



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
Rick Stubbs	Activity Director/Arts/Music
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

September 2022



A World of Words

Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

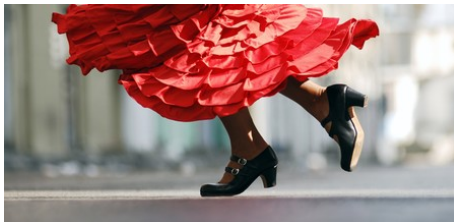
RESIDENT BIRTHDAYS

9/1	Ivy Cheung
9/4	Marsha Argo
9/6	Vera Soliz
9/10	Joseph Valenzuela
9/11	Julie Rose
9/13	Thomas Wilson
9/14	John Mills
9/16	Rachel Shafer
9/19	Linda Arbercombie
9/23	Jeannie Hamley
9/26	Marie Vosgueritchian
9/26	Dara Kokanu
9/29	Miguel Limon
9/30	Kathryn Pettit



EMPLOYEE BIRTHDAYS

9/2	Maria Nava
9/2	Jocelynn Rojo
9/3	Nune Hasratyan
9/4	Susan Ulloa
9/5	Dana Stone
9/6	Julianna Wolf
9/10	Lourdes Cupul
9/13	Claudia Sierra
9/18	Monica Vargas
9/24	Elizabeth Saldana
9/27	Mary Ann Saldana
9/27	Lisa Beth Regula
9/30	Angelice Rodriguez
9/30	Petra Moreno



Groove to These Global Dances

Across cultures, dance has been used to communicate joy, gratitude, love and sorrow. Take a toe-tapping tour of these dances from around the world.

Flamenco. One of Spain's most iconic dances, the flamenco was influenced by a variety of cultures. The movements of the women's bright, frilly skirts bring to life the passion of classic guitar music.

Haka. A ceremonial dance for the Maori people of New Zealand, the haka is a captivating expression of stomping, chest-beating, chanting and facial movements that involve sticking out the tongue.

Apsara. Images representing this Cambodian ballet have been carved on the walls of ancient temples. Slow, deliberate hand movements are the hallmarks of the dance, performed by women in elaborate jeweled costumes.

Eskista. Ethiopia is home to this unique dance, performed by shimmying the head, shoulders and chest rather than focusing on the feet. Eskista is also known as the snake dance, thanks to its slithering motions.

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.



~ Happy Labor Day! ~
From Arcadia Gardens



Rosie the Riveter



In the fields ...



In the factories ...

Sensational Centenarians

You probably know one or two centenarians, or you may even be one yourself! A centenarian is a person who has lived 100 years or more.

Centenarians are the fastest-growing demographic group in many countries. The U.S. is home to about 90,000 centenarians, and research shows that the world's 100-plus population could rise to over 3 million by 2050.

According to the Journal of the American Geriatrics Society, genetics play a large role in whether someone will live to be 100. Centenarians are often people who do not develop

diseases or illnesses until very late in life.

Additionally, access to better medical care, housing, income and nutrition have contributed to the growing numbers of centenarians around the world.

In many surveys, centenarians have credited their longevity to staying active, eating balanced meals, and having a good attitude by not dwelling on regrets or holding grudges.



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, September 8th, 2:30 pm, Dining Room

Welcome New Residents

Beverly Tomeo



**AUTUMN IS A SECOND
SPRING WHERE EVERY
LEAF IS A FLOWER.**

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



Trying to enter a new opportunity



Money burns a hole in my....



Money is the root of...

**---- Bryan Taylor ----
Culinary Services
Director**



**ARCADIA GARDENS
FINE DINING**

Breakfast

8:00 am - 9:00 am

LUNCH

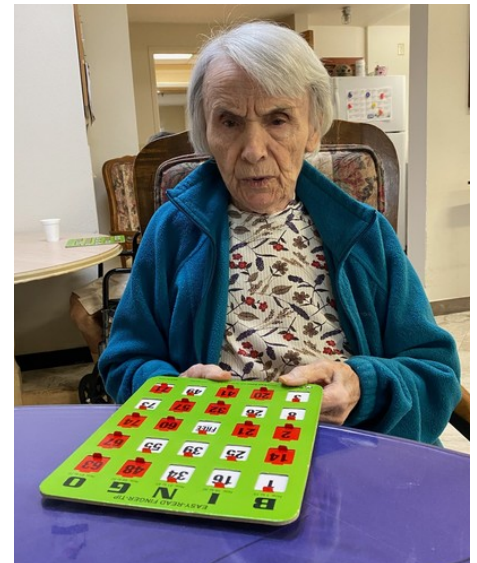
12:00 pm - 1:00 pm

DINNER

5:00 pm - 6:00 pm



**Memory Care
Neighborhood**



BINGO!!

Age Is Just a Number

"You're only as old as you feel!" New research says there's some truth to this classic adage. Studies have linked subjective age—how young or old you feel, not your actual number of years—to a longer lifespan. Ways to feel younger will vary from person to person, but doctors suggest finding hobbies and activities that are important to you, such as spending time outdoors or playing a game from your childhood. Using assistive devices to boost independence, such as a walker or hearing aids, also affects subjective age in a positive way.



