



Pasadena Highlands

May 2023



Message from the Management Team

May is a great time for a fresh start, so don't forget to do your spring cleaning! Can you believe it's the last month of spring before summer is here? We sure can't. The sun is shining, the birds are chirping, and you can feel summer approaching in the air. There are many reasons to feel gratitude this month.

Management along with the entire staff would like to wish all the moms who call our community home, a very Happy Mother's Day! We look forward to serving you along with your families on such an important day.

"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."

Our Team

Executive Director
Kay Cano

Business Office Manager
Maria Alarcon

Culinary Service Director
Wayne Scott

Sales Counselor
Cynthia Leon

Health & Wellness Director
Sanda Lee

Activities Director
Elizabeth Colunga

Maintenance Director
John Arbona

Housekeeping Director
Carlos Caff

Journey Care Supervisor
Sylvia Salinas











MAY 2023
Independent & Assisted Living Calendar

Motivate

Rejuvenate

Stimulate



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div><div></div>10:30 ONR Fitness (G)</div> <div><div></div>1:00 Blackjack (C)</div> <div><div></div>2:00 Spanish Lessons w/ Ray (T)</div> <div><div></div>3:00 TRIVIA w/ Adolfo (G)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>9:45 Getty Center Outing (1FL)</div> <div><div></div>10:30 Morning Stretches</div> <div><div></div>1:30 Nat Geo Special (T)</div> <div><div></div>3:00 PO-KE-NO (G)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Bridge (G)</div>	<div><div></div>9:30 Garden Club</div> <div><div></div>10:30 ONR Fitness</div> <div><div></div>11:00 Bible Study (T)</div> <div><div></div>1:30 Creative Writing Class w/ Mary (CY)</div> <div><div></div>2:30 Silk Scarves Painting (G)</div> <div><div></div>3:30 Sports Talk w/ Adolfo</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>9:30 Hand Spa (T)</div> <div><div></div>9:45 Getty Villa Outing (1FL)</div> <div><div></div>10:00 Stroke (presented by Kaiser P) (T)</div> <div><div></div>1:00 Bridge (G)</div> <div><div></div>1:30 Knifty Knitters (C)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>4:30 Fun Fitness</div>	<div><div></div>9:45 Neighborhood Walk (2F)</div> <div><div></div>10:30 Mariachi Morning (CY)</div> <div><div></div>1:00 Mexican Heritage History (T)</div> <div><div></div>1:30 Cozy Kitchen w/ Liz (G)</div> <div><div></div>2:00 Spanish Lessons w/ Ray</div> <div><div></div>3:00 LOTERIA Happy Hour (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div> <div></div>	<div><div></div>9:30 Garden Club</div> <div><div></div>10:30 Morning Stretches</div> <div><div></div>1:15 PO-KE-NO (G)</div> <div><div></div>2:30 Colorful Creations (T)</div> <div><div></div>3:15 Kentucky Derby (C)</div> <div><div></div>3:15 Room Visits</div> <div><div></div>4:00 Puzzlemania (C)</div> <div><div></div>7:00 MOVIE NIGHT!</div>
<div><div></div>9:00 Balance Workout (T)</div> <div><div></div>9:30 Church Rides (2FL)</div> <div><div></div>1:00 Stater Bros (1F)</div> <div><div></div>2:15 Movie Classics (T)</div> <div><div></div>2:30 Pasadena Shopping</div> <div><div></div>4:00 Puzzlemania (C)</div> <div><div></div>7:00 Rummikub (4FL)</div>	<div><div></div>9:30 Garden Club Meeting (1FL)</div> <div><div></div>10:30 ONR Fitness (G)</div> <div><div></div>11:00 Communion Service (T)</div> <div><div></div>1:30 Spanish Lessons w/ Ray (G)</div> <div><div></div>2:30 Cookie Decorating & Tea (sponsored by Vitas) (G)</div> <div><div></div>3:15 Blackjack</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>9:30 SPA Day (G)</div> <div><div></div>10:30 MOMS Wish Tree (G)</div> <div><div></div>11:15 Lunch Bunch Outing (1FL)</div> <div><div></div>1:00 Mindful Mediation (T)</div> <div><div></div>1:30 Afternoon Stretches (T)</div> <div><div></div>2:15 Watercolor Flowers (T)</div> <div><div></div>3:00 PO-KE-NO (G)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Bridge (G)</div>	<div><div></div>9:30 Garden