



Pasadena Highlands

September 2023



Message from the Executive Director

As we enter a new season, I want to express how each month that passes I "FALL" more in love with Pasadena Highlands and our residents. It is important to me as your executive director that I understand your experience at Pasadena Highlands and ensure our team delivers quality care and service.

Thank you for allowing us to serve you!

I encourage you to join the wonderful activity programs and outings we have in store for you this month. We hope to continue fostering friendships and connections within our community and continue to get to know each other.

***Friendly reminder: It's time to get a annual Flu shot!
Protect yourself, your family, and your community!**

–Kay Cano



Our Team

Executive Director
Kay Cano

Business Office Manager
Maria Alarcon

Culinary Service Director
Wayne Scott

Marketing Directors
Cynthia Leon
Alexis Hartsfield





Health & Wellness Director
Sanda Lee

Activities Director
Elizabeth Colunga

Maintenance Director
John Arbona

Housekeeping Director
Carlos Caff

Memory Care Supervisor
Sylvia Salinas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <ul style="list-style-type: none">9:30 Walking Club10:30 ONR Fitness (G)11:15 Brain Aerobics (T)1:00 Bocce Ball 101 (C)1:30 BINGO \$1 (G)3:00 Happy Hour w/ Entertainment (G)7:00 Scrabble Challenge (G)	<div>2</div> <ul style="list-style-type: none">8:30 Garden Club (T)10:30 Strength & Tone (G)11:15 Hand Spa (T)1:15 PO-KE-NO (G)2:30 Movie Matinee (T)3:00 Colorful Creations (G)3:15 Room Visits4:00 Puzzlemania (CR)
<div>3</div> <ul style="list-style-type: none">9:00 Balance Workout (T)9:30 Church Rides (2FL)1:00 Stater Bros (1F)2:15 Movie Classics (T)2:30 Pasadena Shopping4:00 Puzzlemania (CR)7:00 Rummikub (4FL)	<div>4</div> <ul style="list-style-type: none">10:30 Fun Fitness! (T)11:30 Labor Day BBQ Event! (C)1:15 Tech Help1:30 Outdoor Games (C)2:30 Movie Special! (G)4:00 HAPPY HOUR (Social) (G)7:00 Scrabble Challenge (G)	<div>5</div> <ul style="list-style-type: none">8:30 Garden Club Meeting (T)10:00 Morning Stretches10:30 Annenberg Beach House Outing (1FL)1:30 Fall Crafts (G)3:00 PO-KE-NO (G)4:00 HAPPY HOUR (Social) (G)7:00 Bridge (G)	<div>6</div> <ul style="list-style-type: none">10:30 Sit & Fit11:30 Music at Noon Concert (1FL)1:30 Root Beer Float Bar2:00 Documentary (T)3:00 Room Visits4:00 HAPPY HOUR (Social) (G)4:00 Sports Talk (CR)7:00 Scrabble Challenge (G)	<div>7</div> <ul style="list-style-type: none">9:00 Hand Spa (G)10:30 Outdoor Fitness (C)11:00 Bible Study (T)1:00 Bridge (G)1:30 Knifty Knitters (CR)2:00 Jolly Juicers! (G)3:00 Name That Tune! (T)4:00 HAPPY HOUR (Social) (G)	<div>8</div> <ul style="list-style-type: none">9:30 Walking Club10:30 ONR Fitness (G)11:15 Brain Aerobics (T)1:00 Bocce Ball 101 (C)1:30 BINGO \$1 (G)3:00 Happy Hour w/ Entertainment (C)7:00 Scrabble Challenge (G)	<div>9</div> <ul style="list-style-type: none">8:30 Garden Club (T)9:30 Stater Bros10:30 Morning Stretches11:15 Think Fast! (T)1:15 PO-KE-NO (G)2:30 Movie Matinee (T)3:00 Colorful Creations (G)3:15 Room Visits4:00 Puzzlemania (CR)
