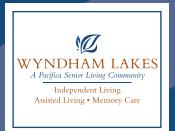
Pacifica Tidings



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

<u>February 4th</u> Super Bowl Party @ 6:30 pm

<u>February 8th</u> Out to Lunch: Al's Pizza @11:00 am

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

<u>February 14th</u> Valentines Day Party w/Gary @2:30 pm

<u>February 15th</u> Scenic Ride w/Jay @ 10:00 am

February 15th Mardi Gras Party @ 4:30 pm

<u>February 19th</u> Piano w/ Ruth @ 3:00 pm

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

<u>February 21st</u> 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!







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





Dut for lunch!

