

Pacifica Tidings


PACIFICA
SENIOR LIVING
VACAVILLE
Memory Care

**March
2018**



A Note from the Executive Director



Spring is in the air! Hopefully we will get a little more rain before we welcome the summer sun. Cinthya is full of energy and is planning major events for the year. We are happy to see the return of the Glimpse of the Pacific Dancers for our Spring Festival and ongoing performances from Sweet G's, Singing Cowboy and Diane and Jasper.

2018 will see our beloved murals replaced with new art, planting of our vegetable and herb garden, and spending more time outdoors soaking in the Vitamin D!

We hope to see all of you when you can come to events and join in the fun.

Happy Spring!

Melody Allmond, Executive Director

Who am I?



Welcome to Our Community

Ed
&
Helen



Pacifica Senior Living Vacaville
Presents

Spring festival

Glimpse of the Pacific

March 24th

Time: 12-2pm

Location: Courtyard

Rsvp by March 20th



Live Music Raffle Prizes and Games Family

Memorable Moments

Mardi Gras Party



Valentine's Day Party



Birthdays

March 8

Mildred –Pappas House
Cupcake Social

March 11

Dorothy S –Pappas House
Ice– Cream Social



Monthly Family Meeting

Please join us
Thursday March 8th
4:30-5:30pm
Main Office
Lobby

**Kindred Hospice will be here presenting on
home health neurology services.**



A Note from the Activities Director

Hello, My name is Tori and I am the new Activities Assistant here at Pacifica Vacaville. I am a skilled professional Artist in painting and drawing. My experience and background is a wide and range. I have a strong passion in creativity. I am exited to share my passion and help encourage others to utilize their own special gifts. I find art as a very therapeutic tool towards healing mind and body spirit.

Welcome Home!
Tori



Health & Fitness by

This month, we are hopeful at getting back outside as the weather starts to warm up. We will be incorporating some new ways to get activity daily, including walks around our beautiful courtyard and some fun exercises sessions. Our activity program strives to bring our residents activities that focus in having fun but staying active.



Answer: Who am I?

Doris Day

Fitness Activities

Balloon Fitness

Tai Chi Exercise

Yoga Exercise

Chair Aerobics'

Meditation

Volleyball

Music and Dancing

Spiritual Activities

Catholic Church Service

Every Sunday at
10:45AM in Pappas House

Non Denominational Church Service

3rd Saturday of every
month at 3:00PM in Pappas House

Catholic Communion

4th Tuesday of every
month from 11-11:30AM

February Events

March 2— Accordion Play with Dianne

March 6— Fiddlers

March 7— Singing with Jasper

March 15— Singing Cowboy

March 16 — Accordion Play with Dianne

March 17- St Patrick's Day Party

March 24— Spring Festival

March 26— Sweet G's



Management Team

Executive Director
Melody Allmond

Community Relations Director
Mari Senabanwith

Resident Care Director
Kristi Herrier

Business Office Manager
Josephine Kumar

Food Service Director
Louie Verzosa

Activities Director
Cinthya Gamino

Maintenance Director
Larry Recella



*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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*431 Nut Tree Road
Vacaville, CA 95687
(707) 449-1350*

*www.PacificaVacaville.com
License # 486803645*

Welcome Home!