Pacifica Tidings



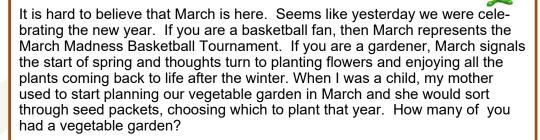
Legacies March 2018







A Note from the Executive Director



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 marking 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

<u>March 15th</u> 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

<u>March 22nd</u> 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!







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



Birthday Social!

Welcome Home!