

Pasadena Highlands

December 2021



Message from the Executive Director

Season's Greetings Residents!

Christmas is approaching fast, and the management and staff would like to take this opportunity to thank everyone for going the extra Covid-19 mile again this year! The month of December promises to be a very busy one for us, both residents and staff alike. We will be bustling about shopping, decorating, planning, and enjoying family time. We hope that you enjoy the holiday programming as well as our community's festive decorations. I look forward to being the judge for the upcoming "Holiday Door Décor Contest" and seeing you. Let's keep the spirit alive through 2022!

P.S. Don't forget to attend the Gratuity Fund Pizza Party for hourly employees!

Warm Regards,
Brodey DeBorde

Merry
Chrismas

Management

Executive Director
Brodey DeBorde

Liliana Aranda Luevano
Director of Sales & Marketing

Maria Alarcon
Business Office Manager

Wayne Scott
Director of Dining Services

Activities Director
Elizabeth Colunga

Health & Wellness Director
Laura Sanchez, LVN

Assisted Living Director
Sanda Lee

Director of Plant Operations
Director of Housekeeping
John Arbona

Memory Care Supervisor
Sylvia Salinas

DECEMBER 2021

Independent & Assisted Living

GR- Garden Room 1st Floor
 C- Courtyard 1st Floor
 D- Dining Room 1st Floor
 G- Garden 1st Floor
 2FL- 2nd Floor Lobby

4FL- 4th Floor Lobby
 GY- Gym
 T- Theatre Room
 Billiards- 5th F Lobby
 Library- 1st & 7th Floor

STIMULATE MOTIVATE REJUVENATE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Birthdays:
			<ul style="list-style-type: none"> 7:30 Welcome December! Breakfast Buffet (G) 8:00 Piano Entertainment (GR) 10:30 Sit & Fit w/ Jasmine (GR) 2:30 Documentary (T) 4:00 Newsworthy Discussions (T) 	<ul style="list-style-type: none"> 10:30 FITNESS w/ Liz (C) 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 1:00 Sugar Rush Episode (T) 2:00 BINGO (GR) 3:30 xmas crafts 	<ul style="list-style-type: none"> 10:30 Sit & Fit w/ Jasmine (GR) 10:30 Stater Bros (1FL) 11:00 Xmas Cards Station 1:00 Target (1FL) 1:30 PO-KE-NO (GR) 2:30 Movie Matinee (T) 	#720 Wanda-Gae Stefansson 12/3 #602 Lorraine Lively 12/7 #215 Faye West 12/10 #605 Mary Knott 12/11 #823 Earnie Hanks 12/12 #803 Gwen Makowski 12/12
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 10:30 Fitness w/ Tammy (GR) 	<ul style="list-style-type: none"> 11:00 San Antonio Winery Outing (1FL) 11:00 Communion Service (T) 1:00 Bible Study (T) 1:30 Table Games (4FL) 3:00 Think Fast! w/ Jasmine (C) 	<ul style="list-style-type: none"> 10:30 Fitness w/ Tammy (GR) 11:00 Afternoon stretches w/ Jasmine (GR) 2:30 Dollar Tree Outing (1FL) 3:00 Room Visits 7:00 Bridge (GR) 	<ul style="list-style-type: none"> 9:00 Garden Club Shopping (G) 10:30 Sit & Fit w/ Jasmine (GR) 1:30 Sing Along w/ Phil (C) 2:30 Documentary (T) 4:00 Newsworthy Discussions (T) 	<ul style="list-style-type: none"> 10:00 FUN FITNESS 10:30 Xmas Door Decor Contest! 1:00 Bridge (GR) 1:30 Knifty Knitters (4FL) 1:30 Room Visits (RA) 2:00 BINGO w/ Prizes 3:00 Decorating Disneyland (TR) 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 2:00 LOTERIA \$1 (GR) 3:30 Happy Hour w/ Entertainment (C) 	<ul style="list-style-type: none"> 10:30 Lake Ave Bell Ringers (D) 10:30 Sit & Fit w/ Jasmine (GR) 1:00 Stater Bros/ Rite Aid (1FL) 1:30 PO-KE-NO (GR) 2:30 Movie Matinee (T)
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 10:30 Fitness w/ Tammy (GR) 1:00 Bible Study (T) 1:30 Table Games (4FL) 3:00 TRIVIA w/ Liz (C) 	<ul style="list-style-type: none"> 10:00 Trader Joes Shopping 10:30 Stick Beats (GR) 1:00 Movie Theatre Outing (1FL) 3:00 Think Fast! (GR) 7:00 Bridge (GR) 	<ul style="list-style-type: none"> 10:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 2:00 Gratuity Fund Holiday Party! 3:00 Documentary (T) 4:00 Newsworthy Discussions (T) 	<ul style="list-style-type: none"> 10:30 FITNESS w/ Liz (C) 1:00 Scrabble Day! (GR) 1:30 Knifty Knitters (4FL) 1:30 Room Visits (RA) 2:00 Christmas Music My Way w/ Don Brand (T) 3:30 Christmas Cocktails Tasting (GR) 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 2:00 BINGO (GR) 3:30 Happy Hour w/ Entertainment (C) 	<ul style="list-style-type: none"> 10:30 Sit & Fit w/ Jasmine (GR) 10:30 Stater Bros (1FL) 1:00 Target (1FL) 1:30 PO-KE-NO (GR) 2:30 Movie Matinee (T) 	#328 Edna Liu 12/16 #330 Sonja Grisbach 12/17 #423 Donald Chaput 12/19 #413 Fred Thompson 12/21 #829 Rosemary Maese 12/23 #722 Daniel Sanchez 12/25 #615 Anne Hekimian 12/28
<ul style="list-style-type: none"> 10:30 Sunday Hymns w/ John Fluker (T) 2:00 Movie Classics (T) 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 10:30 Fitness w/ Tammy (GR) 11:00 Communion Service (T) 1:00 Bible Study (T) 1:30 Table Games (4FL) 3:00 Residents vs Staff TRIVIA (GR) 7:00 Xmas Lights Drive 	<ul style="list-style-type: none"> 1:30 Afternoon stretches w/ Jasmine (GR) 2:00 Think Fast! (T) 3:00 "A Solute to Christmas" 7:00 Bridge (GR) 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 1:30 Sing Along w/ Phil (C) 2:00 Documentary (T) 4:00 Newsworthy Discussions (T) 	<ul style="list-style-type: none"> 10:30 FITNESS w/ Liz (C) 1:00 Bridge (GR) 1:30 Knifty Knitters (4FL) 1:30 Room Visits (RA) 3:00 The Radio City Christmas Spectacular (T) 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 2:30 The Nativity Story (T) 3:30 Happy Hour BINGO! w/ prizes (C) 4:30 Old Fashioned Carolers (DR) 	<ul style="list-style-type: none"> 12:30 Christmas Brunch (GR) 1:00 Rite Aid (1FL) 1:30 PO-KE-NO (GR) 2:30 Movie Matinee (T) 3:00 Room Visits (RA) 	
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 10:30 Fitness w/ Tammy (GR) 1:00 Bible Study (T) 1:30 Table Games (4FL) 2:30 LOTERIA (C) 	<ul style="list-style-type: none"> 1:30 Afternoon stretches w/ Jasmine (GR) 2:00 Town Hall Meeting 3:00 Think Fast! (GR) 7:00 Bridge (GR) 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 2:00 Peanut Auction! (GR) 3:00 Documentary (T) 4:00 Newsworthy Discussions (T) 	<ul style="list-style-type: none"> 10:30 FITNESS w/ Liz (C) 1:00 Bridge (GR) 1:30 Knifty Knitters (4FL) 1:30 Room Visits (RA) 4:30 Bday Party Entertainment 	<ul style="list-style-type: none"> 9:00 Garden Club (G) 10:30 Sit & Fit w/ Jasmine (GR) 2:00 Wellness Clinic (GY) 2:30 2021 TRIVIA w/ Liz (GR) 7:00 NYE PARTY! w/ Entertainment (GR) 		<p>Mon & Thurs- Pasadena/ South Pasadena Appointments</p> <p>Tues- Outings</p> <p>Wed & Fri- San Marino/ Arcadia/ City of Hope Appointments</p> <p>Sat- Shopping Days</p>



