

Pacifica Tidings



WYNDHAM LAKES

A Pacifica Senior Living Community

Independent Living
Assisted Living • Memory Care

**Legacies
January 2018**



A Note from the Executive Director



Who am I?

I was born January 17, 1922 in Oak Park, Illinois. I am an American Actress and Comedian. I hold the longest record for the oldest female actress. I am the only child. My mother was a homemaker and my father worked as an executive at a lighting company. I have been in 32 movies, 103 Television shows, and I published 7 books. I am most famous for my role in the GOLDEN GIRLS. Who Am I?

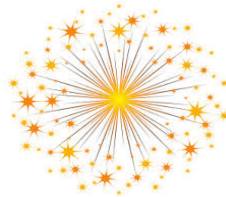
Welcome to Our Community

Margie Roche





Special Events & Memorable Moments



Upcoming Events & Outings

January 1st New Years Day Party
@ 2:00 pm

January 2nd Music Therapy/Jan
@1:00 pm

January 8th Sing Along w/ Lorna
@3:15 pm

January 10th Social Hour w/Gary
@2:30 pm

January 11th Out to Lunch: Chilis
@11:00 am

January 15th Piano w/Ruth@
3:00 pm

January 18th Scenic Ride w/Jai
@10:00 am

January 24th Music w/Sass
&Brass @ 2:30 pm

January 25th Out to Krispy Kreme
@ 10:00 am

January 29th Coffee Chat w/Gary
@ 10:30 am

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

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

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

Fun Around Wyndham Lakes



Health & Fitness

Benefits of Whole, Raw Fruit

There's a reason all physicians recommend you eat a healthy diet with plenty of fruit. Quite a few reasons, actually. The following are a few things you'll consume when eating a piece of your favorite type of fruit:

- Fiber (helps maintain gastrointestinal re the risk of heart disease)
- Folate (helps reduce a pregnant woman's risk for giving birth to a child with defects in the brain or spinal cord)
- Potassium (helps your body maintain a healthy blood pressure)
- Vitamin A (helps your body fight off infections and maintain health eyes and skin)
- Vitamin C (helps your teeth stay health and assists you body in the healing process when you experience a cut or wound)

In order to get plenty of these important nutrients, you'll need to add some fruit into your diet every day.



Birthdays

Frances Swinicki
1/14

Dorothy Mccants
1/18



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



Women's Lunch



Welcome Home!