Club</div> <div><div></div>10:30 ONR Fitness</div> <div><div></div>11:00 Bible Study (T)</div> <div><div></div>11:30 Music at Noon Concert</div> <div><div></div>1:30 Creative Writing Class w/ Mary (CY)</div> <div><div></div>2:30 Documentary (T)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>4:00 S (STWA)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>10:30 Sit & Fit (T)</div> <div><div></div>11:00 "National Technology Day" Lifeloop 101 Class (T)</div> <div><div></div>1:00 Bridge (G)</div> <div><div></div>1:00 Tech Help</div> <div><div></div>1:30 Amores Jewlery Sale (1FL)</div> <div><div></div>1:30 Knifty Knitters (C)</div> <div><div></div>2:15 Jolly Juicers! (1FL)</div> <div><div></div>3:00 Name That Tune! (T)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div>	<div><div></div>9:00 Hand Spa w/ Marbella</div> <div><div></div>10:30 Stick Beats! (G)</div> <div><div></div>11:00 "Public Gardens Day" Arlington Garden Walk & Picnic (1FL)</div> <div><div></div>11:15 Brain Aerobics (T)</div> <div><div></div>1:30 Trivia w/ Liz (T)</div> <div><div></div>3:00 Happy Hour w/ Entertainment (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>9:30 Garden Club</div> <div><div></div>10:30 Walk-About (G)</div> <div><div></div>11:00 Family Feud Game (T)</div> <div><div></div>1:15 PO-KE-NO (G)</div> <div><div></div>2:30 Movie Matinee (T)</div> <div><div></div>3:00 Colorful Creations (G)</div> <div><div></div>3:15 Room Visits</div> <div><div></div>4:00 Puzzlemania (C)</div>
<div><div></div>9:30 Church Rides (2FL)</div> <div><div></div>11:00 Mother's Day Brunch</div> <div><div></div>2:00 Pacific Asia Museum Outing (1FL)</div> <div><div></div>2:30 Movie Special (T)</div> <div><div></div>3:00 Pasadena Shopping</div> <div><div></div>4:00 Puzzlemania (C)</div> <div><div></div>7:00 Rummikub (4FL)</div> <div></div>	<div><div></div>10:00 Trader Joes</div> <div><div></div>10:30 Strength & Balance (T)</div> <div><div></div>1:00 Stater Bros (1FL)</div> <div><div></div>1:15 Blackjack (C)</div> <div><div></div>2:00 Spanish Lessons w/ Ray (T)</div> <div><div></div>3:00 TRIVIA w/ Adolfo (G)</div> <div><div></div>4:00 American Craft Beer Day HH (Social) (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>10:00 Morning Stretches</div> <div><div></div>11:00 Food Talk w/ Wayne (D)</div> <div><div></div>1:15 Mozart Program</div> <div><div></div>1:30 Descanso Gardens Outing (1FL)</div> <div><div></div>3:00 PO-KE-NO (G)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Bridge (G)</div>	<div><div></div>9:30 Garden Club</div> <div><div></div>9:30 Senior Center Outing (English as a 2nd language class) (1FL)</div> <div><div></div>10:30 ONR Fitness</div> <div><div></div>11:30 Music at N Concert (1FL)</div> <div><div></div>2:00 Documentary (T)</div> <div><div></div>3:00 R Council Meeting (G)</div> <div><div></div>3:00 Room Visits</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>10:00 Fraud Protection (Live Zoom) (T)</div> <div><div></div>11:30 "International Museum Day" Norton Simon M. Outing \$ (1FL)</div> <div><div></div>1:00 Bridge (G)</div> <div><div></div>1:30 Ice Cream Social (G)</div> <div><div></div>1:30 Knifty Knitters (C)</div> <div><div></div>2:30 Stick Beats! (G)</div> <div><div></div>3:15 Newsworthy Discussions (T)</div> <div><div></div>4:00 HAPPY HOUR (Social) (G)</div>	<div><div></div>10:30 ONR Fitness (G)</div> <div><div></div>11:15 Brain Aerobics (T)</div> <div><div></div>1:30 Adventures with Doug-Mountaineering Presentation (G)</div> <div><div></div>2:00 Table Games (C)</div> <div><div></div>3:00 Happy Hour w/ Entertainment (G)</div> <div><div></div>7:00 Scrabble Challenge (G)</div>	<div><div></div>9:30 Garden Club</div> <div><div></div>10:30 Morning Stretches</div> <div><div></div>1:15 PO-KE-NO (G)</div> <div><div></div>2:30 Movie Matinee (T)</div> <div><div></div>3:00 Colorful Creations (G)</div> <div><div></div>3:15 Room Visits</div> <div><div></div>4:00 Puzzlemania (C)</div>
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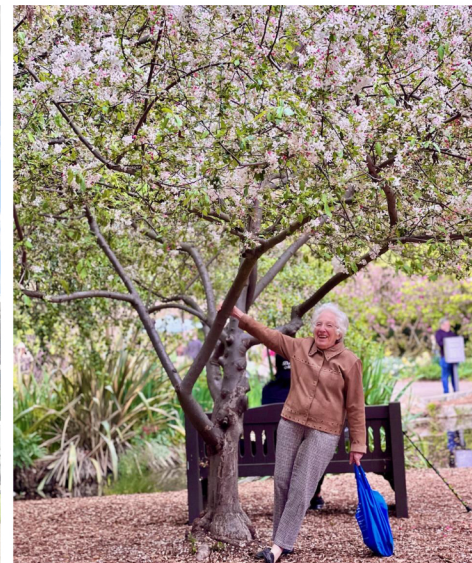


