



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
Alice Masihi Office Manager
Emilio Nocelotl Culinary Service Director
Hiaira Miranda Activity Director
Claudia Vasquez Marketing Director
Ramona Campos Housekeeping Supervisor
Jaqueline Escobar Community Care Director
Flor Deharo Memory Care Director

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

June 2022



Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers. A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a celebration to say thank you to all our center's dads who've raised generations. We will have a great meal and music.

David and Julie Chirikian along with the entire staff would like to wish all our Dads a Happy Father's Day.





RESIDENT BIRTHDAYS

6/1	Susan Wheatley
6/1	Martha Sorensen
6/6	Barbara Flagor
6/8	Ernesto Bravo
6/10	Betty Paulsen
6/12	Mary Gourdikian
6/14	Isabel Lachance
6/19	Lena Merendino
6/19	Betty Browmen
6/19	Charlcy Cadet
6/20	Ann Calnan
6/20	Stella Kuri
6/22	William Menegatti
6/25	Raymond Young
6/25	Judith McGavin
6/29	Emilia Levario

EMPLOYEE BIRTHDAYS

6/3	Lisa Marie Fabbri
6/13	Leticia Mendez
6/21	Mariah Boyd
6/22	Sonia Demirdjian



What Is a Supermoon?

A few times a year, the night sky is a little brighter than usual with the rising of a supermoon.

The moon's orbit around the Earth is in the shape of an oval, rather than a perfect circle. Furthermore, the Earth is not exactly in the middle of that orbit, so the moon is not always the same distance away. The farthest point in the moon's orbit is called the apogee, and the closest point—about 226,000 miles from Earth—is called the perigee.

The shape of the moon appears to change throughout each month based on where it is on its orbit around the Earth, as well as where the Earth is on its orbit around the sun. When the Earth is aligned perfectly between the sun and the moon, the moon resembles a full circle.

A supermoon is when a full moon is at perigee. It looks slightly larger than usual, though astronomers say only experienced skygazers can tell the difference. However, the moon's brightness, caused by the sun illuminating the surface, is noticeably higher.

You can see a supermoon this month on June 14.

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

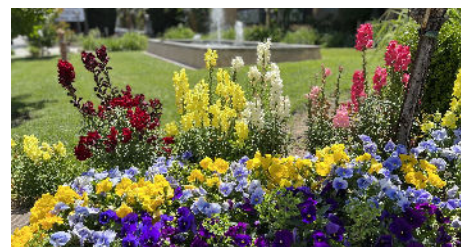
SUNDAY

8:00 am - 10:30 pm

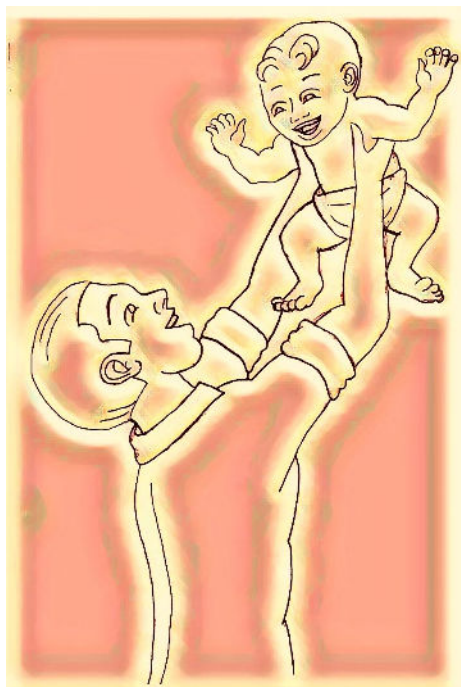


CONCIERGE

Come talk to our helpful concierge team that is ready to help you 24 hours a day.



Happy Father's Day!



— "With Your Strength" — On Father's Day —

With your strong arms you held us high
We squealed with delight
We new-born babies "rock-a-bye'd"
You cradled us at night.

On your strong back you bore the strain
Of life's hard labor, while
You never fretted or complained
It just wasn't your style.

With your strong legs you pulled us forward
And did it with a smile
When times were tough we all were sure you'd
Go that extra mile.

With your strong hands you clothed and fed us
And taught us all you knew
And on the path to goodness led us
And we thank God for you.

So on this special celebration
Realize it's true
That after nine months of gestation
Was born a Father: YOU!

~ Richard Stubbs 2009 ~

Resident Council



RESIDENT COUNCIL MEETING

is for ALL residents
and is a forum to
voice your opinions, questions
and comments.

The next meeting will be held in
the Dining Room,
due to Coronavirus restrictions.

Thursday, June 9th,
2:30 pm
Dining Room

Welcome New Residents

Diana Floyd
Gordon Baden
Georgeann Mitchell
Denis Heffermon
Anne Fiedler



Items of Interest



Beryllium Crystals



Mandolin Tie Clip?

Phyllium Gigantium



Food for thought: How did he evolve to
look like a leaf?

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



Book by John Milton about the fall of man.



Playground taunt about speaking falsely.
(Those are 2 Greek harps above).



Next line in song is, "what will be will be."



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

"Happy Father's Day"

A delicious lunch will be served
on SATURDAY, June 18th
at 12:30 p.m.
in the Dining Room.

Love Those Lentils

Lentils are a member of the legume family and were one of the first foods cultivated in ancient times. They are an excellent source of dietary fiber, as well as folate, magnesium and iron, and contain few calories and almost no fat. Lentils do not require presoaking like many other beans do, and they make a healthful addition to soups and salads.



Memory Care Neighborhood



Fun, Fun!

Coloring isn't just for kids!
This creative activity is a good
way to unwind.



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)



Our Better Angels

BINGO SCHEDULE

Monday - Friday, 1:30 p.m.



EXERCISE CLASSES

Come and join us in staying fit and healthy with our daily classes in the OVAL ROOM

9:30 am, Mon. - Fri. & Sat.

Tuesday/Thursday

Tai Chi Class with Instructor

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

Piano w/ Judy

June 13th & June 27th

10:30 am O/R

Thursday

Norm and Robin

June 16th

12:00 D/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



Mexican Train Dominoes

Every Friday

10:00 am O/R

Craft Time



Cinco De Mayo Festivities



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.



Mother's Day at the Gardens



Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine. Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up! An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

Sip through a straw. Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.



Sweet and Silly

Q: What kind of bouquet did the little boy give to his mom?

A: Son-flowers.