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)



The House of the Lord



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



Balloon Volleyball

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

10:30 am

Piano w/ Judy O/R

Sept. 5th & Sept. 19th

Thursday-Sunday

12:00 and 5:00 pm

Piano w/Rick D/R

Friday

6:30 pm

Twilight Guitar w/Rick O/R

Saturday

10:30 am

Sing-Along w/Rick O/R

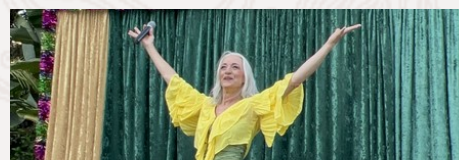
3:30 pm

Our All-Resident Band

Open Rehearsal O/R



Norm and Robin



Remember Me?

Her success is no mystery. Agatha Christie was one of the bestselling authors in history. Here are some clues about the queen of the whodunit.

- She was born Sept. 15, 1890, in the seaside town of Torquay in Devon, England.
- As a child, Christie enjoyed reading and writing poems.
- After marrying, she worked in a hospital pharmacy and wrote her first book, "The Mysterious Affair at Styles," which was published in 1920.
- Christie wrote more than 80 books and short stories, most of them mysteries, selling 2 billion copies worldwide.
- Among her many characters, her two most popular were detectives Hercule Poirot and Miss Jane Marple.
- Christie wrote several plays, including "The Mousetrap," which premiered in 1952 and remains the world's longest-running play, still showing today in London's West End.
- She wrote several novels under the pseudonym Mary Westmacott.
- Christie is the most-translated author, and her works have been adapted for radio, TV, films, video games and comics.

The Second String Orchestra



Maestro Roberta Wilcox



We would like to wish all the grandparents in our community a happy Grandparents Day, Sunday, September 11. Grandparents make a real difference in the lives of their grandchildren.



Friend Us on Facebook

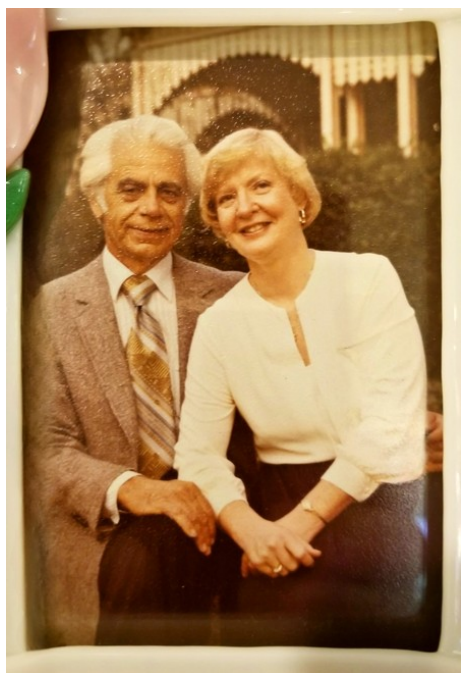
Did you know our community has its own Facebook profile? It's true! And we want you to be our friend. To become our friend on Facebook, simply search for us on www.Facebook.com.



Fun Stuff



Rhonda and Baby
Are Sharing Pet Visits With Us!
They're in the Front Lobby
at 10:30 a.m. on Sundays



Guess Who the Woman Resident on the
Right Is And Win \$300 in Play Dough.

Laugh Lines: Silly Squirrels

These squirrely jokes will
drive you nuts!

Q: Why are squirrels so good
at explaining things?

A: Because they give it to you
in a nutshell.

Q: What is a squirrel's favorite
flower?

A: Forget-me-nut.

Q: What do you call a squirrel
who solves mysteries?

A: Squirrel-ock Holmes.

Q: Why did the squirrel bury
lottery tickets under a shrub?

A: He was hedging his bets.

Q: What did the squirrel
order on top of her latte?

A: Extra nutmeg.

Did you hear about the
squirrel who worked at a bank?
He was the branch manager.

Beware of talking to the
squirrel. He will probably tell
you acorn-y joke.

Look at that squirrel—he
can't decide whether to jump to
the ground or to the tree. He's
on the fence.



Carol Burnett's Comedy

Millions of viewers spent
their Saturday nights laughing
out loud because of "The Carol
Burnett Show," the first TV
variety show to be hosted by a
woman. Still ranked as one of
television's best, the series
premiered on Sept. 11, 1967.

The hourlong program was a
mix of comedy sketches, musical
numbers and parodies
performed by Burnett and cast
members Vicki Lawrence,
Harvey Korman, Tim Conway
and Lyle Waggoner. The group
often spoofed movies and
TV shows, with "Went With the
Wind" and "As the Stomach
Turns" among the show's many
memorable segments. Another
recurring skit, "The Family," was
spun off into a popular sitcom,
"Mama's Family."

Episodes were taped in front
of a live audience. The close-knit
cast became famous for
ad-libbing and trying to make
each other laugh during filming,
and the moments of breaking
character were often left in the
final cut.

Burnett began most shows by
saying, "Let's bump up the
lights," and then taking
questions from the audience.
She ended each program by
singing her theme song, with the
lyrics "I'm so glad we had this
time together," then tugging her
left ear, which was a loving
signal to her grandmother.

"The Carol Burnett Show"
aired for 11 seasons.



"This Month In History"

SEPTEMBER

1927: Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

1961: The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

1964: "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

1977: Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

1982: With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

1993: The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

2016: California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

2020: Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.