

# 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**  
**Christmas**

### *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

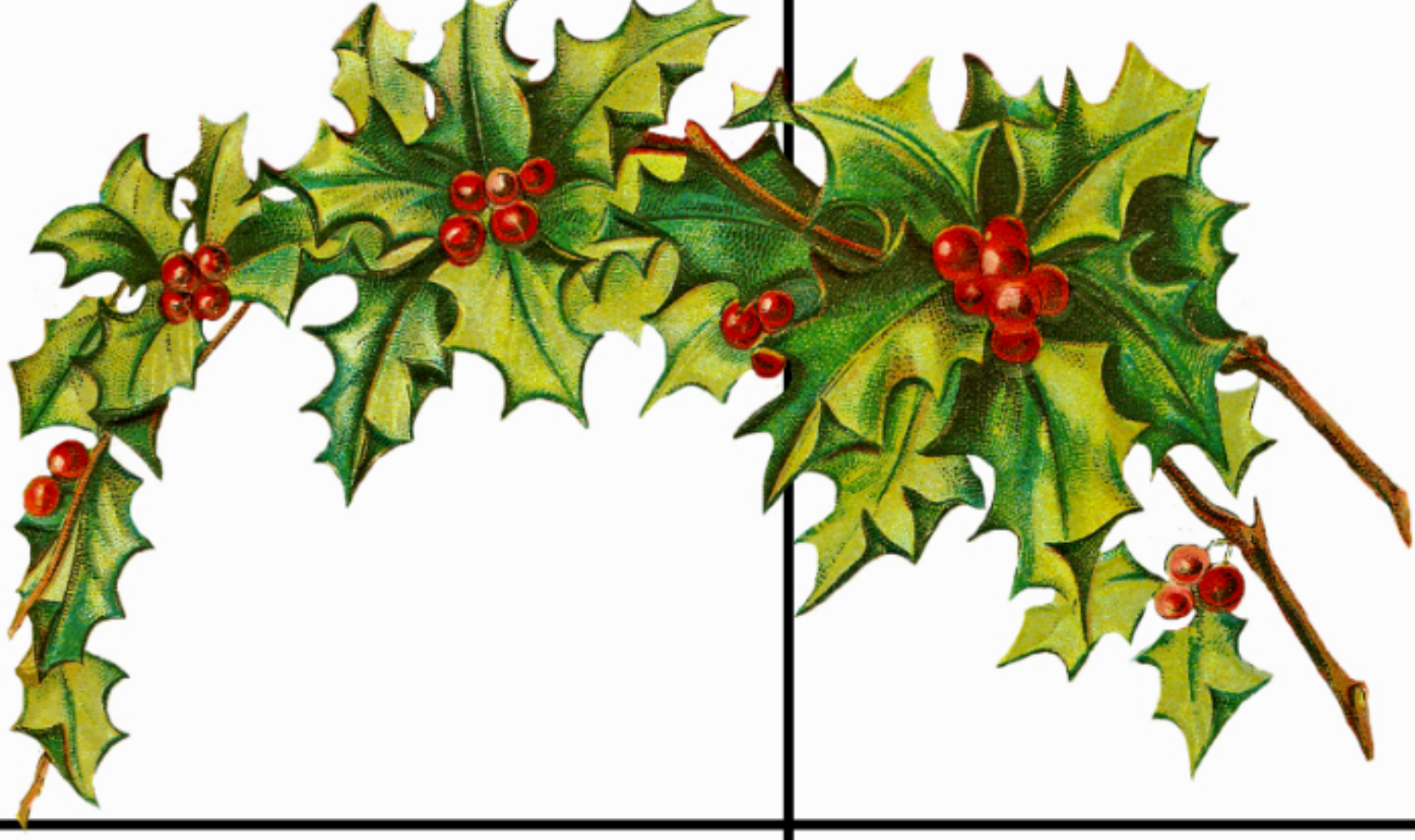

## Independent & Assisted Living

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
			<ul style="list-style-type: none"> <li>7:30 Welcome December! Breakfast Buffet (G)</li> <li>8:00 Piano Entertainment (GR)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:30 Documentary (T)</li> <li>4:00 Newsworthy Discussions (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 FITNESS w/ Liz (C)</li> <li>1:00 Bridge (GR)</li> <li>1:30 Knifty Knitters (4FL)</li> <li>1:30 Room Visits (RA)</li> <li>2:30 Trim Your Tree! (38F)</li> <li>3:30 xmas crafts</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>1:00 Sugar Rush Episode (T)</li> <li>2:00 BINGO (GR)</li> <li>3:30 Happy Hour w/ Entertainment (C)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>10:30 Stater Bros (1FL)</li> <li>11:00 Xmas Cards Station</li> <li>1:00 Target (1FL)</li> <li>1:30 PO-KE-NO (GR)</li> <li>2:30 Movie Matinee (T)</li> </ul>
<ul style="list-style-type: none"> <li>2:00 Movie Classics (T)</li> <li>7:00 Rummikub (4FL)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Fitness w/ Tammy (GR)</li> <li>11:00 Communion Service (T)</li> <li>1:00 Bible Study (T)</li> <li>1:30 Table Games (4FL)</li> <li>3:00 Think Fast! w/ Jasmine (C)</li> </ul>	<ul style="list-style-type: none"> <li>11:00 San Antonio Winery Outing (1FL)</li> <li>1:30 Afternoon stretches w/ Jasmine (GR)</li> <li>2:30 Dollar Tree Outing (1FL)</li> <li>3:00 Room Visits</li> <li>7:00 Bridge (GR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club Shopping (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>1:30 Sing Along w/ Phil (C)</li> <li>2:30 Documentary (T)</li> <li>4:00 Newsworthy Discussions (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 FUN FITNESS</li> <li>10:30 Xmas Door Decor Contest!</li> <li>1:00 Bridge (GR)</li> <li>1:30 Knifty Knitters (4FL)</li> <li>1:30 Room Visits (RA)</li> <li>2:00 BINGO w/ Prizes</li> <li>3:00 Decorating Disneyland (TR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:00 LOTERIA \$1 (GR)</li> <li>3:30 Happy Hour w/ Entertainment (C)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Lake Ave Bell Ringers (D)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>1:00 Stater Bros/ Rite Aid (1FL)</li> <li>1:30 PO-KE-NO (GR)</li> <li>2:30 Movie Matinee (T)</li> </ul>
<ul style="list-style-type: none"> <li>2:00 Movie Classics (T)</li> <li>7:00 Rummikub (4FL)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Fitness w/ Tammy (GR)</li> <li>1:00 Bible Study (T)</li> <li>1:30 Table Games (4FL)</li> <li>3:00 TRIVIA w/ Liz (C)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Trader Joes Shopping</li> <li>10:30 Stick Beats (GR)</li> <li>1:00 Movie Theatre Outing (1FL)</li> <li>3:00 Think Fast! (GR)</li> <li>7:00 Bridge (GR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:00 Gratuity Fund Holiday Party!</li> <li>3:00 Documentary (T)</li> <li>4:00 Newsworthy Discussions (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 FITNESS w/ Liz (C)</li> <li>1:00 Scrabble Day! (GR)</li> <li>1:30 Knifty Knitters (4FL)</li> <li>1:30 Room Visits (RA)</li> <li>2:00 Christmas Music My Way w/ Don Brand (T)</li> <li>3:30 Christmas Cocktails Tasting (GR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:00 BINGO (GR)</li> <li>3:30 Happy Hour w/ Entertainment (C)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>10:30 Stater Bros (1FL)</li> <li>1:00 Target (1FL)</li> <li>1:30 PO-KE-NO (GR)</li> <li>2:30 Movie Matinee (T)</li> </ul>
