

Pasadena Highlands

November 2023



Message from the Executive Director

November is here, and the holidays are right behind it. This month we celebrate both Veterans Day and Thanksgiving. There's no way to thank our veterans for everything they sacrifice for our freedom, but on Veterans Day, we have to try. So, thank you to all our service men and women, both past and present! I am thankful for the entire Pasadena Highlands team for their dedication and hard work. We are also grateful to you, our residents for your trust in us. For Thanksgiving we'll share a lovely traditional feast. Be sure to RSVP as soon as possible for your seat and your number of guests! As colder weather moves in, I'm sending you warmest wishes for a Happy November.

Kay Cano



There's
always
SOMETHING
TO BE
thankful
FOR



Our Team

Executive Director
Kay Cano

Business Office Manager
Maria Alarcon

Culinary Service Director
Wayne Scott

Marketing Directors
Cynthia Leon
Alexis Hartsfield





Community Nurse
Marissa Mena
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></div> <div>5</div> <div><div><div></div>9:00 Balance Workout (T)</div><div><div></div>9:30 Church Rides (2FL)</div><div><div></div>11:15 Stater Bros (1S)</div><div><div></div>1:00 Pasadena Shopping</div><div><div></div>2:15 Movie Classics (T)</div><div><div></div>4:00 Puzzlemania (C)</div><div><div></div>7:00 Rummikub (4)</div></div>	<div></div> <div>6</div> <div><div><div></div>9:00 Hand Spa (T)</div><div><div></div>10:30 Strength & Tone (G)</div><div><div></div>1:00 Canasta 101 (G)</div><div><div></div>1:30 Golf Putting 101 (V)</div><div><div></div>2:00 Arts & Crafts</div><div><div></div>3:00 TRIVIA (G)</div><div><div></div>4:00 HAPPY HOUR (Social) (G)</div><div><div></div>7:00 Scrabble Challenge (G)</div></div>	<div></div> <div>7</div> <div><div><div></div>9:15 Garden Club Meeting (T)</div><div><div></div>10:00 Coffee Social (C)</div><div><div></div>10:30 ONR Fitness (G)</div><div><div></div>11:00 Dollar Tree (1F)</div><div><div></div>11:15 Newsworthy Discussions (C)</div><div><div></div>1:30 "All That Jazz" Live Music Program (G)</div><div><div></div>3:00 PO-KE-NO (G)</div><div><div></div>4:00 HAPPY HOUR (Social) (G)</div></div>	<div><div><div></div>9:30 Volunteers Comm. Meeting (T)</div><div><div></div>10:30 Sit & Fit (G)</div><div><div></div>11:00 Day of the Dead Presentation (T)</div><div><div></div>11:30 Music at Noon Concert</div><div><div></div>2:00 Root Beer Floats & Classic Tunes</div><div><div></div>2:30 Documentary (T)</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><div></div>10:30 ONR Fitness (G)</div><div><div></div>11:00 Bible Study (T)</div><div><div></div>1:00 Bridge (G)</div><div><div></div>1:00 Tech Help</div><div><div></div>1:30 Knifty Knitters (1F)</div><div><div></div>2:00 Afternoon Fitness</div><div><div></div>2:30 Sharing Family Recipes (T)</div><div><div></div>3:00 FREE BINGO w/ Prizes (G)</div><div><div></div>4:00 HAPPY HOUR (Social) (G)</div></div>	<div><div><div></div>9:30 Walking Club</div><div><div></div>10:30 Stick Beats! (G)</div><div><div></div>11:15 Brain Aerobics (T)</div><div><div></div>12:15 Mayflower Club Outing (1F)</div><div><div></div>1:30 Bocce Ball 101</div><div><div></div>3:00 Happy Hour w/ Entertainment (G)</div><div><div></div>7:00 Scrabble Challenge (G)</div></div>	<div><div><div></div>9:15 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></div>
