

MOMENTS IN TIME

The “Moments in Time” (MIT) Program is an enhanced activity program designed for those residents with some cognitive impairment who need more activities geared towards maintaining mental function. MIT is not a Memory Care program but does follow the principles of Journey Care in our Memory Care program.

WELLQUEST LIVING’S 5 PILLARS FOR COMPASSIONATE CARE:

- PERSONALIZED & WHOLISTIC CARE
 - DAYS WITH DIGNITY
 - A TEAM APPROACH
- ENGAGING THE SENSES
- CULINARY EXPERIENCES

MARCH MOMENTS IN TIME: TEAM SPOTLIGHT



ROBERT SALIERNO

Name: Robert ‘Rob’ Andrew Salierno.
Born: Born in Kansas City on November 1st.
Raised: Lived in Kansas City & Chicago ‘til moving to Los Angeles.
Profession: Have worked in senior living for most of my life. Started as a dining room server in high school working my way up to Executive Director. Received a Masters in Business while working full time at a senior living community.
Family: Married my high school sweet heart Nicole; our 2 year old daughter is named Ophelia.

Favorite Food: Love fried chicken, mashed potatoes and green beans.

Favorite Vacation: My favorite vacation was a trip to Italy.

Interesting Fact: My minor degree in Theology.

Favorite Part of Pasadena Highlands: Love the team spirit & the love people have for each other in our community.



1575 E. Washington Blvd.
Pasadena, CA. 91104

(626) 791-1981

www.pasadenahighlands.net

RCFE LICENSE #197602334

THE MANAGEMENT TEAM

Executive Director.....Rob
 Director of Wellness.....Sarah
 AL Director.....Laura
 Moments in Time Leader.....Terry
 Plant Operations Director.....John
 Housekeeping Director.....Carlos
 Business Office Director.....Cruz
 Activity Director.....Denise

Conductorcise
 FEATURED PROGRAM OF THE MONTH

Do you love classical music?
 Well if you do, conductorcise is the perfect program for you. We gather together and use our batons to conduct the music. This is a great way to stretch muscles and listen to great music.
 Come and join the fun!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

March Moments In Time Calendar

1

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9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 Scattergories / 3rd FI AR
1:00 Basketball / 3rd FI AR
2:00 Nails-R-U's / 3rd FI AR
3:00 Nails-R-U's / 3rd FI AR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 A - Z / 4th FI DR
1:00 Balloon Tennis / 3rd FI AR
2:00 Travelogue / TR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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PEANUT AUCTION

4

5

6

MUSIC AT NOON

7

8

9

9:00 Church Rides / 1st FI
9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 Reminiscing / 3rd FI AR
1:00 Ring Toss / 3rd FI AR
2:00 Peanut Auction / GR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Terry / 3rd FI AR
11:00 A - Z / 3rd FI AR
1:00 Basketball / 3rd FI AR
1:00 Letter Writing / 3rd FI AR
2:00 Drum Circle / 3rd FI AR
3:00 Ice Cream Social / 3rd FI AR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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11:30 Music at Noon / 1st FI
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3:00 Kozy Kitchen / 3rd FI AR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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7:15 Evening at the Movies / TR

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11:00 A - Z / 4th FI DR
1:00 Balloon Tennis / 3rd FI AR
2:00 Travelogue / TR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR
Daylight Saving Time
Remember Set Your Clocks
Forward 1 Hour
Before You Go to Bed Tonight

10

11

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MUSIC AT NOON

14

15

16

9:00 Church Rides / 1st FI
9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 Reminiscing / 3rd FI AR
1:00 Ring Toss / 3rd FI AR
2:00 Movie Classic / TR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Terry / 3rd FI AR
11:00 A - Z / 3rd FI AR
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11:00 A - Z / 4th FI DR
1:00 Balloon Tennis / 3rd FI AR
2:00 Travelogue / TR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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PEANUT AUCTION
ST PATRICK'S DAY CELEBRATION

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MUSIC AT NOON

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RESIDENT BIRTHDAY PARTY

9:00 Church Rides / 1st FI
9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 Reminiscing / 3rd FI AR
1:00 Ring Toss / 3rd FI AR
2:00 Peanut Auction / GR
3:00 Green Street Parade / Patio
4:00 St Patrick's Day Celebration / GR
4:30 St Patrick's Day Dinner / DR
7:15 Evening at the Movies / TR

9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Terry / 3rd FI AR
11:00 A - Z / 3rd FI AR
1:00 Basketball / 3rd FI AR
1:00 Letter Writing / 3rd FI AR
2:00 Drum Circle / 3rd FI AR
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11:30 Music at Noon / 1st FI
1:00 Reminiscing / 3rd FI AR
1:00 Basketball / 3rd FI AR
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4:00 Happy Hour / 3rd FI AR

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9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 Scattergories / 3rd FI AR
1:00 Basketball / 3rd FI AR
2:00 Nails-R-U's / 3rd FI AR
3:00 Nails-R-U's / 3rd FI AR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR
3:00 Short Stories / 3rd FI AR
4:00 Happy Hour / 3rd FI AR

9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 A - Z / 4th FI DR
1:30 Resident Birthday Party / GR
entertainment by
guitarist & vocalist
David Kaufman
3:00 Travelogue / TR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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PEANUT AUCTION

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30

WELCOME TEA

9:00 Church Rides / 1st FI
9:00 Daily Living 3rd FI AR
9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 Reminiscing / 3rd FI AR
1:00 Ring Toss / 3rd FI AR
1:00 Tap Dance Class / GR
2:00 Peanut Auction / GR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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9:30 News/Current Events / 3rd FI AR
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4:00 Happy Hour / 3rd FI AR
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9:30 News/Current Events / 3rd FI AR
10:30 Exercise with Cynthia / 3rd FI AR
11:00 A - Z / 4th FI DR
1:00 Balloon Tennis / 3rd FI AR
2:00 Welcome Tea / GR
3:00 Travelogue / TR
4:00 Happy Hour / 3rd FI AR
7:15 Evening at the Movies / TR

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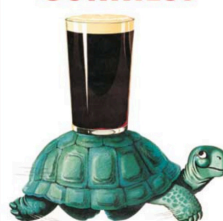
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7:15 Evening at the Movies / TR

Meetings & Religious Programs

Bible Study / 3rd Lobby - Tuesdays at 9:15 AM
Catholic Communion / TR - Thursdays, at 9:30 AM
Catholic Mass / TR - Thursday, March 14th - 9:30 AM
Jewish Life / Shabbat / TR - Fridays at 2 PM
Town Hall Meeting / GR - Wednesday, Mar 27th - 3 PM

Lovely day for a
GUINNESS



Daily Meals & Refreshments

8:00 Breakfast
11:00 Refresh & Renew
12:00 Lunch
2:00 Refresh & Renew
4:30 Dinner

Daily Activities

10:00 Worship & Song / 3rd FI AR
1:00 Movie Matinee / 3rd FI AR
1:30 Aroma & Massage Therapy / 3rd FI AR
4:00 Daily Reflection / 3rd FI AR



LEGEND

1st FI = First Floor
AR = Activity Room
DR = Dining Room
GR = Garden Room
TR = Theater