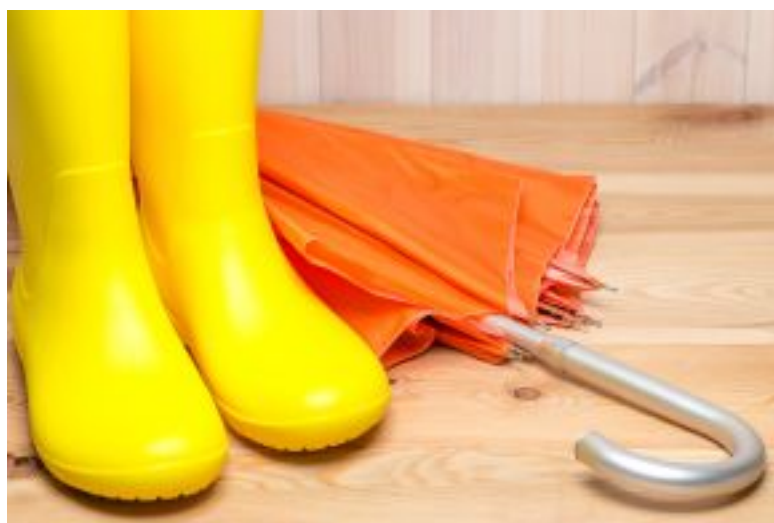
### Contact Numbers

Main Office ..... (626) 574-8571  
Fax Number ..... (626) 574-2094  
Memory Lane Care ..... (626) 574-1500  
Beauty Shop ..... (626) 574-0469

### '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**

&

**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 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, April 14th

2:30 pm

Dining Room

**Welcome**  
**New Residents**

Paul Allan Phillips

Diana Olson

Tu V Tran

Nguyet Ho

Michael O'Connor

Rhonda Roberts

Fanny Chan

Joseph Valenzuela

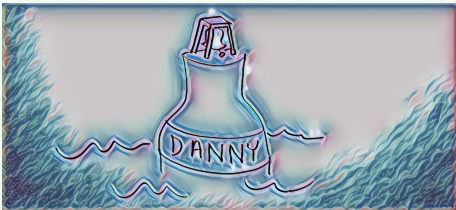
Myron Stevenson



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



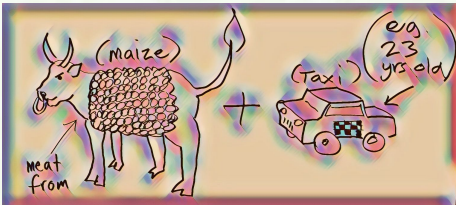
One who gives unwelcome  
directions from behind



A classic Irish ballad



Fanciful clothes for a party or parade



Traditional Irish Dinner



A celebration.



A traditional Mardi Gras stew



Emilio Nocelotti  
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



## Memory Care 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









## Craft Time



## Mardi Gras~Fat Tuesday



## Horse Races at Arcadia Gardens



## Balloon Volleyball