Better Together!

It truly does take a village to find “your” people, creating “your” dream community, and nurturing “your” sense of belonging, because connectedness—as more and more studies show—is our key to happiness, fulfillment, and success. We have been privileged to watch new friendships begin during classes, over lunch, events, or even over a game of scrabble.

Join us this month to try something new

- sit with someone new
- make a new connection!



Outings!



- *5/1- Theodore Payne Nursery Garden Club (See Upcoming flyer for departure details)
- *5/2- LA Getty Center
- *5/4- Getty Villa Museum
- *5/9- Lunch Bunch (See upcoming flyer for location)
- *5/10, 5/17, & 5/31- Music at Noon Concerts
- *5/12- Arlington Garden
- *5/14- Pacific Asia Museum
- *5/16- Descanso Gardens
- *5/18- Norton Simon Museum
- *5/29- Senior Center Swing Band & Dance
- *5/30- Movie Theater Outing (See upcoming show time flyer)

May Birthday's!

- #404 Tom Franzel 5/1
- #608 You Chew 5/9
- #428 Bob Sugawara 5/18
- #327 Nancy Fryer 5/24
- #427 Kay Caran 5/30

- #526 Carrie Wright 5/9
- #411 Rita Knorr 5/17
- #209 Eileen Sanders 5/22
- #526 Janis Wells 5/26



Our Wellness Quest

Living at WellQuest, our mission is to keep you on a quest for wellness with our revitalizing program which focuses on Intellectual, Physical and Social wellness.



Stimulate Your Mind



Motivate Your Body



Rejuvenate Your Spirit

At WellQuest, we strive to keep you active and engaged by stimulating your mind, motivating your body and rejuvenating your spirit on a daily basis.

Don't stop living your best life and start your Wellness Quest with us! 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.