



# 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](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

### February 2023



### Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!



**Happy Valentine's Day to all of our residents. We hope you have a sweet one!**



# Happy Birthday

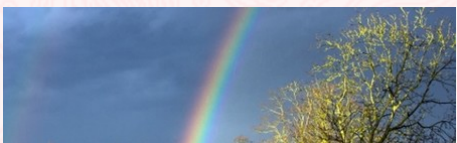


## RESIDENT BIRTHDAYS

2/1	Paul Phillips
2/12	Guillerna Yanit
2/12	Ida Jerahov
2/12	Carlos Flores
2/21	Kay Obler
2/24	Gisela Jorgensen
2/25	David Ramirez
2/28	Linda Armstrong
2/28	Siu Mun Chan

## EMPLOYEE BIRTHDAYS

2/9	Diana Rodriguez
2/10	Sarita Micky
2/10	Suzana Zadourian
2/11	Ivan Arevalo
2/11	Darren Wen Jiang
2/18	Norma Gallo
2/20	Nora Cruz
2/23	Eva Gonzalez
2/25	Bethany Ormonde



## Sending a Message

Millions of tokens and expressions of love will be exchanged on Feb. 14. Consider:

- 110 million roses, the majority red, will be sold within a three-day time period.
- 1 billion Valentine's Day cards are exchanged each year.
- About 50 percent of cards are sold the week of the holiday, the largest and most elaborate cards sold in the final 48 hours.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children ages 6 to 10 exchange about 650 million valentines.
- In 1866, candy manufacturer NECCO made the first "Conversation Hearts." Every year, 8 billion of these little candies are sold between Jan. 1 and Feb. 14.



## 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.

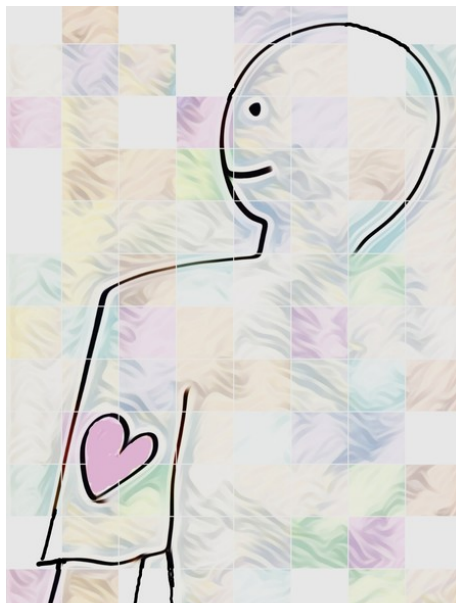




~ From All of Us ~



~ Love Craft ~



It's Okay to Wear Your Heart On Your Sleeve  
With Those You Love

AWW...



The Sweetest Chihuahua EVER!



**February Forecast**

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

Groundhog Day is Thursday,  
Feb. 2

# 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 Thursday, Feb. 9th, 2:30 pm, Dining Room

## Welcome New Residents

Sally Chic (ML)  
David Sakai  
Siu Mun Chan  
Celeste Bartsche

## Happy Hour

Please stop by Happy Hour Friday, Feb. 17th 3:30 pm Oval Room We would like to see our new Residents.





## WordPlay \_\_\_\_ Check Calendar for Times



Greeting for February 14



Day for Lovers (Fork prongs are "tines")



Someone kind is said to have a...



To courageously offer your love



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



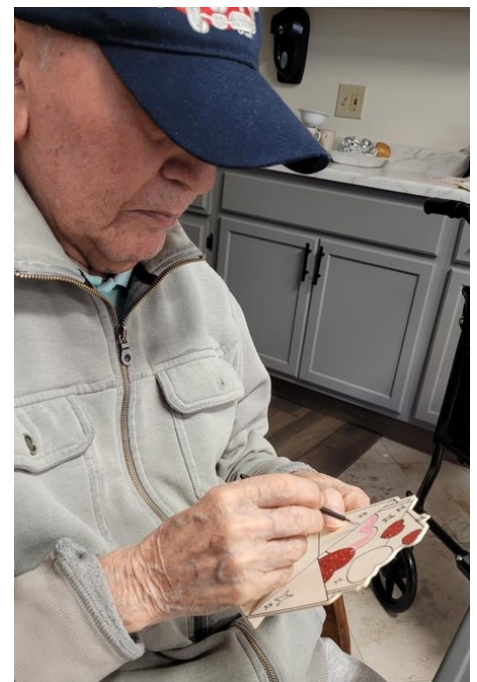
## Good Mood Food

Indulging your sweet tooth with chocolate could go to your head—specifically your brain. Eating dark chocolate has been shown to stimulate the release of endorphins, brain chemicals that boost mood. Also, the smell of chocolate can increase theta brain waves, which produce relaxation. However, don't overindulge for these feel-good effects. Dietitians advise moderation and to choose chocolate varieties that contain at least 70 percent cocoa.

## Memory Care Neighborhood

### Cupid's Arrow

Love is in the air in February—there's a whole day set aside for it. Share your memories of past and present loves with your friends and family.





## 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)



## Ash Wednesday Service

Communion and Ash  
Wednesday service  
will be held on  
Wed., Feb. 22

9:00 am

Oval Room

No service the following Friday



## 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.

Monday, Tuesday, Thursday and Friday

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

Feb. 6th & Feb. 20th

### Thursday-Sunday

12:00 and 5:00 pm

Piano w/Rick D/R

### Friday

6:30 pm

Twilight Guitar w/Rick O/R

### Saturday

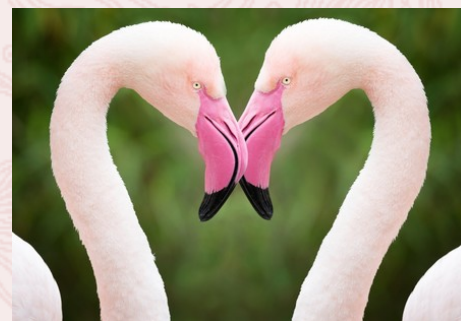
10:30 am

Sing-Along w/Rick O/R

3:30 pm

Our All-Resident Band

Open Rehearsal O/R



## Valentine's Day Celebration

Tuesday, February 14th

Lunch time

Karien Zachery Performing





## Christmas Party



Beading class with Francesca!  
Wednesday, Feb. 15th. 10:30 a.m. in the  
Game Room  
If you're interested, please sign up at the  
front desk.

## Mardi Gras~Fat Tuesday

Tuesday, Feb. 21  
PARADE & BEADS!  
Lunch time  
In the Dining Room



## 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).





## Christmas Lights Bus Trip



## CRAFT TIME!



## HAPPY NEW YEAR!





