

Pacifica Tidings



PACIFICA
SENIOR LIVING
NEWFOREST ESTATES
Independent Living
Assisted Living

**September
2018**



A Note from the Executive Director

Greetings Residents,

In my first month as Executive Director, the reception that I have received from you has been paramount. There are many aspects of our community that I am actively working on to improve. There are little things that we can all do to make this place better. Let's focus on making our staff feel loved and appreciated. Let's try to pick up after ourselves instead of throwing trash on the ground and let's try to help each other on a daily basis. We need to remember that every piece of furniture, every washing machine and dryer are here for everyone. Please be considerate of your neighbors, know that I value each and every one of you. If you refer your friend or loved one you will receive a **\$1000.00** credit to your rent, once he/she moves in. It's that easy! I appreciate your support and wish you many blessings.

Regards,
Michael Anthony Rivera

Who am I?

I have lived at NewForest for 4 months.

I am very social.

My favorite color is green and I have green eyes.

I have a black cat named Jingle.

Welcome to Our Community

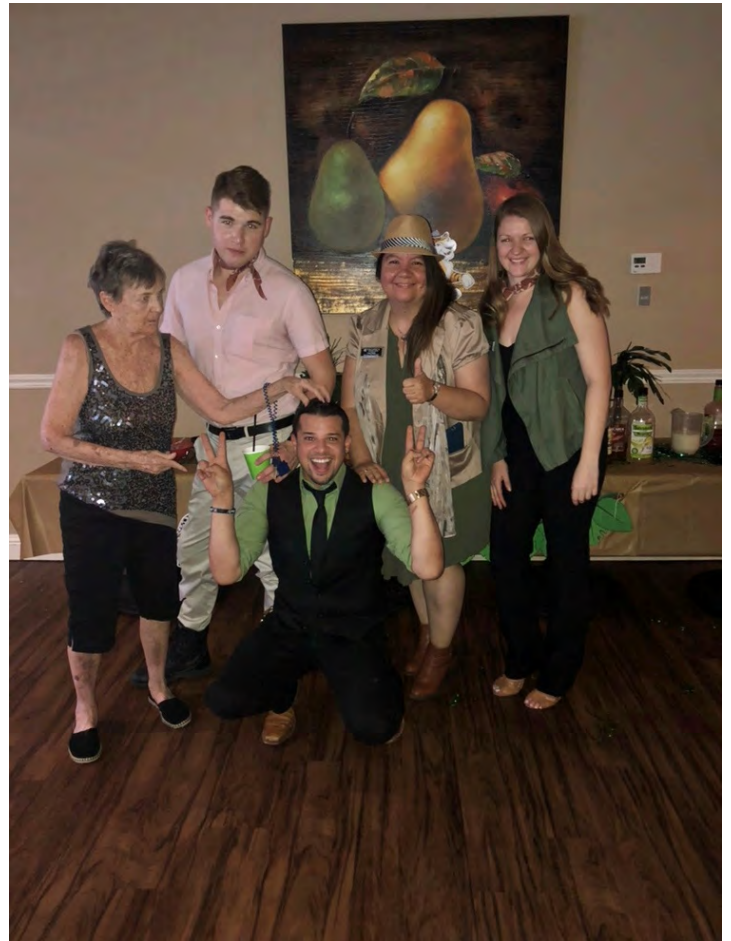
Welcome to the Pacifica
Family!

Anne Lowe
Ray McMillan
Lucy Gutierrez
Hope Navarro
Mark Anderson
Charlie Russell
Adele Perales
Dixie Gonzalez
Dorothy Nail
Dorothy Bray
Raymond Connor
James Mcateer

Activities & Special Events



Memorable Moments



Birthdays

Elinor McCollum 9/1
Maria Luisa Garza 9/3
Richard Moreno 9/3
Beverly Zellers 9/3
Fran Daly 9/6
Walter Kenneda 9/6
Carl Bernal 9/8
Evelyn Williams 9/13
Alfred Alvarado 9/14
Elizabeth Ellis 9/14
Bernyce Lee 9/19
Mable Washington 9/20
Rita Hillman 9/21
John Bower 9/24
Elida George 9/25
Patricia Fitzgerald 9/26
Nancy Molesky 9/26
Reno Schubert 9/26
Barbara Story 9/27
Richard Soupiset 9/28
Bonnie West 9/28
Francis Turner 9/30



A Note from the Activities Director

New changes to the monthly calendar.....

K's Crafts – Activity Room
Every other Monday @2:00pm

Bob Ross Senior Center
Thursdays @10:00am

Spanish Brain Fit w/Legacy
Mondays @4:00pm

Mexican Train - LR
Moved to Tuesdays @6pm

Wii Bowling - LR
Moved to 2:30pm on
Tuesdays

New Resident Meet and
Greet. (All are welcomed)



Health & Fitness by

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.



Fitness Activities

Exercise w/Legacy

Monday & Wednesday @4:30pm-AR

Walking Club

Tuesday @10:00am-Meet in lobby

Water Exercise

Tuesday@4:30pm

& Wednesday@10:00am - pool

Yoga

Thursday @10:00am - AR

Those of you with disabilities, weight challenges, inflexibility, or who just cannot get on the floor for whatever reason can benefit from a daily practice on a chair in the comfort of the activity room. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of Tai Chi, Laughing Yoga, Upper & Lower Strengthening Body Exercise. Even if you are in a wheelchair, you can receive the many benefits of chair exercise—the integration of body, mind, and spirit that keeps us strong & healthy. Anyone wishing to use weights, are located in the activity closet. All weights are two pounds each. If you would like to use heavier weights you may bring your own to exercise class.

Spiritual Activities

Spiritual Growth

Spiritual growth is essential for a better, happier and more harmonious life, free of tension and strain, fear and anxiety.

Tuesdays

10:35 a.m. - PDR

Bible Reading Enrichment

Wednesdays

2:45 p.m. - AR

St. Luke's Catholic Service

Priest, present second

Wednesday of the month..

Sundays

10:30 a.m.- AR

All Are Welcomed for Bible Study



Answer to guess who...

Julie Arick



Management Team

Michael A. Rivera
Executive Director

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Lisa Flores
Business Office Director

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Marlene Hall
Resident Care Director

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Dawn Hamilton
Sales Director

*

Jacob M. Orlowski
Move in Coordinator

*

Michael Douglass
Food Service Director

*

Karolina Gluza
Activity Director

*

James Sonny Driskell
Environmental Service
Director



*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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*5034 NewForest Drive
San Antonio, TX 78229
(210) 680-3649
License # 102550*

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