



ARCADIA GARDENS

RETIREMENT HOTEL

720 W Camino Real Ave. • Arcadia, CA 91007 • (626) 574-8571

Arcadia Gardens Staff

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Hiaira Miranda Activity Director
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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
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Memory Lane Care (626) 574-1500
Beauty Shop (626) 574-0469

August 2022



Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Lightweight Lit

What makes a book a “beach read”? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that’s generally easy to consume, whether it’s a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.

RESIDENT BIRTHDAYS

8/1	Ruth Alpert
8/3	Patsy Plumlee
8/4	Michael Durando
8/5	Elaine Vilven
8/8	Claudia Bertero
8/9	Linda Winn
8/13	Miriam Knight
8/14	Duane Leonhard
8/16	Joe Rosati
8/19	Yvonne Beranek
8/26	Reiko Takai
8/26	Salwa Barsoum
8/27	Georgia Dekens
8/28	Laura Flores
8/29	Carole Cuthbertson
8/31	Charles Thomas

EMPLOYEE BIRTHDAYS

8/3	Ligia Khachaturyan
8/14	Elizabeth Nava
8/17	Ping Dong
8/19	Jairo Aparicio
8/22	Maria Hernandez
8/25	Marlene Mendez
8/26	Johanna Haugen
8/27	Laura Avila
8/28	Marie Mandirosian



Beautiful Beacons

Pretty as a postcard and drenched in history, lighthouses are popular attractions. Shine a light on some of America's most iconic beacons:

Boston Light. First built in 1716 and reconstructed in the 1780s, this Massachusetts landmark is the oldest lighthouse in the U.S. It's also the only one that still has an official keeper, even though the beacon is automated.

Big Sable Point Lighthouse. Michigan is home to over 110 lighthouses, more than any other state, including this black-and-white striped brick structure. Visitors can climb to the top of the 112-foot tower to see stunning views of Lake Michigan.

Portland Head Light. Photographs of this Maine lighthouse are popular, thanks to its charming setting in Cape Elizabeth, Maine, where waves crash against the rocky shore. The tower's beacon was first lit in 1791.

Pigeon Point Light Station. Located south of San Francisco, this lighthouse is the tallest on the West Coast, at 115 feet, and is still in use by the U.S. Coast Guard.

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

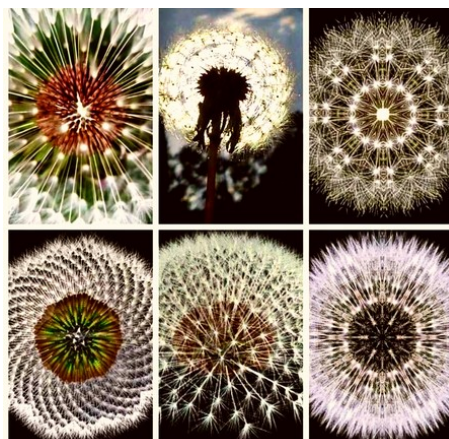
Come talk to our helpful concierge team that is ready to help you 24 hours a day.



The EYES Have It



You've done BERRY well!



Take another look - Dandelion Geometry



Zulu Hud "Picasso" Bug



Predator from Madagascar

Fossa - Predator from Madagascar



Owl Be Seeing You!

~Painting Class~



Every Other Thursday 3:15 p.m.

In the GAME Room

(Check your Calendar)

Sign-Up at the Front Desk

(In the Light Blue Binder)



Painting Class with Rick

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, August 11th,

2:30 pm

Dining Room

Welcome New Residents

Ella Guttman
Elizabeth Smith
Horning Alis
Margie Broughton
Florence Whittermore



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)



Moses by Michelangelo

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



(Answers: Ice cream, lemonade, snow cone, watermelon, cherry limeade, milkshake, Creamside, iced tea. The summery advice is "Stay cool.")

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

Aug. 8th & Aug. 22nd

10:30 am O/R

Thursday

Norm and Robin

August 18th

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

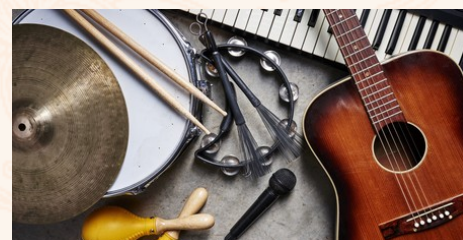
Our All-Resident Band

Open Rehearsal O/R

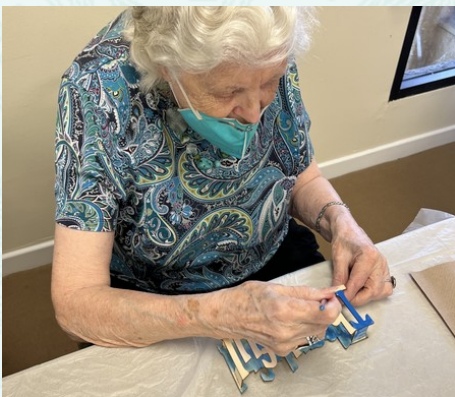
Sunday

12:45 pm D/R

Performer to be announced



Craft Time



Fourth of July!



Join Us for **SHOW & TELL**
Tuesday, Aug. 9th 10:30 Oval Room
Bring your special item and memories
to share with us.



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.



1st Summer Concert Tatjana!



Fietje is exhilarated!



Laugh Lines: A Slice of Fun

Q: When do you go at red and stop at green?

A: When you're eating a slice of watermelon.

Q: Why are the melons planning a big wedding?

A: Well, they cantaloupe.

Q: Why did the watermelon become a gossip columnist?

A: Because she always has all the juice.

Q: How did the honeydew farmer feel after winning the lottery?

A: Like a melon bucks!

Q: What do you get after a pig finishes eating a watermelon?

A: Pork rinds.

Q: Why do cantaloupes take so long to make decisions?

A: Because they're always melon things over!

Q: What did Mr. Melon's wife leave on the refrigerator?

A: A honeydew list.

Q: Why do cantaloupes love soap operas?

A: Because of all the melon-drama.

Q: What do you get when you cross a watermelon with a head of broccoli?

A: The saddest vegetable ever—melon-coli.



Zucchini Fritters

Transform a favorite summer vegetable into hearty fritters.

Ingredients:

- 2 medium zucchinis, grated
- 1 teaspoon salt
- 2 eggs
- 3 green onions, thinly sliced
- 1 tablespoon chopped fresh dill
- 1 clove garlic, minced
- 1/2 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/2 cup canola oil, divided

Directions:

In a medium bowl, toss grated zucchini with salt and let sit for 10 minutes. Transfer to colander and squeeze out excess moisture. Return to bowl and stir in eggs, green onions, dill and garlic.

In a separate bowl, stir together flour, Parmesan cheese, baking powder, cumin and pepper. Stir dry mixture into zucchini mixture to form batter.

Heat 1/4 cup oil in a large skillet over medium heat. Cook fritters in batches by dropping 2 tablespoons of batter into the pan to form one fritter. Cook 2 to 3 minutes per side until golden brown. Drain on paper towels. Repeat with remaining batter, adding oil as needed.



"This Month In History" AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.