OH WHAT FUN!



Enjoy Christmas music on the piano performed by Hugo Pazmino as you walk into the Garden Room for a "Welcome December Breakfast Buffet" (12/1). Wear your favorite jammies! Enter our "Holiday Door Decor Contest" for a chance to win a prize from the Executive Director, Brodey. Sign up for this months outings at the front desk. Enjoy a lunch at San Antonio Winery (12/7). Lake Ave Church Group will be performing a 20-30 min Christmas concert the morning of (12/11). Check out Stevens Spielberg's long anticipated version of "West Side Story" (12/14). See upcoming flyer for available movie showtime. John Fluker plays and sings spiritual and Christmas Hymns on Sunday (12/19). Drive-thru the annual Holiday Light Up in Hastings Ranch the night of (12/20). Christmas Eve Dinner will be fun and full of festive ambience (12/24) by Old Fashioned Carolers. Let's party on the evening of (12/31) to ring in the New Year!

EAT, DRINK, & BE MERRY!

It's the most wonderful time of the year! We invite you to join in the many festive holiday programs taking place this month. Sending you all warm wishes filled with love and affection.

Elizabeth Colunga (Activities Director)



Our Wellness Quest



Pasadena Highlands

INDEPENDENT, ASSISTED LIVING & MEMORY CARE

While aging is a reality, WellQuest believes in cultivating an ageless mindset. We are passionate about our mission to help our residents continue to live life to the fullest. WellQuest offers vibrant communities where we create not only meaningful but memorable experiences for all. We offer unparalleled care by providing the best-in-class amenities and living options.

We focus on the individual needs of each of our residents, so they can have the autonomy and freedom they desire along with the help and care they might need. This is our zealous Quest, to make sure our residents truly live life Well.