



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

July 2023



A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride.

"From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.

David & Julie Chirikian, along with the staff here at Arcadia Gardens, would like to wish you a safe, happy holiday!



Happy Birthday

RESIDENT BIRTHDAYS

7/1	Chiao (Margaret) Wan
7/2	Pauline Terry
7/3	Mario Villegas
7/6	Rosemary Depiazza
7/6	Ruben Benavides
7/10	Patricia Rizuto
7/16	Margie Harshberger
7/18	Koharik Sassounian
7/22	Benita Garcia
7/26	Matsuko Scheffer
7/27	Leilani Reyes
7/28	Peter Chinnichi

EMPLOYEE BIRTHDAYS

7/2	Elma Fred
7/2	Evelyn Miranda
7/6	Cindy Bañuelos
7/6	Yulissa Bañuelos
7/7	Jordan Tapaoan
7/8	Angela Soto
7/9	Maria Torres
7/13	Maria Gonzalez
7/14	Paul Rodriguez
7/17	Wilberto Lazo
7/21	Yumi Ludwig
7/23	Yasmine Florez
7/25	Liza Olmedo
7/25	Manuela Maldonado
7/28	Liborio Cabañas
7/27	Julie Azad
7/29	Hector Garcia
7/31	Ramona Campos
7/31	Karen Tacuba



Worldly Hot Dogs

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That's why July is deemed National Hot Dog Month. If you're tired of your usual toppings, get inspired by these ideas from around the globe:

United States. An all-American staple, hot dogs come in many famous forms throughout the States, but one of the most popular is the Chicago dog. It's nestled in a poppy seed bun with mustard, relish, onions, tomatoes, peppers, celery salt and a pickle spear as garnishes.

Germany. Home to the frankfurter, Germany's choice of toppings—mustard, sauerkraut, onions and relish—are simple, but flavorful.

Mexico. Originating in Hermosillo, a city in northwestern Mexico, the Sonora hot dog is wrapped in bacon and topped with pinto beans, onions, tomatoes and jalapeños.

Thailand. Thai food is known for vibrant flavors, and hot dogs are no exception. They're served sweet, savory and spicy, with typical toppings of chili sauce, peanuts and veggies.

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 4th of July! From Arcadia Gardens!



God Bless America!



Painting Class



Our Resident Artists at Work



Martha's "My Name Art"

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, July 13th,
at 2:30 pm.

Welcome New Residents

Mary Dehaven

Happy Hour

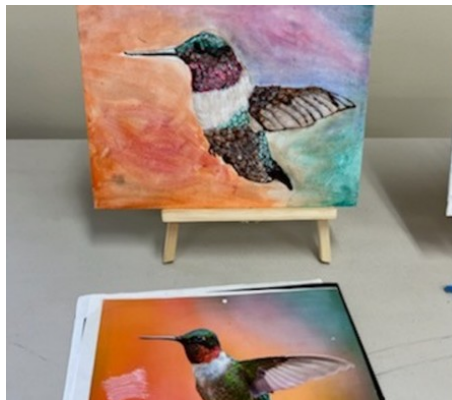
Please stop by Happy Hour
Friday, July 14th
3:30 p.m.

PENTHOUSE

We would like to see our new
Residents.



Reiko's 1st Ever Painting "PeeWee"



