

# Pacifica Tidings



**WYNDHAM LAKES**

*A Pacifica Senior Living Community*

Independent Living  
Assisted Living • Memory Care

Legacies 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 born May 4, 1929 in Ixelles, Belgium. I am a British actress, model, dancer and humanitarian. I began dancing at the age of 5. I speak five different languages. I am most famous from the movie Breakfast at Tiffany's My Favorite poem is Unending Love by Rabindranath Tagore . Who Am I?**

### *Welcome to Our Community*

**Frank Mazzie  
Elna Moore  
Mancell Boyd**





## Special Events & Memorable Moments



### Upcoming Events & Outings

**December 13th** Social Hour w/  
Gary @ 2:30pm

**December 14th** Scenic ride  
@11:00 am

**December 18th** Piano w/Ruth  
@3:15 pm

**December 19th** Music Therapy w/  
Jan @1:00 pm

**December 20th** Out to see Christ-  
mas Lights @6:00pm

**December 21st** Family Holiday  
Dinner 4pm-6:30pm

**December 22nd** Christmas Story-  
telling w/ Kaye Byrnes @10:30pm

**December 25th** Christmas Sing  
along w/Gary @10:30 am

**December 25th** A Visit from Santa  
@ 11:30 am

**Gentlemen's Lunch Club**  
every Wednesday @ 11:45am

**Women's Lunch Picnic** every  
other Monday @ 11:45am

**Entertainment every**  
**Friday at 4PM!**

### Fun Around Wyndham Lakes



## *Health & Fitness*

### 3 Types of Exercises You Can Do at Home

#### **Arm raises**

It may seem simple, but raising your arms – and adding resistance with a light weight – is an easy way to build upper body strength. Using light hand weights or everyday items, such as books or a full water bottle.

#### **Leg raises**

Be sure to use a chair for better balance while doing leg raises. Holding on to the chair at your side, lift the opposite leg out to the side, keeping the heel and hip aligned and a slight bend in the supporting leg. Then, return your raised leg back to a standing position.

#### **Walking**

As seniors age, regular walking can help maintain a level of endurance, which can make everyday activities like grocery shopping and gardening that much easier.



## *Birthdays*

**Angel Zepeda  
12/08**

**Lynelle Houston  
12/16**

**Louise Azroff  
12/19**

**Ernest Hampton  
12/23**



## *Spiritual Activities*

\*Church Service  
w/Claude  
Sundays at 9:00am

\*Catholic  
Communion  
Sundays at 9:45am



## *Who Am I?*

*(answer)*



## Management Team

### **Executive Director**

CJ Reeves

### **Executive Director Assistant**

Erica Nelson

### **Director of Nursing**

Bobbie Gordon

### **Dining Services**

Ronnie Kaleel

### **Director, Activities**

Crystal Melton

### **Director, Memory Care**

Nina Newman

### **Director, Maintenance**

Lloyd Walters

### **Supervisor, Housekeeping**

Gloria Matthews



*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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## **Gentleman's Lunch Club**

*Welcome Home!*

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