



# 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](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

### July 2022



### God Bless America & Here's to Our Independence!

If your Fourth of July plans include gatherings of friends and family for barbecues and fireworks, don't forget to take a moment to remember those who fought for our country's independence so long ago.

The revolutionaries of 1776 couldn't have imagined how far we would come. The great strides we've made in science, technology, medicine and social justice are only more amazing when you consider where we started.

So while you're enjoying the all-American foods and breathtaking sights of Independence Day, take some time to thank those first Americans who took a leap into the unknown in the hopes of a better tomorrow.





### RESIDENT BIRTHDAYS

7/1	Gordon Baden
7/2	Pauline Terry
7/4	Thomas Rizzo
7/10	Patricia Rizuto
7/13	Mae Putterbaugh
7/14	Kwansik Minn
7/16	Margie Harshberger
7/21	Moses Katz
7/22	Benita Garcia
7/26	Rosemary Depiazza
7/26	Matsuko Scheffler
7/27	Leilani Reyes
7/28	Peter Chinnichi

### EMPLOYEE BIRTHDAYS

7/1	Dinora Lopez
7/2	Fred Elma
7/6	Cindy Bañuelos
7/6	Yulissa Bañuelos
7/8	Angela Soto
7/13	Maria Gonzalez
7/17	Wilberto Lazo
7/21	Yumi Ludwig
7/21	Arlene Ramirez
7/23	Yasmine Flores
7/24	Michelle Varro
7/25	Manuela Maldonado
7/25	Liza Olmedo
7/27	Julie Asad
7/28	Liborio Cabañas
7/29	Hector Garcia
7/31	Ramona Campos
7/31	Karen Tacuba



### A Tribute to the American Flag

For many of us, the memory of reciting the Pledge of Allegiance in school is a common one. Standing with right hand over heart and speaking its words in unison was a typical start to the day. Fittingly, America's classrooms were the reason for the pledge's creation.

In 1892, Francis Bellamy was a staff member of "The Youth's Companion," a popular children's magazine. He was tasked with creating a patriotic program for the nation's public schools to celebrate the 400th anniversary of Christopher Columbus' arrival in the New World. A key component of the program was a tribute to the American flag that students would recite together. Bellamy drafted the original pledge: "I pledge allegiance to my flag and the republic for which it stands, one nation, indivisible, with liberty and justice for all."

In October of that year, millions of schoolchildren participated in the festivities, and in time, the pledge became a part of classroom routine. Through the years, the pledge has been slightly modified to the words we know today. In June 1942, it was included in the U.S. Flag Code, and in 1945, the official name, the Pledge of Allegiance, was adopted.



### 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**



### CONCIERGE

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

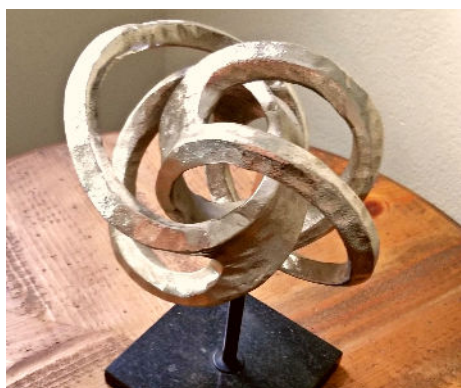




## Around Our Campus



Popular "Kings In The Corner" Players



Art in the Veterans' Hall

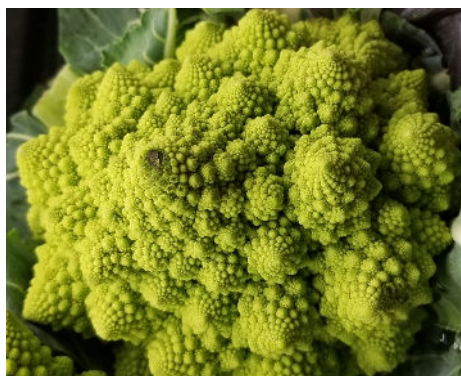


Art in display case.

## The EYES Have It



The Crab Nebula



A Fractal Romanesco Cauliflower



Is it an ALIEN ... or just a SPRINKLER HEAD?



Scientists can't figure out how the Incas joined these stones so exactly in Machu Picchu.

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

## Welcome New Residents

Dorothy Kolb  
Isabel Mecum  
Mike Shih  
Frank Kranz  
Carl Jack  
Margaret Wan





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



Means money isn't easy to come by.



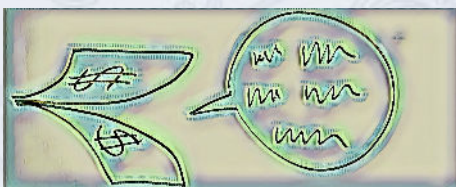
Refers to the powerful influence of cash.



To track the source of a problem, follow the---



To accumulate an ongoing bill ...



When they say cash speaks ...



**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



### Stay Hydrated and Stay Healthy

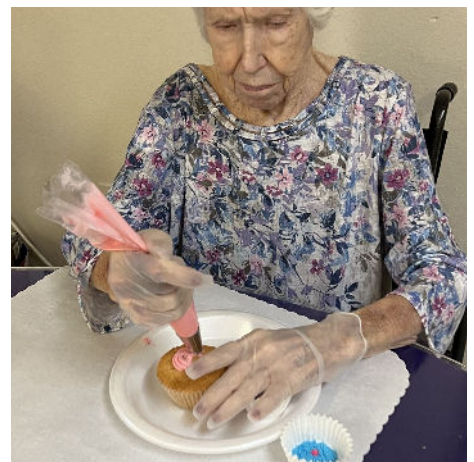
Whether you are being active or simply relaxing, and even if you don't feel thirsty, staying hydrated is essential to your health. Staff members make regular rounds with the hydration cart, so fill up on water or the other beverages offered. If there's something else that would quench your thirst, please let us know.



## **Memory Care Neighborhood**



A smile with frosting on it. There is nothing that a cupcake can't solve. Cupcakes are frosted happiness. In a world full of muffins, be a cupcake. Any day I get to eat cupcakes is a good day. Cupcakes make the world a better place.





## 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.

## EXERCISE CLASSES

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

9:30 am, Mon.- Fri.

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

July 11th & July 25th

10:30 am O/R

### Thursday

Norm and Robin

July 21st

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





## Hand Pampering/SPA



## Arcadia Bucks Boutique



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





## Employee Appreciation Lunch



## Memorial Day

