

Pasadena Highlands

June 2022



Any man
can
be a father
but it takes
someone special
to be a Dad.

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

Message from the Executive Director

Dear Residents, thank you for choosing Pasadena Highlands as your home for yourself or a loved one. Let's continue to make great memories together and welcome new residents. Would you like a free* month at PH? Don't forget about our "Friends and Family" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident. Be sure to pass the word on to your friends and family!



Warm Regards,
Brodey DeBorde



June 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"> 9:00 Garden Clb (G) 1 10:30 Morning Stretches 1:30 Sing Along (GR) 2:30 Documentary (T) 3:00 Room Visits 4:00 Newsworthy Discussions 	<ul style="list-style-type: none"> 10:30 Fitness w/Jasmine 2 (GR) 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:30 Adventures w/ Doug (T) 2:30 Welcome Tea Party 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 3 10:30 ONR Fitness 1:00 Nails Lounge (T) 3:00 BINGO Happy Hour (C) 	<ul style="list-style-type: none"> 10:00 Stater Bros 4 10:30 Sit & Fit Jasmine 11:30 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) 5 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 6 10:30 Fitness w/ Christine 11:00 Communion Service (T) 1:00 Bible Study (T) 1:30 Jolly Juicers (GR) 3:00 TRIVIA w/ Liz (C) 	<ul style="list-style-type: none"> 10:00 CVS/ Walgreens 7 10:30 Stick Beats! (T) 11:30 CPK Lunch Bunch 2:00 Trader Joes 3:00 Think Fast! (T) 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 8 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 Fitness (GR) 9 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:00 Tech Help 1:30 Knifty Knitters (CR) 2:30 Food Talk w/ Wayne 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 10 10:30 ONR Fitness 1:30 Self Care Hour (GR) 3:00 CY Happy Hour (C) 	<ul style="list-style-type: none"> 10:00 Stater Bros 11 10:30 Sit & Fit Jasmine 11:30 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) 12 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 13 10:30 Fitness w/ Christine 1:00 Bible Study (T) 1:30 Table Games 3:00 TRIVIA w/ Liz 	<ul style="list-style-type: none"> 10:00 Outdoor Stretches (GA) 14 10:30 Autry Museum 2:30 Flag Day! Entertainment (C) 3:30 Finishing Lines 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 15 10:30 Sit & Fit Jasmine 2:00 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 (GR) 16 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:00 Garden C. Meeting 1:30 Knifty Knitters (CR) 2:00 Natural History Museum 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 17 10:30 Stick Beats! 1:30 FREE BINGO (GR) 3:00 Happy Hour w/ Entertainment (C) 	<ul style="list-style-type: none"> 10:00 Stater Bros 18 10:30 Sit & Fit Jasmine 11:30 Rite Aid 1:00 Chalk Festival Outing 2:30 Movie Matinee 3:00 Room Visits
<ul style="list-style-type: none"> 11:30 Father's Day Cook-Out! 19 2:00 Movie Classics (T) 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 20 10:30 Fitness w/ Christine 11:00 Communion Service (T) 1:00 Bible Study (T) 1:30 PO-KE-NO 3:00 TRIVIA (T) 	<ul style="list-style-type: none"> 10:00 Meditation Space (T) 21 10:30 Beach Outing 2:00 Mexican BINGO \$1 (GR) 3:30 Book Club (7F) 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 22 10:30 Sit & Fit Jasmine 1:30 Sing Along w/ Phil 2:30 Documentary (T) 3:00 Room Visits 3:30 Audiobook Appreciation (T) 4:00 Newsworthy Discussions 	<ul style="list-style-type: none"> 10:30 Fitness (GR) 23 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:00 Tech Help 1:30 Knifty Knitters (CR) 2:30 WQ Launch Party! 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 24 10:30 Walking Club 1:30 BINGO \$1 (GR) 2:00 Wellness Clinic (GY) 3:00 Luau Happy Hour (C) 	<ul style="list-style-type: none"> 10:00 Stater Bros 25 10:30 Sit & Fit Jasmine 11:30 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) 26 7:00 Rummikub (4FL) 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 27 10:30 Fitness w/ Christine 1:00 Bible Study (T) 1:30 Ice Cream Social (GR) 1:30 Table Games 3:00 Residents Vs Staff TRIVIA 	<ul style="list-style-type: none"> 10:30 Stick Beats! 28 11:00 Target 2:00 Town Hall Meeting 3:00 Think Fast! (T) 5:30 Dinner Outing 7:00 Bridge 	<ul style="list-style-type: none"> 9:00 Garden Clb (G) 29 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 Fitness (GR) 30 11:30 BBQ Lunch (C) 1:00 Bridge (GR) 1:30 Knifty Knitters (CR) 2:00 Jolly Juicers (GR) 4:30 Resident's Birthday Party! (D) 7:00 Movie Night 		

- ### Birthdays:
- #601 Bette Levie 6/1
 - #524 Donald Eldrige 6/2
 - #509 Lorraine Marrquart 6/3
 - #822 Rose Marie Curtidor 6/8
 - #727 Gene Gill 6/18
 - #711 Mary Lou S. Pebbler 6/18
 - #223 Joan Peters 6/28
 - #604 John Gresch 6/28
 - #304 Mary Demarjian 6/28

Transportation



Mon & Thurs- Pasadena/
 South Pasadena
 Appointments

Tues- Outings & Sat -
 Shopping

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

Hello Residents and Hello June!
Summer is here and I would love to see you all enjoying the benefits of the sun rays. Fun Fact: The right amount of sunshine can do wonders for lifting your mood, and the vitamin D you gain from sunlight exposure works to boost your immune system. We ALL can use that! Wishing you all a wonderful month and I look forward to seeing you out and about in the community.

Elizabeth Colunga
(Activities Director)



Get to know and help us welcome new residents in our community during the "Welcome Tea Party" on (6/2). Continue to enjoy courtyard "BBQ"s every Thursday! Watch classic "Manly "movies every Sunday for 2pm Movie Classics. Special movie requests from residents will be played. Enjoy delicious & refreshing root beer floats during our "Flag Day event" on (6/14) with entertainment by husband and wife duo Mike & Mandy. Shimmy on over to our "Father's Day Happy Hour" (6/17) with a special belly dance performance! You're invited to come Grill & Chill for our "Father's Day Cookout" Great music from Larry Muradian Jazz Trio. Don't forget to make your reservations! Don't miss out signing up for the many FREE fun outings this month. What better way to kick off the summer than to grab our grass skirts and Hula on over to a "Luau Happy Hour" (6/24).

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.

