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

Main Office	(626) 574-8571
Fax Number	(626) 574-2094
Memory Lane Care	(626) 574-1500
Beauty Shop	(626) 574-0469

December 2022

Ho, ho, ho! Break out the mistletoe! Merry Christmas and Happy New Year to you and your family. With the holidays coming quickly, we hope yours will be wonderful. Julie and David Chirikian, along with the entire staff here at Arcadia Gardens, truly wish you a healthy, prosperous and happy holiday season.

Happy Birthday

RESIDENT BIRTHDAYS

12/1	Ah Zu Wei
12/1	Jack Fahey
12/3	Sophie Kessler
12/4	Dennis Heffernan
12/6	Silvia Gutierrez
12/7	Angie Lecea
12/13	Lia Katz
12/14	Yuet Kum Wong
12/19	Georgeann Mitchell
12/19	Harry Horak
12/20	Bruce Belkin
12/27	William Scolery
12/29	William Liu
12/30	Fietje Ralston

EMPLOYEE BIRTHDAYS

12/2	Pamela Parsons
12/9	Myleen Batoon
12/11	Cathy Rossi
12/15	Gaiane Barsegian
12/18	Maricela Manzano
12/21	Tyniya Perryman
12/25	Siranush Grigoryan
12/28	Marites Deita
12/30	Agripina Delgado

Pretty Poinsettias

With vivid red blooms and a festive appearance, the poinsettia is a popular plant during December. Native to Mexico and Central America, poinsettias were introduced to the United States by Joel Roberts Poinsett, a botanist, physician and the first U.S. ambassador to Mexico. The plant is named after him.

The poinsettia is a perennial flowering shrub that grows wild in both tropical and dry forests. In their native habitat, they can grow to be more than 10 feet tall. The colored petals that resemble a flower are actually modified upper leaves called bracts. The poinsettia's true flower is its tiny yellow center.

The Aztecs used poinsettia bracts to make a reddish purple dye for fabrics. They also used the sap from the leaves to control fevers.

The poinsettia is the bestselling potted plant in the U.S. and Canada. Red remains the most popular color of poinsettias, but there are more than 100 varieties, including pink, white, yellow, purple and multicolored versions.

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 Most of Christmas Past

David's Spectacular Holiday Designs!

Margie Enjoys the Moonlight Forest

Hiaira's Splendid Tree Decor!

More Moonlight Forest Wonders

More Decor!

Seen Locally.

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, Dec. 8th,
2:30 pm,
Dining Room

Welcome New Residents

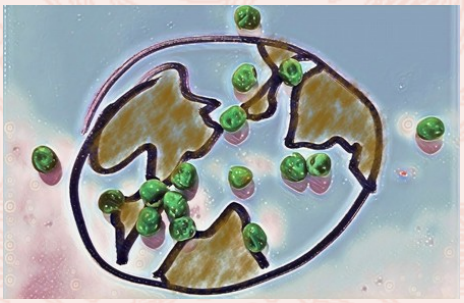
Michel Dooner
Jessica Eng Hall
Hwang Pashian
David Dabyshire
Limin Xiong

Happy Hour

Please stop by Happy Hour
Tuesday, Dec. 20th
3:00 p.m.
Oval Room
We would LOVE to see our new
Residents
so we can welcome you!

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

A tart, red holiday sauce.



Followed by, “and goodwill to men.”

What a cat gets on the beach at Christmas.
(Who says, “Ho Ho Ho?”)

Christmas song about a special quiet evening when Christ was born.

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

Resident Christmas Dinner Will Be Held on Thursday, Dec. 22.

PERFORMER
Jordan Preston

Santa Claus is coming to town! Don’t miss out on having your picture taken with Mr. & Mrs. Claus.

Memory Care Neighborhood

Stay Grounded

The next time you’re relaxing outdoors, take a moment to connect with the Earth—literally. A type of therapy called grounding is gaining attention for its effects on chronic pain, sleep quality and mental health. The main method is simple: Stand or walk on the grass or sand while barefoot. You can also place your hand on the ground. Some research suggests that the Earth’s electricity links to the body to reduce inflammation and improve mood, while other health experts believe the benefits are mostly due to the calming effects of being in nature.

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)

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Feliiz Navidad

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

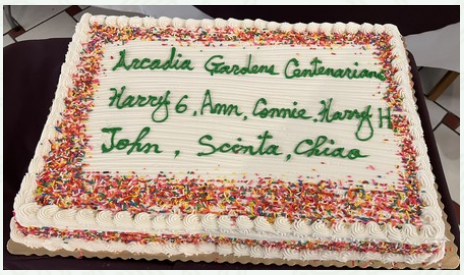
Music Programs

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
Dec. 5th & Dec. 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

Celebrating Our Centenarians



Arcadia Mayor
Tom Beck

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.

Halloween Fun!

Pumpkin Carving Contest

1st place winner was
Charles Gonzales

Veterans Day Celebration

Operation Gratitude boxes from the city of Arcadia were delivered for our Vets!

Illustratus
www.illustratus.com
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