Fietja's Hummingbird



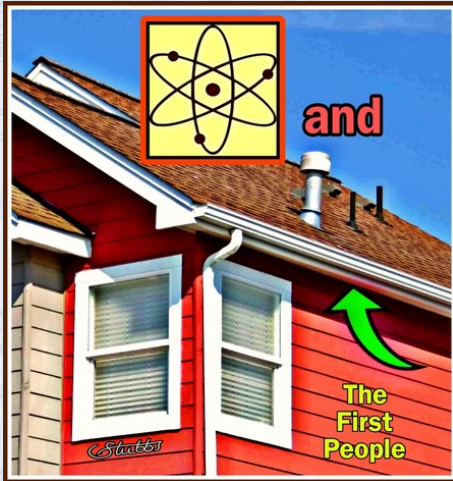
Kay's "My Name" Art



Leilani's Village



WordPlay



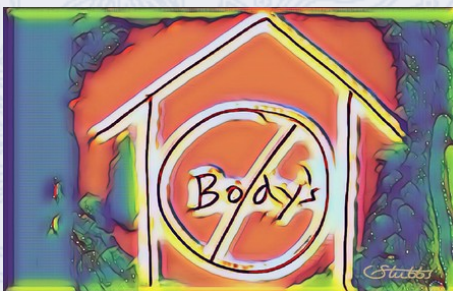
The 1st People



Your Only Big Chance



2 Negatives Don't = A Positive



Why the Door Wasn't Answered



Movie Song Marlena Mercouri



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



Let's celebrate the Fourth!
We will have a delicious lunch
on Tuesday, July 4th with Eric
Ekstrand performing!

Wear RED, WHITE & BLUE



Memory Care Neighborhood



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)



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.

Saturday

Stay Fit For Life



Try Tai Chi

Aching knees are a common symptom of osteoarthritis, but an ancient Chinese practice may provide relief. A Tufts Medical School study found those who took a 12-week tai chi class reported a significant reduction in knee pain and stiffness.



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

Jul. 10th & Jul. 24th

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



Musical!



Out & About



El Pescador Restaurant



Arcadia Bucks Boutique



We appreciate your help Francesca!



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.



Ice Cream Social



Brain Bender: Dog Days

Bethany is a pet sitter for several households and watches a total of five dogs: Max, Ginger, Cinnamon, Pepper and Wolfie. She loves her job not only because of the cute pups, but also because each pet has a different favorite activity, keeping her days interesting! Use the clues below to match each dog to their chosen pastime.

- Pepper is all about fun. Her favorite activity is either playing fetch or chewing on a squeaky toy.
- A big fan of naps, one of these pups is a real lazybones: Ginger, Max or Wolfie.
- Bethany thinks it's funny that the dog who loves belly rubs the most is named after a spice!
- For his birthday, Bethany got Max a fresh new Frisbee.
- Wolfie is Bethany's fitness partner. He loves going on long walks!

(Answer: Max loves to play fetch with the Frisbee; Ginger loves to take naps; Cinnamon loves belly rubs; Pepper loves to chew on her squeaky toy; and Wolfie loves to take walks.)

Laugh Lines: Critter Comics

From cat memes to goat yoga, animals have made their way into our hearts, providing us with joy and love. Prowl through these jokes for some laughs about the world's beloved creatures.

Q: Why are cats bad storytellers?

A: Because they have only one tale.

Q: What do you get from a pampered cow?

A: Spoiled milk.

Q: Why shouldn't you play poker in the savanna?

A: Too many cheetahs.

Q: Where does ocean life go to hear music?

A: Orca-stras!

Q: What's a frog's favorite soda?

A: Croak-a-Cola!

Q: What is more amazing than a talking dog?

A: A spelling bee!

Q: What do you call a sleeping bull?

A: A bull-dozer.

Q: What did the judge say when the skunk walked into the courtroom?

A: Odor in the court!

Q: What do you call a lazy baby kangaroo?

A: A pouch potato.

Q: What does a dolphin say when he's confused?

A: "Can you please be more Pacific?"



"This Month In History" JULY

1906: Leroy Robert "Satchel" Paige is born. With a baseball career lasting five decades, he was the first African American pitcher to play in the American League.

1916: The Boeing Company is founded. Currently the world's largest aerospace company, it was ranked 54th on the Fortune 500 list in 2020, 104 years after its formation.

1940: Billboard's first song sales chart is published on July 27. The music magazine's charts, which rank songs

based on physical sales, digital downloads and radio airplay, remain the industry standard today.

1960: Come and get the new drawing toy: the Etch A Sketch! One of the best-known toys of the century, kids could snatch one of these up in 1960 for \$2.99—equal to \$30 in 2023.

1980: Willie Jones of Atlanta is brought to the hospital with heatstroke and a fever of 115° F. He survived and gained the honor of highest recorded body temperature. The moral of the story? Always keep cool on hot summer days.

2007: The New 7 Wonders of the World are announced! The list includes the Taj Mahal, Machu Picchu and the Colosseum, among others.

2016: The mobile game Pokémon Go hits the app store. Combining digital gameplay with physical activity—to move around in the world of the game, the player has to walk around in real life—the engaging app was an instant hit, with over 500 million downloads by year's end.