



# 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  
Suzana Zadourian ..... Wellness Director  
Alice Masihi ..... Business Office Manager  
Maurice Collazo ..... Executive Chef  
Hiaira Miranda ..... Activity Director AL & ML  
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

### November 2024



### November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?



### Salute to Veterans

"Veterans Day gives all Americans a special opportunity to pay tribute to all those men and women who, throughout our history, have left their homes and loved ones to serve their country," declared President Ronald Reagan in 1986. Salute the country's 20 million veterans on Nov. 11.



# Happy Birthday



**Happy Birthday!**  
Best wishes to everyone  
celebrating this month!

## RESIDENT BIRTHDAYS

11/6	Thomas Brown
11/6	Francesca Fagnani
11/6	Howard York
11/6	Carolyn Jones
11/7	Rhonda Roberts
11/8	Armen Aroyan
11/10	Patricia Hunter
11/11	Shelva Ruszin
11/19	Thomas Giles
11/20	John Hubbs
11/24	Dale Ayraud
11/24	Florence Kerechuck
11/26	Pauline Talley
11/26	Chiyoko Yamashiro
11/27	Nvair Gaboudian
11/27	Melodie Gaskill
11/28	Helen Soto

## EMPLOYEE BIRTHDAYS

11/6	Jaqueline Escobar
11/8	Robert Likadinata
11/12	Analy Talavera
11/17	Darlene Maria Bradford
11/17	Nichole Sais
11/21	Alejandra Salcedo
11/27	Nailing Wang
11/28	Gohar Srapyan
11/30	Andrea Vasquez



## The Lowdown on Elections

Every four years, Americans head to the polls in November to cast ballots for the nation's president.

Late fall was historically considered a good time for elections because the harvest was mostly over and winter weather hadn't set in yet. The days varied, however, until 1845, when Congress set the first Tuesday after the first Monday in November as the day for presidential elections.

Enjoy these additional facts:

- Prior to 1804, the presidential candidate who received the second-highest number of electoral votes was named the vice president.
- The only bachelor elected president was James Buchanan.
- John F. Kennedy was the youngest elected U.S. president at 43. Joe Biden was the oldest at 77.
- The only president and vice president not elected to either office was Gerald Ford. He became vice president after Spiro Agnew resigned and became president when Richard Nixon resigned.



## 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.

## It's Time to Fall Back!

It's time to change the clocks **BACK ONE HOUR** on the first Sunday of November, which is Nov. 3 this year.





## Honoring Our Veterans



Keeping Us Safe



For Flag and Country

## Happy Thanksgiving



Gobble! Gobble! Gobble!

## The Eyes Have It



Tranquility



## Make Your Voice Heard!

★ ★ ELECTION 2024 ★ ★

**VOTE**

★ ★ NOVEMBER 5 ★ ★



Francesca's Pastel Poinsettia

## 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 Oval Room  
Thursday, Nov. 14th  
at 2:30 p.m.

## Welcome New Residents

Shirley Renwick  
Dolores Gomez  
Sherman Hsu  
Linda Canzoneri  
Lam Lulu Wong  
Rose Vullo

### Welcome to Our Community

We would like to take this  
opportunity to extend a warm  
welcome to all of our new  
residents. We want you to be  
comfortable in your new home,  
and we'd like your suggestions  
about how we might help.  
Good, bad or indifferent—we  
want to hear your comments.  
They are our best guidelines for  
serving you better. Thanks!



## WordPlay (See Calendar)



Award From the Inventor of TNT



Take Questionable Shortcuts



Said of Someone Who Is Jealous



Said When Being Emphatic



Maurice Collazo - 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

### **Thanksgiving Meal!**

WEDNESDAY, Nov. 27th

at 12:00 pm

Violin Performer

Armen Mangasaryan



## Memory Care Neighborhood



In-N-Out Outing



Craft Time!





## Religious Services

We also offer spiritual support weekly in the OVAL ROOM.

### Friday

Catholic Communion

9:00 am

Oval Room

### Saturday

Rosary w/ Gladys

10:00 am

Oval Room

Church Fellowship

9:30 am alternating Sundays

3:30 pm TBA

(see calendar)



Guardian Angel

## BINGO SCHEDULE

Monday - Saturday, 1:30 p.m.



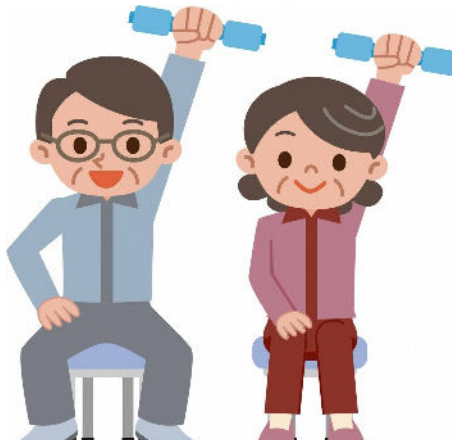
## EXERCISE CLASSES

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



## Give Your Brain a Workout

Think of your memory as a muscle. The more you exercise your brain, the better you'll be able to process and remember information. Activities that require using your hands, such as playing a musical instrument, making pottery, knitting, painting or enjoying a game of pingpong, exercise the brain by challenging hand-eye coordination and creativity.

## Music Programs

### MONDAY

Nov. 4th & Nov. 18th

Piano w/ Judith

10:30 am

Oval Room

Wednesday, Nov. 13th

Sing-Along with Jeremiah

3:30 pm

Oval Room

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

## Why Tunes Can Give You Tingles

Hearing a singer or musician hit the perfect notes or a stirring rendition of "The Star-Spangled Banner" can give some listeners goose bumps. This physical reaction is called a frisson, which researchers say is the result of the number of nerve fibers in the area of the brain that connects the processing of sound and emotions. Some people have more of these fibers than others. While listening to music is the most common trigger, it can also happen when watching a movie scene or looking at a beautiful piece of artwork.



## The Arcadia Gardens Annual LUAU



## OKTOBERFEST



## Veterans Day Celebration

We will honor our VETS on  
Monday, Nov. 11th  
5:00 pm  
Dining Room  
The Veterans will assemble in  
the Dining Room to have dinner  
together as a group.



## 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).





## Pumpkin Painting



## Paint & Sip



## PUMPKIN PATCH OUTING

