

# Pacifica Tidings



WYNDHAM LAKES

A Pacifica Senior Living Community

Independent Living  
Assisted Living • Memory Care

Legacies February 2018



## *A Note from the Executive Director*



### *Who am I?*

I was born February 6th, 1911 in Tampico, IL . I am 6 ft.1in. I saved 77 people when I worked as a lifeguard. In 1937 I won a seven year contract with Warner Brothers and became a famous movie and television actor. I was the Governor of California from 1967-1975. I was the President of the United States from 1981-1989, Which made me the 40th President. I Married my wife in 1952. Who am I?

*Welcome to  
Our Community*

**James Roche**

**Francis Morgan**





## Special Events & Memorable Moments



### Upcoming Events & Outings

**February 4th** Super Bowl Party  
@ 6:30 pm

**February 8th** Out to Lunch: Al's  
Pizza @11:00 am

**February 12th** Sing Along w/Lorna  
@2:30 pm

**February 14th** Valentines Day  
Party w/Gary @2:30 pm

**February 15th** Scenic Ride w/Jay  
@ 10:00 am

**February 15th** Mardi Gras Party  
@ 4:30 pm

**February 19th** Piano w/ Ruth @  
3:00 pm

**February 20th** Music Therapy w/  
Jan @ 1:00 pm

**February 21st** Sass And Brass @  
2:30 pm

**February 22nd** Coffee Chat:  
Krispy Crème @ 10:00 am

**February 26th** Coffee Chat w/  
Gary @ 10:00 am

**Gentlemen's Lunch Club  
Every 4th Wednesday @  
11:45am**

**Women's Lunch Picnic Every  
3rd 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 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*

**Frank Mazzie**  
2/10  
**Frances Swinicki**  
2/14



## *Spiritual Activities*

\*Church Service  
w/Gary  
Sundays at 8:30am

\*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*



*Out for lunch!*

*Welcome Home!*