

Pasadena Highlands

May 2022



Message from the Executive Director

May is a great time for a fresh start, so don't forget to do your spring cleaning! Wishing you a fun Cinco De Mayo, a Happy Mother's Day, and remembering those who've made the ultimate sacrifice while serving in our military on Memorial Day! I look forward to seeing all of you out in the community this month at one of the many events being offered to our residents.
See you there!

Warm Regards,
Brodey DeBorde



always
be kind

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

May 2022







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

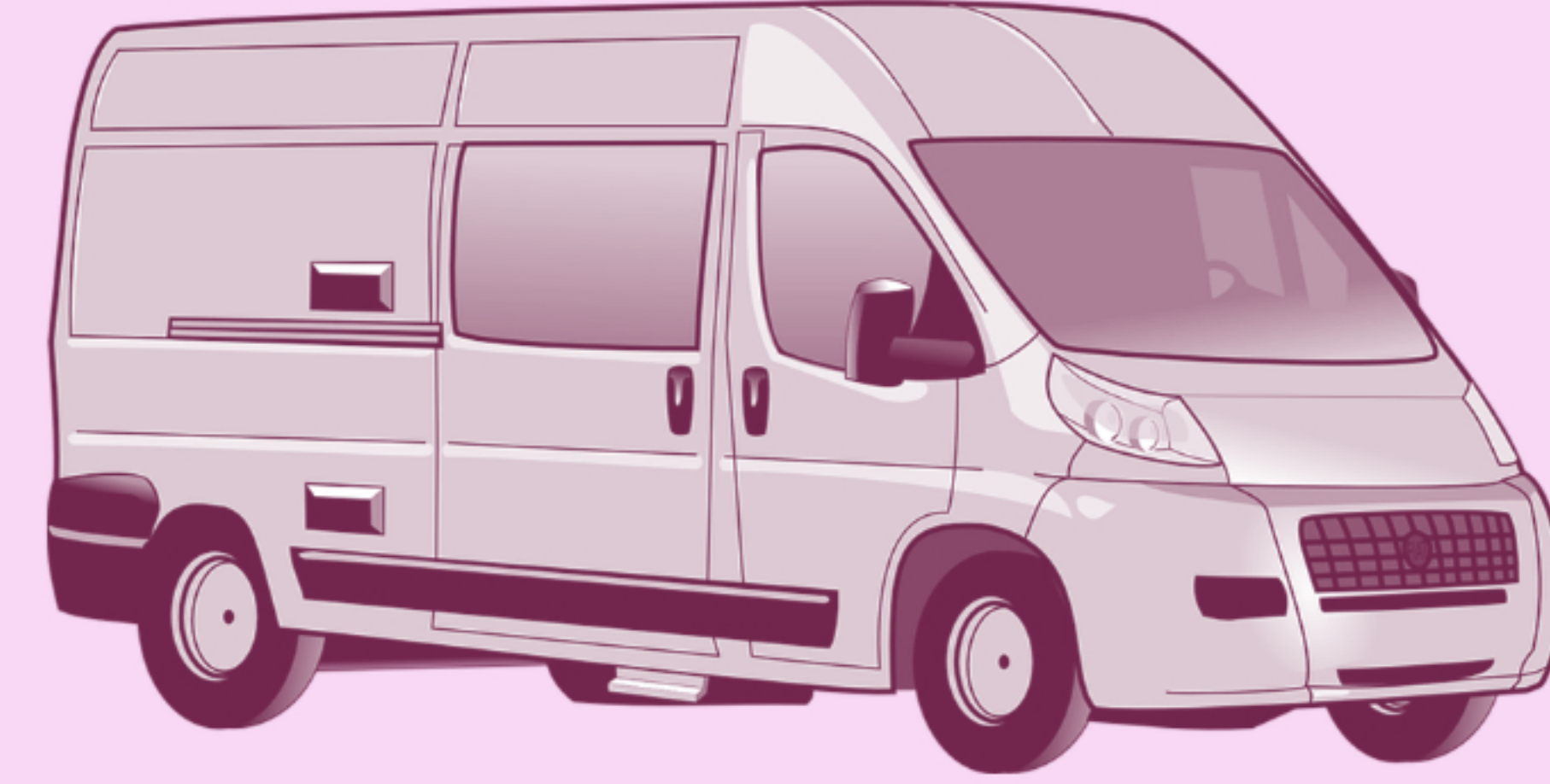
 **STIMULATE**  **MOTIVATE**  **REJUVENATE**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 1 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 2 10:30 Fitness w/ Christine 1:00 Bible Study (T) 1:30 PO-KE-NO 3:00 TRIVIA w/ Liz 	<ul style="list-style-type: none"> 10:30 Stick Beats! (GR) 3 11:00 Rite Aid 1:00 Trader Joes 2:30 BINGO \$1 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 4 10:30 Sit & Fit Jasmine 2:30 Documentary (T) 3:00 Room Visits 4:00 Newsworthy Discussions 	<ul style="list-style-type: none"> 10:30 Morning Mariachi 5 11:30 BBQ Lunch (C) 1:00 Afternoon Stretches 1:00 Bridge (GR) 1:30 Knifty Knitters (CR) 2:00 Cozy Kitchen w/ Liz 3:30 Cinco De Mayo HH (C) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 6 10:30 ONR Yoga 1:00 Meditation (T) 1:30 Relaxation Stations (T) 3:00 Happy Hour w/ Entertainment (C) 4:30 Norton Simon M. 	<ul style="list-style-type: none"> 10:30 Sit & Fit Jasmine 7 1:00 MD Brunch Prep 2:30 KD Pre-race Party (T) 3:30 Kentucky Derby (T) 
<ul style="list-style-type: none"> 11:30 Mother's Day Brunch (D) 8 2:00 Movie Classics (T) 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 9 10:30 Fitness w/ Christine 11:00 Communion Service (T) 1:00 Bible Study (T) 1:30 PO-KE-NO 3:00 Sip & Paint (GR) 	<ul style="list-style-type: none"> 10:00 Stater Bros 10 10:30 Morning Stretches 1:00 Dollar Tree 2:00 Jolly Juicers (T) 3:30 Book Club 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 11 10:30 Sit & Fit Jasmine 12:00 Welcome Comm. M. 1:30 Sing Along w/ Phil 2:30 Documentary (T) 3:00 Room Visits 4:00 Newsworthy Discussions 	<ul style="list-style-type: none"> 10:30 Fitness w/ Azu (GR) 12 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:30 Knifty Knitters (CR) 2:30 BINGO \$1 (C) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 13 10:30 ONR Fitness 1:30 Jewish Life (GR) 2:00 Plant Potting 3:00 Happy Hour w/ Entertainment (C) 	<ul style="list-style-type: none"> 10:30 Sit & Fit Jasmine 14 2:00 Nat. Chocolate Chip Day 2:30 Movie Matinee 3:00 Room Visits
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 15 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 16 10:30 Fitness w/ Christine 1:00 Bible Study (T) 1:30 Root Beer Floats Bar 2:30 PO-KE-NO 	<ul style="list-style-type: none"> 10:00 Grocery Outlet 17 1:00 Rite Aid 2:00 Cozy Kitchen w/ Ricki 3:00 Think Fast! (T) 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 18 10:30 Sit & Fit Jasmine 1:30 Documentary (T) 3:00 R Association Meeting (GR) 3:00 Room Visits 4:00 Newsworthy Discussions 	<ul style="list-style-type: none"> 10:30 Fitness w/ Azu (GR) 19 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:30 Knifty Knitters (CR) 2:30 Food Talk w/ Wayne 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 20 10:30 Healthy Lecture 11:00 Morning Stretches 1:30 BINGO \$1 (GR) 3:00 Happy Hour w/ Entertainment (C) 	<ul style="list-style-type: none"> 10:30 Sit & Fit Jasmine 21 10:30 Stater Bros 1:00 CVS/ Walgreens 1:15 PO-KE-NO 2:30 Movie Matinee 3:00 Room Visits
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 22 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 23 10:30 Fitness w/ Christine 11:00 Communion Service (T) 1:00 Bible Study (T) 1:30 Table Games 2:00 Root Beer Floats (C) 3:00 TRIVIA w/ John! 	<ul style="list-style-type: none"> 10:30 Lacey Park Walk 24 1:00 Target 2:00 Documentary (T) 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 25 10:30 Sit & Fit Jasmine 2:00 Welcome Tea Party 3:00 Room Visits 4:00 Newsworthy Discussions 	<ul style="list-style-type: none"> 10:30 Stick Beats! (GR) 26 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:30 Knifty Knitters (CR) 2:30 Jolly Juicers 4:30 Resident's Birthday Party! (D) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 27 10:30 ONR Fitness 1:30 Jewish Life (GR) 2:00 Wellness Clinic (GY) 2:30 Highlands Gallery (C) 7:00 Movie Night 	<ul style="list-style-type: none"> 10:30 Sit & Fit Jasmine 28 10:30 Stater Bros 1:00 Rite Aid 1:15 PO-KE-NO 2:30 Movie Matinee 3:00 Room Visits
<ul style="list-style-type: none"> 2:00 Movie Classics (T) 29 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 30 10:30 Coffee & Donuts 10:30 Memorial Day Event (C) 2:00 MD Movie Special (T) 	<ul style="list-style-type: none"> 10:30 Walking Club 31 2:00 Town Hall Meeting 3:00 Think Fast! (T) 6:00 CPK Dinner Outing 7:00 Bridge 				

