



# 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

### August 2023



### Cool Summer Memories

Temperatures often skyrocket during the summer, sometimes making the heat unbearable. Nowadays, we have air conditioning and fans to help cool us off. How did you keep cool during past summer months?

- What water activity did you turn to in order to beat the heat? Did you play in the mist from sprinklers, have a water balloon fight with your friends or dive right into the pool?
- During hot afternoons, what cold treat did you most look forward to eating? Did it involve a visit to the ice cream man or did you eat homemade frozen treats?
- At night, it can be too hot to sleep under blankets. Did you ever sleep with all the windows open? If yes, what sounds do you remember hearing?

### Beat the Heat

Drink plenty of water to stay hydrated when it is hot outside.





### RESIDENT BIRTHDAYS

8/3	Patsy Plumlee
8/4	Michael Durando
8/5	Elaine Vilven
8/7	Janet Beard
8/8	Claudia Bertero
8/9	Linda Winn
8/13	Miriam Knight
8/14	Duane Leonhard
8/19	Yvonne Beranek
8/26	Reiko Takai
8/26	Salwa Barsoum
8/26	Rita Sahkein
8/27	Georgia Dekens
8/28	Laura Flores
8/29	Carole Cuthbertson
8/31	Charles Thomas

### EMPLOYEE BIRTHDAYS

8/3	Ligia Khachaturyan
8/14	Elizabeth Nava-Moreno
8/17	Ping Dong
8/25	Marlene Mendez
8/27	Laura Avila



### At the Movies With Elvis

The King of Rock and Roll wasn't only a singer: The well-rounded performer also starred in 31 films. Grab your favorite movie snack and settle in for an Elvis movie marathon with these favorite flicks:

*"Love Me Tender."* In his first film, released in 1956, Presley plays Clint Reno, the brother of a Confederate soldier who participated in a train robbery. What happens when the federal government comes looking for the stolen loot?

*"King Creole."* This black-and-white movie is largely considered Presley's best. The 1958 musical crime-drama stars other famous names, such as Walter Matthau and Carolyn Jones. Nightclub singer Danny Fisher (Presley) just wants to earn a living to help his father and sister, but trouble arises when he gets involved in New Orleans' organized crime circuit.

*"Jailhouse Rock."* In this 1957 movie, Presley plays ex-con Vincent Everett, who—just like the King—finds fame as a pop star but soon sees that the record business isn't as he expected. The dance sequence set to the title song is one of Elvis' ultimate on-screen moments.

### 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**

**8:30 am - 4:30 pm**



### CONCIERGE

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







Marsha's "Perky Penguins"  
from our Painting Class



Margaret not only volunteers  
wonderful piano music for us -  
she creates fabulous knitting designs!

## The EYES Have It



Jinhui Chorale at San Gabriel Playhouse



Oil rainbow on a wet road



Celeste's pure joy!



## 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, Aug. 10th,  
at 2:30 pm.

## Welcome New Residents

Norma Villegas  
Gloria Carrillo (ML)  
Sadako Sumida  
Nagy Zoilo (ML)  
Rita Sahlein (ML)

## Happy Hour

Please stop by Happy Hour  
Friday, Aug. 18th,  
3:30 pm  
PENTHOUSE

We would like to see our new  
Residents.





## WordPlay Check Calendar for Times



... to Grandmother's house we go ...



What we call our species



Someone who's intentionally annoying



Song by The Turtles about the joy of being close



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



### Refreshing and Delicious

The Popsicle, that classic summertime treat, isn't exactly a health food. But the refreshing snack on a stick can help you stay hydrated on hot, sunny days. Plus, ice pops are lower in calories and fat than desserts like ice cream, and, depending on the brand, may be sugar-free or contain additional nutrients if made with real fruit.

## Memory Care Neighborhood





## Religious Services

We also offer spiritual support weekly in the OVAL ROOM

Friday

9:00 am

Catholic Communion

Saturday

10:00 am

Rosary w/ Gladys

**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

Aug. 7th & Aug. 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

## Birthday Celebration

If you're having a birthday this month, we hope it's the beginning of a year full of happy memories and wonderful moments. And we'd like to celebrate! WE WILL HAVE OUR MONTHLY BIRTHDAY PARTY

Thursday, Aug. 17th,

12:00 pm

Dining Room



Norm & Robin



## Arts and Crafts



## Picnic in the Park!

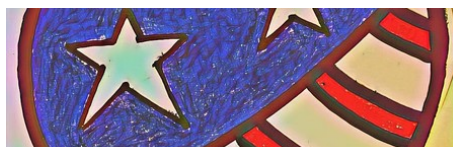


## Stay Hydrated and Stay Healthy

Whether you are being active or simply relaxing, and even if you don't feel thirsty, staying hydrated is essential to your health. Staff members make regular rounds with the hydration cart, so fill up on water or the other beverages offered.



## May the FOURTH Be With You!



## 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).







# Out & About

## Mr. Knott's CHICKEN DINNER RESTAURANT



### Fourth of July!





