



# 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

**April 2023**



### Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.



# Happy Birthday



## RESIDENT BIRTHDAYS

4/1	Nguyet Ho
4/5	Florence Whittemore
4/18	Carl Jack
4/20	Sam Pam
4/21	Darma Dickinson
4/21	Maurice Spadaro
4/23	Richard Beranek
4/26	Isabel Mecum
4/28	Joseph Miller
4/29	Celeste Bartsche
4/30	William Taiyoshi

## EMPLOYEE BIRTHDAYS

4/7	Antonette Aragon
4/8	Mae Luk
4/11	Alejandro Gonzalez
4/15	Araceli Dimaguila
4/17	Khanh Tran
4/17	Adan Andrade
4/22	Silvia Dueñas
4/26	Richard Stubbs



## Yoga for Sleep

Are you finding yourself struggling to fall asleep? Or waking up feeling unrested? Yoga can help burn off extra energy and relieve stress, leading to better quality sleep. These tips and easy poses can help you get started.

Breathing is the most important part of sleepy-time yoga. Let your thoughts drift away as you try out belly breathing: Straighten your spine and place a hand on your abdomen. Inhale, feeling your stomach expand with the breath, then exhale, feeling your belly button pull toward your spine. Attempt at least 10 deep breaths.

To prepare for bed, and keep your heart rate low, stick with simple, restorative yoga positions. Try the Easy Pose: Sitting with your legs crossed, place your palms on your thighs. Close your eyes and relax for a few minutes. This pose can then lead right into the Seated Twist. Legs still crossed, gently twist your torso to the left, reaching your right hand to the left knee. Stay there for three to five breaths. Repeat, twisting the opposite way.



## 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!**

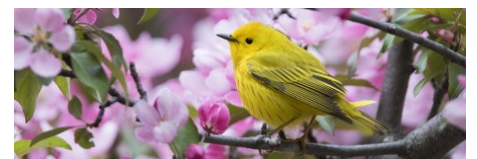
**Drivers Available**

**MONDAY -FRIDAY**

**7:00 am - 4:00 pm**

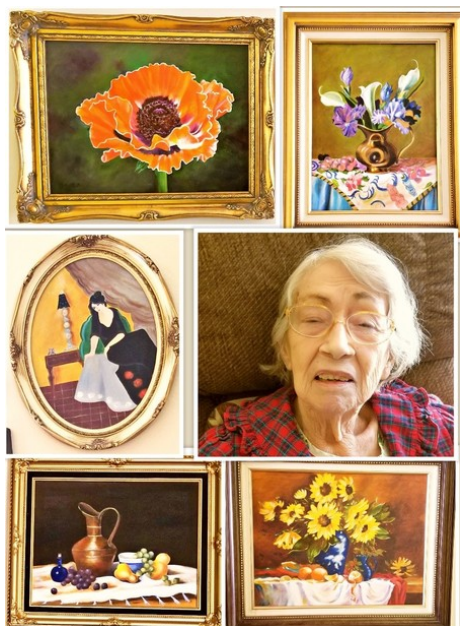
## CONCIERGE

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





## Celeste Bartsche ~ Artworks ~



Beautiful and skillful

## The Eyes Have It



When the sidewalk ends,  
Where do we go from there?

## 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, April 13th,  
at 2:30 pm.

## Welcome New Residents

Dale Ayraud  
Julie Ayraud  
Thomas Giles  
Maxine Arthur  
Janeth Beard  
Ruben Benavidas  
Marilyn Copley

## Happy Hour

Please stop by Happy Hour  
Friday, April 21st  
3:30 pm

Oval Room

We would like to see our new  
Residents.



Batik from Bali



A mysteriously, perfectly fitted wall from  
Machu Picchu



Activities sign-up in front lobby



Delightful Arcadia Gardens



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



A big juicy fruit, a dog breed and a song.



When you have a cold



Finished before it started



Begins in the \_\_\_\_



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

## It's Asparagus Time

Gardeners hungry for asparagus will have to wait three years after planting the vegetable from seed, but once it's established, asparagus will yield tender, tasty spears for 15 years or more. And despite their slow start, in especially warm weather, a stalk can grow up to 7 inches in a single day!



## Memory Care Neighborhood

### Welcome April!

Warmer weather is on the way, and I hope all of you get a chance to enjoy the beauty of spring.





## 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)



Crucifixus

## 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

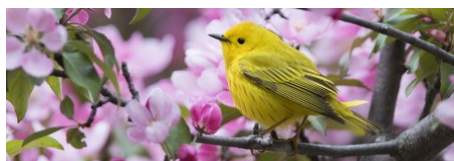
9:30 am, Mon.- Fri.

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

April 3rd & April 17th

### 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





## Mardi Gras



## Hello, Spring

The first day of spring was March 20. Celebrate with a stroll outdoors, some spring cleaning, or a salad of fresh spring greens.



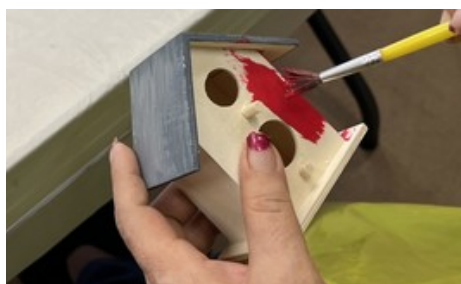
## Friend Us on Facebook

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).





## CRAFT TIME



## Laugh Lines: Springtime Silliness

Q: What is the best appetizer to enjoy in spring?

A: A bloomin' onion.

Q: Why did the bird go to the hospital?

A: It needed tweet-ment.

Q: How do you make a waterbed bouncer?

A: Fill it with spring water.

Q: What do you call a bear that gets caught in the rain?

A: A drizzly bear.

Q: After a long winter, what did the tree say when spring began?

A: "What a re-leaf!"

What if April Fools' Day is actually on April 2 and we've all been fooled into thinking it's April 1?

A and C were going to prank their friend ... but they just letter B.

I decided to start an aerobics class. I bent, twisted, jumped up and down, and perspired for an hour, but by the time I got my leotard on, the class was already over.

When it starts raining ducks and chickens, that's some fowl weather.



## The Easter Bunny's on His Way!



## Laugh Lines: Harebrained Banter

Q: How can you tell which rabbits are older?

A: Look for the gray hares.

Q: What is a rabbit's motto?

A: Don't worry; be hoppy!

Q: Where do bunnies like to eat breakfast?

A: IHOP.

Q: What kind of book does a rabbit like to read?

A: One with a hoppy ending.

Q: What's the best job for bunnies at hotels?

A: Bellhop.

Q: Why do rabbits go to the beauty shop?

A: For hare care.

Q: What do you call a group of rabbits hopping backwards?

A: A receding hareline.





