

VillaVoice

News for friends of Villa Gardens Retirement Community

WINTER 2019

Jean Owen Finds Connections at Villa Gardens

Retired teacher and table tennis enthusiast discovers new independence living in community

“Other than marrying my husband, moving to Villa Gardens was the best decision I’ve ever made just for myself,” exclaims resident Jean Owen while enjoying a cup of coffee in the community’s new Bistro. “My two mantras are ... move in here before you need to -- and while you’re here, enjoy life in the company of others and have fun!”



Jean is doing just that. The retired teacher likes to “ease into activities” rather than jump right in. “That way I can try them all,” Jean says with a smile. “I do everything here I’ve always done except now I have many more opportunities and choices.”

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Dining Venues Offer Residents Flexibility and Varied Cuisines



Dining at Villa Gardens is all about choices in both formal and casual environments depending on your mood and preferences.

Villa’s main restaurant-style Dining Room is Craftsman inspired, offering full service for breakfast, lunch and dinner. Every day, residents can enjoy a variety of entrée choices. This includes an array of vegetarian and gluten-free options. Also available is a full salad bar, fresh

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No Party or Event is too Big or Small at Villa Gardens

Catering Manager Irma Gallegos makes resident gatherings sing

When resident Alice Coulombe hosts an event she looks no further than Villa Gardens' Catering Manager Irma Gallegos for assistance.

"Irma does wonderful work," Alice said. "No matter how large or small the function, Irma delivers a worry-free creative presentation and delicious food. We used to host events at our house in Pasadena. When we moved here I was pleasantly surprised that Villa Gardens had this excellent service available for residents."

What may be a luxury at many retirement communities is standard at Villa Gardens. Under Irma's supervision, Villa Gardens catering department fills about 100 catering orders each month. These can range from plates of our special Royale Cookies to an ice cream social; from parties for the community to private parties for individual residents.

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fruit and cheeses, homemade soup, desserts, Fosselman's ice cream as well as wine and beer.

Adding to the residents' dining experience is the new Bistro, offering lighter fare and dining until 9:00 p.m. Among the items are smoothies, hamburgers, pizza, sandwiches, specialty coffees



Alice Coulombe and Irma Gallegos choose some tasty treats!

Irma's team can serve wine or host a full bar, serve appetizers or a full sit down dining experience depending on the request. Residents can choose from a special catering menu or make special requests.

Residents pay for any private event but Villa Gardens covers the cost for any event open to the residents. Sometimes the cost is split between the residents and the community.

"We have residents who host parties here for good causes, fund raisers and personal gatherings like

anniversaries and birthdays, so it is important that we have this unique service available," Irma said. "We can assist with small birthday parties of five or 10 people, large events with 100 guests or anything in between. This is our residents' home so this is something we are happy to do."

and milkshakes. The adjacent lounge overlooking the pool and garden offers a new casual dining area where residents enjoy time with friends and family.

"The goal is to give our residents more choices and truly make their dining experience memorable," said Dining Services Director Carme Nidoy.



Residents Use New Villa Gardens Solarium Gym to Exercise Body and Mind

Villa Garden's residents rave about their state-of-the-art Solarium Gym with equipment specially designed for all ages.

Resident Joyce Newman, leader of the Villa Gardens Fitness Committee, couldn't be more pleased. "It's just beautiful," Joyce said. "Who has a gym where you can work out on the machines and look out at a gorgeous garden at the same time?"

"Plus, with the floor to ceiling windows and the sun streaming in, it's just such a fun and inviting atmosphere."

The best part for Joyce? The Solarium Gym is always open. This availability allows her to fit regular workouts around her busy schedule. "It's not just about staying in shape," Joyce said. "When you get into a regular exercise routine you just feel better both physically and mentally."



Residents and staff inaugurate the new Villa Gardens Solarium Gym.

Fitness Committee members and Fitness Director Kim Williams were on hand September, 2018 for the official opening and ribbon cutting of the newly redesigned Solarium Gym. Kim, a certified personal trainer and fitness director at Villa Gardens, is available for orientation of the state-of-the-art equipment and weight machines. She also offers private training sessions to residents.

"Between the Solarium Gym and the classes we offer, our aim is to support residents in meeting their health and fitness goals," Kim said. "Plus, with the floor to ceiling windows and the sun streaming in, it's just such a fun and inviting atmosphere."

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Jean enjoys movies, the theatre, participating in Villa's resident mentor program and ... she plays a mean game of table tennis. She especially enjoys not having to worry about all of the responsibilities of home ownership anymore or the isolation she experienced the last few years living alone.

Jean is known in the greater community for her work with the Junior League of Pasadena, Kidspace Children's Museum and Jefferson Elementary School where she was instrumental in creating the current Villa Gardens resident tutoring program more than 20 years ago. "It's no surprise to find someone here I'm connected with in some way," Jean said.

"Once I made the decision to stay in Pasadena and chose Villa Gardens it helped me and my children in the daunting task of downsizing and moving," Jean said. "I have not lost any of my independence. Instead, I have gained freedom and a new extended family who support me."

Let us Show You How Great Retirement Living Can Be!

Now is the perfect time to make your move to Villa Gardens! We're in the heart of the city – Pasadena's premier retirement community offering continuing care retirement living at its best. You no longer have to worry about everyday chores like cooking, cleaning and maintenance. Instead, you have the freedom to pursue everything you love to do. It's no wonder Villa Gardens has been voted Best Retirement Community for years by several local publications. Call us today at **626-463-5300** to schedule your personal tour.



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