

Pacifica Tidings


WYNDHAM LAKES
A Pacifica Senior Living Community
Independent Living
Assisted Living • Memory Care

December 2017



A Note from the Executive Director



Wyndham Lakes cordially invites you to our

FAMILY HOLIDAY DINNER
December 21ST 4:30 p.m. to 6:30 p.m.

Please join us and your loved ones for our holiday meal! Residents are able to invite 2 family members.

**Please R.S.V.P. by December 15th to
the Front Desk at or call (904) 262-4600.**

Who am I?

I was married 4 times and briefly dated Ronald Reagan before becoming involved with her agent, Marty Melcher. I co-owned the Cypress Inn. I was nominated for one Academy Award and two Grammy Awards. My film debut was in "Romance on the High Seas". I received two stars on the Hollywood Walk of Fame. I received the Grammy Lifetime Achievement Award. I sung "Que Sera, Sera" in the thriller "The Man that Knew too Much".

Welcome to Our Community

**Gene Adkins
Dave Carlson
Jim Charles
Stacia Doherty
Mary Eckardt
Carlyne Fischer
Lena Gabbamonte
Charlotte Leslein
Theresia Mattson
William Miller
Trellis Murray**



Special Events & Memorable Moments

Upcoming Events & Outings

December 1 at 2:00– Christmas Tree Decorating
December 1 at 4:00– Happy Hour with Sal
December 2 at 10:00– Resident Community Sale
December 3 at 3:00– Cookies and Carols Event
December 6 at 11:00– Out to Lunch at St. Mary's
December 7 at 7:00 Children's Piano Recital
December 8 at 4:00– Happy Hour with Don
December 9 at 10:30– Christmas Piano Recital
December 12 at 11:00– St. Joseph's Children's Choir
December 13 at 3:00– Senior Serenaders Choir Program
December 14 at 4:00– Ugly Sweater Party
December 15 at 4:00– Happy Hour with Pam
December 18 at 3:00– Ginger Bread Decorating
December 21 at 3:00– Mix and Mingle with Vivian
December 21 at 4:30– Family Holiday Dinner
December 22 at 4:00– Happy Hour with Mike
December 25 at 9:30– Christmas Morning Celebration with Santa
December 31 at 6:00– New Years Eve Bash

Around the Community



Health & Fitness by

Holiday Health Tips

1. **Take a Walk After Large Meals.** After large meals it is natural to want to rest. As food sits, particularly carbs, it turns to fat. A walk, even if it isn't every fast or far can do wonders for your body.
2. **Wash Hands Frequently.** With family visiting from all over, they can carry all kinds of potentially harmful bacteria. To combat this, remember to wash your hands.
3. **Don't Drink Alcohol in Excess.** Most alcohol is loaded with carbs and high calorie counts. The effects of alcohol can cause inflammation of the joints and muscles worse. While it may be hard to not indulge, there are many choices to not over indulge and still have a good time. Try some better alternatives like light beer, tonic water instead of juice and skip out on the whipped cream.
4. **Drink Plenty of Water.** Water helps flush out toxins and cleanse the body then any other drink. Water can help you stop you from over eating by making you feel full faster.
5. **Try to Avoid eating Heavy Meals Late at Night.** The earlier you eat the better the opportunity to burn off your meal.
6. **Seek Flavoring Alternatives.** Try to avoid simply adding salt and butter without tasting the food first. Seek out more spices to substitute for the salt.
7. **Keep a Regular Sleep Schedule.** Most adults need 6-8 hours of sleep.
8. **Most Importantly Enjoy the Holidays!**

Birthdays

Dec 1.....Peggy S.
Dec 10....Betty Jean G.
Dec 12..... Josie B.
Dec 13.....Diann H.
Dec 13.....Rosa T.
Dec 17.....Doris B.
Dec 19.....Jack C.
Dec 23.....Bertha B.
Dec 24.....Paul R.
Dec 25.....David D.
Dec 28.....Esther H.
Dec 29.....Mary A.



Spiritual Activities

**December 7 @ 10:30–
Catholic Mass**

**Every Thursday @ 2:30–
Women's Bible Study**

**Every Sunday @ 9:30–
Church Service with
Pastor Gary**

**Every Saturday @ 10:00
Discussion of the Bible**

**Every Sunday @ 9:45–
Catholic Communion**



Who Am I?
(answer)

Doris Day



Management Team

Executive Director
CJ Reeves

Assistant Executive Director
Erica Nelson

Director of Nursing

Memory Care Director
Nina Newman

Marketing Director
Corie Robbins

Dining Services Director
Ronnie Kaleel

Activity Director
Crystal Melton

Housekeeping Supervisor
Gloria Matthews

Maintenance Director
Lloyd Walters



*Pacifica Senior Living is committed to
supporting our communities,
residents, and the families we serve.*

*We strive to create a lifestyle of
independence, security, and peace of mind.*

*It is through our dedicated and caring
team members that our culture is
exemplified in service, accountability,
teamwork and compassion.*

*The right choice. The right time.
Welcome Home!*



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**10660 Old Saint Augustine Road
Jacksonville, FL 32257
(904) 262-4600**

Welcome Home!