<div>10</div> <ul style="list-style-type: none">9:00 Balance Workout (T)9:30 Church Rides (2FL)10:30 Garden Butterfly Release11:15 Grandparent's Day Lunch! (D)1:30 Pam & The Tap Chicks! Live Entertainment! (G)2:15 Movie Classics (T)3:00 Pasadena Shopping7:00 Rummikub (4FL)	<div>11</div> <ul style="list-style-type: none">9:30 "WellQuest Well Done Cards "-NALW10:30 ONR Fitness (G)11:00 Communion Service (T)1:30 9/11 Remembrance Ceremony (T)2:00 Room Visits3:00 TRIVIA (G)4:00 HAPPY HOUR (Social) (G)7:00 Scrabble Challenge (G)	<div>12</div> <ul style="list-style-type: none">8:30 Garden Club (T)10:00 Morning Stretches10:30 Griffith Observatory Outing (G)1:00 The Great American Songbook (T)3:00 PO-KE-NO (G)4:00 HAPPY HOUR (Social) (G)7:00 Bridge (G)	<div>13</div> <ul style="list-style-type: none">10:30 Sit & Fit11:30 Music at Noon Concert (1FL)1:30 Music Therapy (C)2:30 Documentary (T)3:00 Room Visits4:00 HAPPY HOUR (Social) (G)4:00 Sports Talk (CR)7:00 Scrabble Challenge (G)	<div>14</div> <ul style="list-style-type: none">9:00 Hand Spa (G)10:30 Stick Beats! (G)11:00 Bible Study (T)1:00 Bridge (G)1:30 Knifty Knitters (CR)2:30 Garden Club Tea Event (T)3:30 Table Games (G)4:00 HAPPY HOUR (Social) (G)	<div>15</div> <ul style="list-style-type: none">9:30 Walking Club10:30 ONR Fitness (G)11:15 Brain Aerobics (T)1:30 "Responsible Dog Ownership" Speaker (T)2:15 Think Fast!3:00 JAZZ Appreciation Happy Hour (T)4:30 Rosh Hashanah Program (D)7:00 Scrabble Challenge (G)	<div>16</div> <ul style="list-style-type: none">8:30 Garden Club (T)10:30 Strength & Tone (G)11:15 Mexican Indep. Day Celebrations (T)1:15 PO-KE-NO (G)2:30 Movie Matinee (T)3:00 Colorful Creations (G)3:15 Room Visits4:00 Puzzlemania (CR)
<div>17</div> <ul style="list-style-type: none">9:00 Balance Workout (T)9:30 Church Rides (2FL)1:00 Stater Bros (1F)2:15 Movie Classics (T)2:30 Pasadena Shopping4:00 Puzzlemania (CR)7:00 Rummikub (4FL)	<div>18</div> <ul style="list-style-type: none">10:30 ONR Fitness (G)1:15 Tech Help1:30 Spanish Class w/ Ray (T)2:15 Flower Arranging (G)3:00 Residents Vs Staff TRIVIA (G)4:00 HAPPY HOUR (Social) (G)7:00 Scrabble Challenge (G)	<div>19</div> <ul style="list-style-type: none">8:30 Garden Club (T)9:45 Trader Joes (1L)10:30 Morning Stretches11:00 Lunch Bunch Outing (1FL)1:30 Ice Cream Social (G)2:00 Watercolor Step by Step (T)3:00 PO-KE-NO (G)4:00 HAPPY HOUR (Social) (G)7:00 Bridge (G)	<div>20</div> <ul style="list-style-type: none">10:30 Sit & Fit11:30 Music at Noon Concert (1FL)1:30 Documentary (T)3:00 R Council Meeting (G)3:00 Room Visits4:00 HAPPY HOUR (Social) (G)4:00 Sports Talk (CR)7:00 Scrabble Challenge (G)	<div>21</div> <ul style="list-style-type: none">9:00 Hand Spa (G)10:30 Fitness w/ Marian (T)11:00 Bible Study (T)1:00 Bridge (G)1:30 Knifty Knitters (CR)2:00 Master Chef