<ul style="list-style-type: none"> <li>10:30 Sunday Hymns w/ John Fluker (T)</li> <li>2:00 Movie Classics (T)</li> <li>7:00 Rummikub (4FL)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Fitness w/ Tammy (GR)</li> <li>11:00 Communion Service (T)</li> <li>1:00 Bible Study (T)</li> <li>1:30 Table Games (4FL)</li> <li>3:00 Residents vs Staff TRIVIA (GR)</li> <li>7:00 Xmas Lights Drive</li> </ul>	<ul style="list-style-type: none"> <li>1:30 Afternoon stretches w/ Jasmine (GR)</li> <li>2:00 Think Fast! (T)</li> <li>3:00 "A Solute to Christmas"</li> <li>7:00 Bridge (GR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>1:30 Sing Along w/ Phil (C)</li> <li>2:00 Documentary (T)</li> <li>4:00 Newsworthy Discussions (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 FITNESS w/ Liz (C)</li> <li>1:00 Bridge (GR)</li> <li>1:30 Knifty Knitters (4FL)</li> <li>1:30 Room Visits (RA)</li> <li>3:00 The Radio City Christmas Spectacular (T)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:30 The Nativity Story (T)</li> <li>3:30 Happy Hour BINGO! w/ prizes (C)</li> <li>4:30 Old Fashioned Carolers (DR)</li> </ul>	<ul style="list-style-type: none"> <li>12:30 Christmas Brunch (GR)</li> <li>1:00 Rite Aid (1FL)</li> <li>1:30 PO-KE-NO (GR)</li> <li>2:30 Movie Matinee (T)</li> <li>3:00 Room Visits (RA)</li> </ul>
<ul style="list-style-type: none"> <li>2:00 Movie Classics (T)</li> <li>7:00 Rummikub (4FL)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Fitness w/ Tammy (GR)</li> <li>1:00 Bible Study (T)</li> <li>1:30 Table Games (4FL)</li> <li>2:30 LOTERIA (C)</li> </ul>	<ul style="list-style-type: none"> <li>1:30 Afternoon stretches w/ Jasmine (GR)</li> <li>2:00 Town Hall Meeting</li> <li>3:00 Think Fast! (GR)</li> <li>7:00 Bridge (GR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:00 Peanut Auction! (GR)</li> <li>3:00 Documentary (T)</li> <li>4:00 Newsworthy Discussions (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 FITNESS w/ Liz (C)</li> <li>1:00 Bridge (GR)</li> <li>1:30 Knifty Knitters (4FL)</li> <li>1:30 Room Visits (RA)</li> <li>4:30 Bday Party Entertainment</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Garden Club (G)</li> <li>10:30 Sit &amp; Fit w/ Jasmine (GR)</li> <li>2:00 Wellness Clinic (GY)</li> <li>2:30 2021 TRIVIA w/ Liz (GR)</li> <li>7:00 NYE PARTY! w/ Entertainment (GR)</li> </ul>	

### Birthdays:

#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  
#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



### Transportation

Mon & Thurs- Pasadena/ South Pasadena Appointments

Tues- Outings

Wed & Fri- San Marino/ Arcadia/ City of Hope Appointments

Sat- Shopping Days





## 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 month's 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

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.

