

Pacifica Tidings


PACIFICA
SENIOR LIVING
VACAVILLE
Memory Care

**August
2018**



A Note from the Executive Director



The warm days of summer have certainly come our way! We are looking forward to our August event—HAVANA NIGHTS! This event will be fun filled with a fantastic performance. Please RSVP if you plan to attend.

Our new bus has arrived and we are excited to begin traveling around the countryside. You will see the return of scenic rides to the calendar in September.

Stay cool!

Who am I?



Welcome to Our Community

**Maria
Robert
Clara Jean
Barbara
Robert**



Activities & Special Events

International Dine In With Us

Please join us as we take a tour around the world. Join us in experiencing cuisines of all types and flavors. Each house resident will enjoy a private dining experience with their families and friends. This is a private event for each house. It is required to RSVP two days prior to the event to ensure we have your reservation. We hope to see you there so you will be able to experience the culinary skills of our House Chef, Mr. Louie Verzosa.

Wilson House
Thursday September
13, 2018
Time 4:30pm to 6:00pm
Salvadorian Cuisine



Pappas House
Thursday August 2, 2018
Time 4:30pm to 6:00pm
Mexican Cuisine



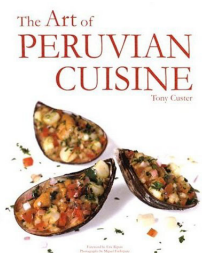
Wheatley House
Thursday August 30, 2018
Time 4:30pm to 6:00pm
Filipino Cuisine



Locke House
Thursday August 16, 2018
Time: 4:30pm to 6:00pm
New England Cuisine



Clark House
Thursday September 27, 2018
Time: 4:30pm to 6:00pm
Peru Cuisine



Memorable Moments



Birthdays

August 7th
Alberto-Wheatley House

August 10th
Richard-Wheatley House

August 11th
Ray- Wheatley House

August 21st
Tsuyako "Gloria"~ Wheatley House

August 21st
Delese "Dee"~ Pappas House

August 25th
Thomas~ Clark House



Monthly Family Meeting

Please join us
Thursday August 9th
4:30pm-5:30pm
Main Office
Lobby

AUGUST

Music Performance

- Jasper-10:30 AM at Locke House on 8/1/2018
- Fiddler's- 11:00 AM at Pappas House on 8/7/2018
- Alligator- 10:00 AM at Wheatley House on 8/14/2018
- Singing Cowboy-10:45 AM at Wilson House on 8/16/2018
- Steven Schwarts- 11:00 AM at Clark House on 8/23/2018
- Sweet G's- 2:00 PM at Pappas House on 8/27/2018
- Red Hat Society- 2:00 PM at Pappas House on 8/27/2018

A Note from the Activities Director

I would like to take the time to introduce myself as the new Program Director. I am thrilled to be here and be part of this amazing community. I have a Bachelors of Science in Recreation, Parks and Tourism Administration with a concentration in Recreational Therapy. I have past experience working with seniors and adults with disabilities. I have a passion for what I do and I love my career path. I look forward to providing the residents with therapeutic and meaningful activities.

Any questions, inputs, and or comments please let me know, since I am still learning the residents interest and abilities. I look foreword in meeting all family members and friends of Pacifica Senior Living Vacaville residents.

~Program Director,

Yessenia Villegas Alvarado

Health & Fitness by

With advancing age comes inevitable body changes, but partaking in exercise can prevent or delay diseases and improve the health of many seniors. Unfortunately, most seniors experience a shift in their body composition - an increased fat mass with reduced lean body mass and muscle strength. A well-rounded exercise regimen can reduce these age-related changes. Stretching and balance exercises, the risk of falls may also be reduced. The individuals who exercise may also have improved brain health.



Who Am I?

Elvis Presley

Fitness Activities

Morning Exercise

—

Balloon Fitness

—

Chair Aerobics

—

Chair Boxing

—

Morning Stretch

—

Bowling

—

Parachute Shake

—

Beach Ball Toss

—

Hacky Sack Toss

Spiritual Activities

Catholic Church Service

Every Sunday at
10:45AM in Pappas
House

Liberty Church

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

Catholic Communion

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

In the Good Old Days..

Historians use the word “boom” to describe a lot of things about the 1950s: the booming economy, the booming suburbs and most of all the so-called “baby boom.” This boom began in 1946, when a record number of babies—3.4 million—were born in the United States. About 4 million babies were born each year during the 1950s. In all, by the time the boom finally tapered off in 1964, there were almost 77 million “baby boomers.”

Management Team

Executive Director
Melody Allmond

Sales Director
Cinthya Gamino

Resident Care Director
Savanna Beddell-Arcy

Business Office Manager
Andrew Velasquez

Food Service Director
Louie Verzosa

Program Director
Yessenia Villegas Alvarado

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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www.PacificaVacaville.com

License # 486803645

Welcome Home!