- Birthdays:**
- #809 Mary Ann Luce 5/1
 - #327 John Racs 5/8
 - #526 Carrie Wright 5/9
 - #608 You Chew 5/9
 - #428 Bob Sugasawara 5/18
 - #109 Rose Witt 5/20
 - #427 Kay Caran 5/30

Transportation



Mon & Thurs- Pasadena/
 South Pasadena
 Appointments

Tues- Outings & Sat -
 Shopping

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



Hello my dearest residents!
Can you believe it's the last month of spring before summer is here? I sure can't. The sun is shining, the birds are chirping and you can feel summer approaching in the air. There are many reasons for us to feel gratitude this month.

"A hero is someone who has given his or her life to something bigger than oneself. No duty is more urgent than that of returning thanks"

Elizabeth Colunga
(Activities Director- Out of office
5/12-5/24)



Shout out to the "Garden Club", for adding new plants that have brightened our days and brought delight to our eyes! Help with the watering and mingle with other garden club residents Mondays, Wednesdays, and Fridays at 9am. No time for a siesta because we are having a FIESTA on "Cinco De Mayo" (5/5). Enjoy Mexican sweet bread, a delicious cup of coffee or abuelitas hot chocolate, a live Mariachi band, guacamole making, and overflowing margaritas! The Accidentals Quartet are sure to liven up any party with their beautiful voices and harmonies. Join them (5/6) for a "Mother's Day Happy Hour". Wear your "Kentucky Derby" Hat, place your bets and enjoy tasty mint juleps (5/7). Don't forget to RSVP to our special pink themed "Mothers Day Brunch" (5/8) in the main dining room with live music from the Larry Muradian Jazz Trio.

Sign up for this month's outings to enjoy the beautiful spring weather! John Fluker-- LA based pianist, composer, vocalist, & arranger will be here (5/30) for a "Memorial Day" event to honor the men and women who gave their lives in service.

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.

