

Pacifica Tidings


WYNDHAM LAKES
A Pacifica Senior Living Community
Independent Living
Assisted Living • Memory Care

Legacies March 2018



A Note from the Executive Director



It is hard to believe that March is here. Seems like yesterday we were celebrating the new year. If you are a basketball fan, then March represents the March Madness Basketball Tournament. If you are a gardener, March signals the start of spring and thoughts turn to planting flowers and enjoying all the plants coming back to life after the winter. When I was a child, my mother used to start planning our vegetable garden in March and she would sort through seed packets, choosing which to plant that year. How many of you had a vegetable garden?

When we think of March, we must think of St. Patrick's Day and the "wearing of the green." The color green is associated with Irish Catholics and it is a holiday to celebrate Saint Patrick who is said to have passed away on March 17th. Today, we normally think of the holiday as a reason to wear green and possibly drink green beer. No matter how you celebrate, it is a nice break in the middle of the month that otherwise has no holiday.

At Wyndham Lakes, we are hoping that March will start the beginning of the end of the construction projects. The community is so beautiful now and we have so many nice spaces both inside and out to enjoy. Let's hope that we have many sunny days to enjoy in March.

Who am I?

I was invented May 8, 1886 (131 years ago) by a pharmacist named John Pemberton. I was originally intended as a patent medicine but I was brought out by a businessman named Asa Griggs, who's marketing tactics were so good I dominated the market throughout the 20th century. You can't find me in Cuba or North Korea but any where else, I'm always available. I was the first commercial sponsor for the 1928 Olympic Games. I am shaped after a cacao seed pod. I only sold 25 bottles my first year, now I sale over 1.8 million a day. Who am I?

Welcome to Our Community



Special Events & Memorable Moments



Upcoming Events & Outings

March 8th Out to Lunch: Steak n Shake @11:00 am

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

March 14th Music Social w/Gary @ 2:30 pm

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

March 15th Senior Serenaders @ 3:00 pm

March 19th Mix and Mingle w/ Viv @ 3:00 pm

March 20th Music Social w/Gary @ 2:30 pm

March 21st Sass And Brass @ 2:30 pm

March 22nd Coffee Chat: Krispy Crème @ 10:00 am

March 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

Age-Proof Muscles

As we age our muscle mass naturally dwindles as nature takes its course. This process, called Sarcopenia, begins as early as 20 and can ramp up to .4 lbs. loss in muscle each year after.

The solution :

- ♦ exercise your muscles hard with an assortment of resistance training modalities.
- ♦ Consistency is key - the muscle building benefits of each workout ends after about 48 hours.

Keep challenging your muscles and they will repay you with ageless strength.



Birthdays

Margie Roche
3/8
Myriam Rodriguez
3/13
Charles Rice
3/29



Spiritual Activities

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

*Catholic
Communion
Sundays at 9:45am



Who Am I?

(answer)



Management Team

Executive Director

Nancy Perry

Executive Director Assistant

Erica Nelson

Director of Nursing

Judy Snow

Dining Services

Ronnie Kaleel

Director, Activities

Crystal Melton

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*



Birthday Social!

Welcome Home!