



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
Rick Stubbs Activity Director/Arts/Music
Hiaira Miranda Activity Director/Operations
Danielle Garcia Activity Director
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

March 2022



First Flowers

The cup-shaped crocus is one of the first flowers to bloom every year. Popping up from the cold ground, sometimes through a blanket of snow, the blossoms announce the arrival of spring with their cheerful colors of purple, yellow and white.

A Bunch of Blarney

One of Ireland's best-known legends, the Blarney Stone is said to give the "gift of gab"—the ability to charm others with witty words—to all who kiss it. Visitors of Blarney Castle, located in County Cork, must climb 127 steps up a steep spiral staircase, lie down on the floor, and lean backward to land a smooch on the stone, which is embedded in an outer wall 100 feet above the ground.

Time Marches On

"Don't watch the clock; do what it does. Keep going." —Sam Levenson

RESIDENT BIRTHDAYS

3/3	Tin Wong
3/5	Gloria De Santos
3/5	Lloyd Isaacson
3/7	Walter Adler
3/13	Cindy Lu
3/22	Charlene Wolf
3/23	Geraldine Bruno
3/28	Zeyad Kotob

EMPLOYEE BIRTHDAYS

3/11	Bella Rabaja
3/15	Angelica Molina
3/22	Kimberly Marquez
3/22	Sandra Palacios
3/25	Juana Rosales
3/28	Lorraine Valenzuela



Happy St. Patrick's Day



Pancakes Aplenty

Sweet or savory, pancakes are enjoyed in many diverse countries. Here's how they stack up across the globe:

Crepe. Thin and airy, these iconic French pancakes are typically folded around fillings such as chocolate, whipped cream and fruit.

Blini. This tiny yet fluffy Russian pancake has become a trendy appetizer, often topped with sour cream and caviar.

Bing. In China and other parts of East Asia, you'll find many varieties of these pancakes. Sometimes, ingredients are cooked directly into the batter, such as the scallions in *cong you bing*.

Kaiserschmarrn. Austria's famous "scrambled pancake" is also beloved in Bavaria, the German region known for Oktoberfest. A large, freshly cooked pancake is torn into pieces and caramelized in butter and sugar, then sprinkled with powdered sugar.

Cachapa. These Venezuelan pancakes are made with freshly ground corn kernels, giving the batter a lumpy texture. They're often topped with cheese or pork and folded in half.

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.



The Greatest Artist of All



Yellow-faced Sun Orchids



Fiddle-head Fern with Dew

Around Our Campus



by Hovhannes



Balinese Princess - Rix Collection



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, March 10th

2:30 pm

Dining Room

Welcome New Residents

Yvonne Beranek
Albert Cheung
Cheuk "Ivy" Cheung
William Liu
Charlene Wolf



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



Not in their natural environment



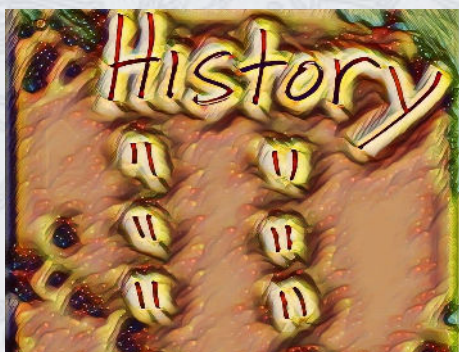
Doing is better than talking



A party to celebrate a birth



A man may work from sun to sun, but



If we don't learn, we make the same mistakes



Emilio Noceloti
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

**Corned
Beef &
Cabbage
Dinner**



Classic Holiday Meal

A popular American St. Patrick's Day tradition is a meal of corned beef and cabbage. While not a true custom of the Emerald Isle, it can be traced to Irish immigrants who came to the U.S. at the turn of the century. They substituted corned beef for their native dish of Irish bacon and added cabbage since both ingredients were readily available and much cheaper.

Memory Care Neighborhood

Scent Study

Testing a person's sense of smell might help predict their chances of developing Alzheimer's disease. A 2016 study found that people who had trouble identifying scents such as menthol, clove, pineapple and lemon seemed to be at a higher risk for Alzheimer's. The findings could lead to an inexpensive and noninvasive way to identify those who would benefit from treatment. Early diagnosis and intervention is very effective in slowing or preventing progression of the disease, researchers say. More studies are planned.



Yum!

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

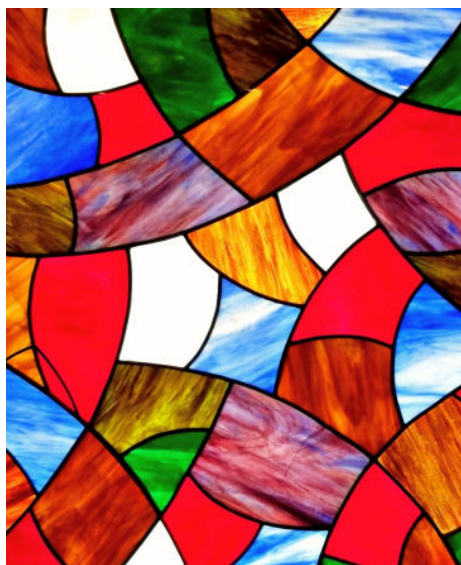
Transportation to local churches

Church Fellowship

9:30 am alternating Sundays

3:30 pm w/ Mary Ann

(see calendar)



Holy



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

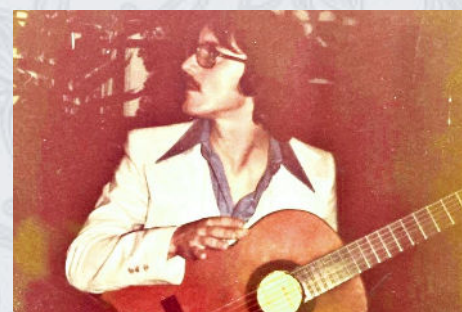
Our All-Resident Band

Open Rehearsal O/R

Sunday

12:45 pm D/R

Performer to be announced



Thomas and Rene



Trip to Hawaii August 1981

"It is the fragile threads of love and sharing, which sew people together through years of marriage."



Super Bowl Viewing Party



DAYLIGHT SAVING TIME BEGINS

Remember to set your clocks ahead 1 hour when you go to bed Saturday night, March 12th. Daylight Saving Time begins on Sunday, March 13th.



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.



Mardi Gras = Fat Tuesday!

Connie Piniera's 100th Birthday



Valentine's Day



"Keep love
in your heart.
A life without it
is like
a sunless garden
when the flowers
are dead."

Valentine's Day Happy Hour



Leon Performs