Episodes (T)3:00 Concert at The Park! (C)4:00 HAPPY HOUR (Social) (G)	<div>22</div> <ul style="list-style-type: none">9:30 Walking Club "Pasadena City Hall" (1FL)10:30 ONR Fitness (G)11:15 Brain Aerobics (T)1:00 Bocce Ball 101 (C)1:30 BINGO \$1 (G)3:00 Happy Hour w/ Entertainment (G)7:00 Scrabble Challenge (G)	<div>23</div> <ul style="list-style-type: none">8:30 Garden Club (T)10:30 Morning Stretches11:15 Think Fast! (T)1:15 PO-KE-NO (G)2:30 Movie Matinee (T)3:00 Colorful Creations (G)3:15 Room Visits4:00 Puzzlemania (CR)
<div>24</div> <ul style="list-style-type: none">9:00 Balance Workout (T)9:30 Church Rides (2FL)10:30 PH Golf Tournament! (C)1:00 Stater Bros (1F)1:15 Pasadena Playhouse Outing "The Right Is Ours!" (1FL)2:00 Movie Classics (T)4:00 Puzzlemania (CR)7:00 Rummikub (4FL)	<div>25</div> <ul style="list-style-type: none">10:30 ONR Fitness (G)1:15 Root Beer Float Bar (CR)1:30 Spanish Class w/ Ray (T)2:00 MONOPOLY (CR)3:00 TRIVIA (G)4:00 HAPPY HOUR (Social) (G)7:00 Scrabble Challenge (G)	<div>26</div> <ul style="list-style-type: none">8:30 Garden Club (T)10:30 Strength & Tone11:00 Costco Outing (1FL)1:15 Arts & Crafts (T)2:00 Town Hall Meeting (G)3:00 PO-KE-NO (G)4:00 HAPPY HOUR (Social) (G)7:00 Bridge (G)	<div>27</div> <ul style="list-style-type: none">10:30 Sit & Fit11:30 Music at Noon Concert (1FL)1:30 Tai-Chi Class2:30 Documentary (T)3:00 Room Visits4:00 HAPPY HOUR (Social) (G)4:00 Sports Talk (CR)7:00 Scrabble Challenge (G)	<div>28</div> <ul style="list-style-type: none">9:00 Hand Spa (G)10:30 Stick Beats! (G)11:00 Bible Study (T)1:00 Bridge (G)1:30 Knifty Knitters (CR)2:00 Think Fast!3:00 Name That Tune! (T)4:00 HAPPY HOUR (Social) (G)4:30 Resident's Birthday Party! (D)	<div>29</div> <ul style="list-style-type: none">9:30 Walking Club "Rose bowl Outing" (1FL)10:30 ONR Fitness (G)11:15 Brain Aerobics (T)1:00 Bocce Ball 101 (C)1:30 BINGO \$1 (G)2:00 Wellness Clinic (GY)3:00 Happy Hour w/ Entertainment (G)7:00 Scrabble Challenge (G)	<div>30</div> <ul style="list-style-type: none">8:30 Garden Club (T)10:30 Sit & Fit (G)11:15 Family Feud Game (T)1:15 PO-KE-NO (G)2:30 Movie Matinee (T)3:00 Colorful Creations (G)3:15 Room Visits4:00 Puzzlemania (CR)



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!

Hello, September!



Outings!



- *9/5- Annenberg Beach House
- *9/6- EVERY WEDNESDAY "Music
at Noon Free Concert Series
- *9/12- Griffith Observatory
- *9/19- Trader Joe's
- *9/19- Lunch Bunch
- *9/22- Pasadena City Hall Walk
- *9/26- Costco Wholesale
- *9/29- Pasadena Rose Bowl Walk

Birthday's!

- | | |
|-----------------------------|---------------------------|
| #205 Sandra Doerschlag 9/09 | #321 Mary Ngo 9/9 |
| #305 Donald Brand 9/16 | #315 James Bennett 9/16 |
| #523 Ricki Lane 9/20 | #311 Maria Vargas 9/25 |
| #204 Doreen Mason 9/25 | #619 Eileen Fishbach 9/26 |
| #326 Tina Gajda 9/26 | #618 Jacob Hughes 6/18 |
| #302 Esther Stroh 9/30 | |



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.