<div><div><div></div>9:00 Balance Workout (T)</div><div><div></div>9:30 Church Rides (2FL)</div><div><div></div>11:15 Stater Bros (1S)</div><div><div></div>1:00 Pasadena Shopping</div><div><div></div>2:15 Movie Classics (T)</div><div><div></div>4:00 Puzzlemania (C)</div><div><div></div>7:00 Rummikub (4)</div></div>	<div><div><div></div>9:00 Hand Spa (T)</div><div><div></div>10:30 Strength & Tone (G)</div><div><div></div>1:00 Canasta 101 (G)</div><div><div></div>1:30 Golf Putting 101 (V)</div><div><div></div>2:00 Arts & Crafts</div><div><div></div>3:00 TRIVIA (G)</div><div><div></div>4:00 HAPPY HOUR (Social) (G)</div><div><div></div>7:00 Scrabble Challenge (G)</div></div>	<div><div><div></div>9:15 Garden Club Meeting (T)</div><div><div></div>10:00 Coffee Social (C)</div><div><div></div>10:30 ONR Fitness (G)</div><div><div></div>11:00 Dollar Tree (1F)</div><div><div></div>11:15 Newsworthy Discussions (C)</div><div><div></div>1:30 "All That Jazz" Live Music Program (G)</div><div><div></div>3:00 PO-KE-NO (G)</div><div><div></div>4:00 HAPPY HOUR (Social) (G)</div></div>	<div><div><div></div>10:30 Sit & Fit</div><div><div></div>11:00 Think Fast!</div><div><div></div>11:30 Music at Noon Concert (1FL)</div><div><div></div>1:30 Walking Club (2F)</div><div><div></div>2:30 Documentary (T)</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><div></div>9:30 Fall Art (T)</div><div><div></div>10:30 ONR Fitness (G)</div><div><div></div>11:00 Bible Study (T)</div><div><div></div>1:00 Senior Center Music Outing (1F)</div><div><div></div>1:00 Tech Help</div><div><div></div>1:30 Knifty Knitters (1F)</div><div><div></div>2:00 Music Therapy (MC Volunteers) (CY)</div><div><div></div>3:00 Food Talks (T)</div><div><div></div>4:00 HAPPY HOUR (Social) (G)</div></div>	<div><div><div></div>9:30 Walking Club</div><div><div></div>10:30 Sit & Fit (G)</div><div><div></div>11:15 Brain Aerobics (T)</div><div><div></div>1:30 Bocce Ball 101</div><div><div></div>2:00 Audubon Society Presentation (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><div></div>9:15 Garden Club</div><div><div></div>9:30 Donut Bar (C)</div><div><div></div>10:00 Veterans Day Ceremony (CY)</div><div><div></div>10:30 "The Tap Chicks" Perform (G)</div><div><div></div>12:00 Tailgating Party (C)</div><div><div></div>1:15 PO-KE-NO (G)</div><div><div></div>2:30 Movie Matinee (T)</div><div><div></div>3:15 Room Visits</div><div><div></div>4:00 Puzzlemania (C)</div></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!

***11/1 & EVERY WEDNESDAY**
"Music at Noon" Free Concert Series
***11/3 The Mayflower Club**
(Live Big Band)
***11/7 Dollar Tree**
***11/9 Senior Center Music**
***11/21 Santa Anita Mall**
***11/26 Sierra Madre Playhouse**
"Holiday Spectacular" \$35
***11/28 San Antonio Winery**
Lunch \$ & Tour

Birthday's!

#623 Lois F. 11/6 #420 Alice N. 11/6 #726 Helen T. 11/13
#718 Rene M. 11/14 #222 Ruth H. 11/14 #627 Linda L. 11/21
#220 Audrey H. 11/23 #515 Helen K. 11/24
#807 Doris M. 11/27 #426 Joyce P. 11/28
#406 James W. 11/29

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.