

Pacifica Tidings


PACIFICA
SENIOR LIVING
ELLENSBURG
Assisted Living

December 2017



A Note from the Executive Director

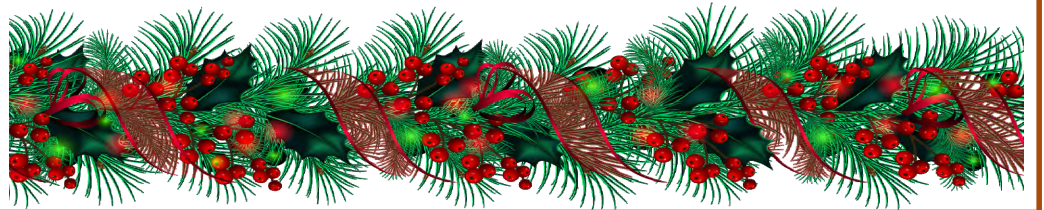


Christmas Greetings to Everyone!

As we approach this Christmas season we have several special events planned for you to enjoy the "Spirit of Christmas" to its fullest. One event is our "Pacifica Family and Friends Christmas Dinner" on December 20 at 1pm. We hope you will invite your family and special friends. You can make your reservations at the front desk with our concierge Lauren.

Remember to bundled up this winter and keep warm. Stop by the Fireside room to sit by the fireplace if you feel a chill coming on! As always if you have any questions please feel free to stop by and touch base with me.

Sincerely,
Angelena Bishop



Who am I?



*Welcome to
Our Community*

Joseph Jacobs

Doriene Jacobs

Activities & Special Events



Please join us for Pacifica's Family and Friends Christmas Dinner

Wednesday, December 20 at 1PM

*RSVP at the front desk by Wednesday, December 13.
\$12 per person*

*In keeping with the
Spirit of Christmas
please join us to celebrate:*

*Monday, December 4 at 5:30 pm
Crooning with Tom Harbough*

*Wednesday, December 6 at 1:00 pm
Dammon School Christmas Caroling*

*Saturday, December 9 at 3:00pm
Chestnut Baptist Choir*

*Tuesday, December 12
3:00pm Centerpiece Craft
5:30pm Barbershop Chorus*

*Wednesday, December 13
R.S.V.P. Deadline for Pacifica Christmas Dinner*

*Wednesday, December 13 at 9:00am
Ellensburg Christian School Caroling*

*Thursday, December 14 at 1:15 pm
Valley View School Christmas Caroling*

*Monday, December 18 at 6:00 pm
Christmas Country Drive*

*Wednesday, December 20 at 1pm
Pacifica Christmas Dinner*

*Monday, December 25
Christmas Day*

*Wednesday, December 27 at 3:00pm
Holiday Happy Hour Social*



Health & Fitness by

There are many ways to stay active this winter. Although you may want to stay snuggled up in your warm bed, winter shouldn't be a time that your fitness plans hibernate—especially with all of those holiday treats around. With the right attitude and mix of exercises, winter can actually be a fantastic time to mix-up your workouts, get creative and even reignite your love of fitness by trying new fun activities.

- We can always use the workout DVD, hand weights, and a towel with two rubber bands in the TV media room in the mornings or afternoons.
- Try getting excited about winter. Especially, if you never have been a winter fan, start focusing on what you do love about it and how this time of year provides new opportunities for your fitness and health.
- While there are many great workout options this winter, be sure you always stay safe no matter what you do. But most of all, have fun out there.. It's a wonderful time of year —enjoy it.

In addition to physical health, lets enjoy gathering together in the lobby or dining room singing holiday songs with Ruth, church choirs, children from the local schools coming to our community this holiday season.

Jennifer Watters
Certified Personal Trainer
and Fitness Instructor

Birthdays

December brings us 4 Birthdays

December Birthday Party

Thursday the 28 at 12:30 PM

Alice Archer 12/4

Helen Lewis 12/28

Carol Lynch 12/30

Murl Canterbury 12/31



Spiritual Activities

MONDAY ~ 9:30

Bible study with Jean in the Media Room

TUESDAY ~ 9:15

Communion ~ Catholic Faith Fireside Room

WEDNESDAY ~ 3:00

Calvary Baptist Service
Enjoy an uplifting service and singing. Dining Room

1st WEDNESDAY ~ 9:00

St. Andrews Mass
Media Room



Sunday
Mornings
Spiritual
Hour at 11AM
with Terri

Who Am I? (answer)

I was born in Wichita, Kansas in 1923. My parents had two daughters. I was the youngest. We moved to Washington state when I was seven years old. I graduated in 1941 from Lincoln High School in Tacoma, Washington. I met my husband Eddie in 1943. At which time, three months and one week exactly we married. We adopted two daughters. In addition to raising my beautiful girls, I worked in retail serving 41 years in children's apparel. I never met a kid I did not like. However, some parents.....is a different story. I was married for 56 years before he passed in 1999. I've been BLESSED with a great childhood, marriage, family, grandchildren, friends, and travel after retirement. I'm happy to be living here at Pacifica for the last two years.



Management Team

Angelena Bishop

Executive Director

Lise McGowan

Community Relations Director

Terri Osborne

Resident Care Director

Chante Meabebasterrachea

Resident Care Coordinator

Vivian Zakrzewski

Business Office Manager

Tim Ryan

Maintenance Director

Faly Nevarez

Dining Service Manager

Terri Wells

Activity Director

Lauren Melcher

Concierge



*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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Welcome Home!