



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
Bryan Taylor 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

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Beauty Shop (626) 574-0469

November 2022



Word for November: Thankful

This Thanksgiving, at tables across the country, friends and families will sit down and enjoy a bountiful meal together. Yet the holiday means more than having a delicious dinner. It's also a day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day of the year.



Julie and David Chirikian would like to give "Thanks" to all the residents and family. We are grateful for our staff as well, and plan to move ahead into the Holiday Season with **positivity** and **thankfulness**. We wish you all a **Safe and Happy Thanksgiving**.

RESIDENT BIRTHDAYS

11/6	Francesca Fagnani
11/6	Tu Van Tran
11/6	Lauri Feidler
11/6	Howard York
11/7	Rhonda Roberts
11/9	Dolores Contla
11/10	Patricia Hunter
11/20	John Hubbs
11/23	Helen Norine Snider
11/24	Goldie Scinta
11/24	Florence Kerechuk
11/26	Pauline Talley
11/26	Margaret Bradfute
11/26	Chiyoko Yamashiro
11/27	Nvair Gaboudian
11/28	Helen Sato

EMPLOYEE BIRTHDAYS

11/1	Steven Padilla
11/4	Vincent James Moreno
11/6	Jaqueline Escobar
11/8	Robert Likadinata
11/9	Bonnie Ormonde
11/15	Aizhen Li
11/26	Charmaine Sanchez
11/27	Nailing Wang
11/28	Gohar Srapyan
11/30	Andrea Vasquez



Untying the History of Aprons

Many people's kitchen memories include tying on a much-loved apron before getting out the ingredients for a delicious home-cooked dish. This simple garment has served humankind for thousands of years.

The name "apron" evolved sometime in the 14th century from the French word *naperon*, meaning a small tablecloth. But humans had been wearing aprons long before that, whether for ceremonial purposes, to indicate status, or most commonly, to protect the body and other clothing from messy work.

Long associated with cooking and cleaning, as the uniforms of maids, butlers and chefs, the apron became a symbol of domestic bliss in the 1950s. Half-aprons were the fashionable choice, with a typical woman owning several to match different outfits. Switching from a working apron to a hostess apron was common, as was sewing seasonal aprons to wear for holiday dinners.

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.



**VOTE! - Exercise Your
American Right - It
MATTERS More Than Ever**



God Bless America

The Eyes Have It



COLLIE-flower and Broc-COLLIE?



Found in Outer Space!: Ethyl Formate -
The Chemical That Gives Raspberries
Their Flavor!



Crafty Autumn Leaf



Guess Who



Sky Horse



Rick's Birthplace by the Monongahela
River in Pittsburgh

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, November 10th,
2:30 pm,
Dining Room

Welcome New Residents

Diane Klein
Jeane Bernabei
Silvia Gutierrez
Frankie Mangels
Eli Tseng



Time to Change Your Clocks

Daylight Saving Time ends at 2
a.m. on the first Sunday in
November. This year is on Nov.
6th. Set your clocks back
one hour.

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



'40s Jazz Singer



After summer break, kids go...



Song about a sad girl



Someone who can't wake up (punctuation)



Bryan Taylor- Executive Chef

**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

**Thanksgiving Day A
Delicious Bountiful Meal
Thursday, Nov. 24th at
12:00 p.m.**

Bryan Taylor, Head Chef, along with the dietary staff will be preparing a wonderful dinner for all of our residents this Thanksgiving. It will be a delicious feast.
HAPPY THANKSGIVING!



**Memory Care
Neighborhood**

**Fun, Fun!
Decorating Cupcakes**



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)



Angel of Mercy

BINGO SCHEDULE

Monday - Saturday, 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

10:30 am

Piano w/ Judith O/R

Nov. 7th & Nov. 21st

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 & Robin

Nov. 17th

12 p.m.

Dining Room



Remember Me?

With her classic beauty, actress Grace Kelly reigned as Hollywood royalty, then became a real-life princess. Look back at her storybook life:

- She was born Nov. 12, 1929, in Philadelphia.
- After high school, Kelly moved to New York to study acting.
- She acted in stage plays, then moved to Hollywood, where she starred in numerous TV productions.
- A year after making her film debut, she was cast opposite Gary Cooper in the 1952 Western "High Noon."
- Kelly next co-starred with Clark Gable in "Mogambo." The role made her a star and earned her an Oscar nomination for best supporting actress.
- In 1954, she won the best actress Oscar for her role in the drama "The Country Girl."
- While appearing at the 1955 film festival in Cannes, on the French Riviera, she met Prince Rainier III of Monaco. Their courtship sparked a media frenzy.
- A year later, the couple married in a lavish multi-day event dubbed "the wedding of the century," with a star-studded guest list of 700.

Salute to Veterans

"Veterans Day gives all Americans a special opportunity to pay tribute to all those men and women who, throughout our history, have left their homes and loved ones to serve their country," declared President Ronald Reagan in 1986. Salute the country's 20 million veterans on Nov. 11.



Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin.

Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.



**HAPPY
VETERANS
DAY**



HONORING ALL WHO SERVED

**Friday, Nov. 11th at
5:00 p.m.**

Celebration & Banquet in
honor of our Arcadia Gardens
veterans.



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.



CRAFT TIME!



Pneumonia: Know the Facts

Pneumonia is an infection in one or both lungs in which the air sacs in the lungs become inflamed and fill with fluid, causing symptoms that are similar to the flu or a cold. Pneumonia is most commonly caused by a bacteria or virus.

Pneumonia often develops after someone has been sick with a cold or the flu, when the lungs are weakened and less able to fight infections. People with chronic conditions such as chronic obstructive pulmonary disease or asthma are more likely to get pneumonia.

Rest and fluids are predominantly used to treat this illness, along with antibiotics for a bacterial infection. With treatment, someone with a mild bout of pneumonia will recover in about two to three weeks. Older adults and people with health problems may take six weeks or longer to get better.

Pneumonia can be mild or very serious. Getting a flu vaccine, washing your hands frequently, and getting a pneumococcal vaccine—especially if you are over 65 or have a chronic illness—will reduce your risk of getting pneumonia.



Maple Breakfast Braid

Ingredients:

- 1 package (16 ounces) breakfast sausage
- 1/4 cup maple syrup
- 2 eggs, beaten
- 1/2 cup green onions, sliced
- 2 Granny Smith apples, peeled and diced
- 1 1/2 cups dry herb stuffing mix
- 1 package (2 sheets) frozen puff pastry, thawed
- 2 egg whites
- 1 teaspoon water

Directions:

Preheat oven to 400° F.

In a large bowl, combine sausage, syrup, beaten eggs, green onions, diced apples and stuffing mix.

Dust work surface with flour and roll out one pastry sheet to a 12-by-18-inch rectangle. Transfer pastry to large baking sheet lined with parchment paper. Spoon half of sausage mixture down center of pastry.

Make 3-inch cuts down sides of pastry. Fold each strip in toward the center, alternating sides, to "braid" the dough. Fold both ends of the pastry in to seal the filling. In a bowl, beat egg whites and water; brush the egg wash over the pastry. Repeat steps with the second pastry sheet.

Bake 25 to 30 minutes or until brown, rotating pans after 15 minutes.

*Find more recipes
at Culinary.net.*



Thank You
VETERANS

