

# Pacifica Tidings



October  
2018



## *A Note from the Executive Director*

Fall is now upon us, and now the weather is breaking so we can all enjoy more time outside! We are slowly working to improve the outside of our Community. We have purchased some new patio furniture for three of our Cottages, and new flags for our mini-golf area. We hope to continue these upgrades for your outside enjoyment!

Our library is open and if you enjoy reading let the activity department assist you with the type of reading you enjoy. Please watch the activity calendar for some football related activities this fall!

To all our business communities **Oktoberfest** will be held on October 23rd from 4pm to 6pm in our Rose Hall. October and Halloween become one of the most fun activities of the season as we transition Rose Hall into the Haunted House for our neighboring schools to trick or treat. Don't forget to drop in anytime or make an appointment to tour our awesome neighborhood and enjoy our refreshments and bakery bar. Stay Well,  
Best Regards,  
Julie

## *Who am I?*

1971 proved to be his busiest year in film. He starred as a predatory Union soldier in [The Beguiled](#) (1971) to critical acclaim, and made his directorial debut with the classic erotic thriller [Play Misty for Me](#) (1971). His role as the hard edge police inspector in [Dirty Harry](#) (1971), meanwhile, gave him cultural icon status and helped popularize the loose-cannon cop genre. Thereafter, he put out a steady stream of entertaining movies: the westerns [Joe Kidd](#) (1972), [High Plains Drifter](#) (1973) and [The Outlaw Josey Wales](#) (1976) (his first of six onscreen collaborations with then live-in love [Sondra Locke](#)),

## *Welcome to Our Community*

**Oktoberfest** is a two week festival, held in Munich, Bavaria, Germany. While it is a giant world festival in Germany, Oktoberfest celebrations are held around the world during this time. So, if you can't get to the fair in Germany, you can participate in a local event. It's time to eat, drink, and be merry! Each year, the Oktoberfest is opened, as the mayor of Munich taps a keg of beer. There is even a special brew made, aptly called *Oktoberfest*. Oktoberfest is not just a celebration of beer. It is a huge festival with lots of food, music, dancing, rides, and carnival booths. Each year millions of people from all over the world come to the fair. Oktoberfest celebrations and festivals are held around the world during this time. These festivals also celebrate the rich heritage of the German people.



## Special Events & Memorable Moments



PACIFICA  
SENIOR LIVING

**Oktoberfest** HAPPY HOUR

**MENU**

- GERMAN POTATO SALAD,
- VARIETY SAUSAGE
- SAUR KRAUT
- SOFT PRETZELS
- FRUIT TURN OVERS
- GERMAN BEER SELECTION





## Health & Fitness by

It is recommended that **seniors** age 65 and older **get** at least 2.5 hours of moderate physical **exercise** (such as walking back and forth to Rose Hall) every week. That averages out to about 30 minutes on most days of the week. Or you **should get** 1 hour and 15 minutes of vigorous **exercise**.

Of course, one type of exercise alone can't achieve all these goals—building strength takes a targeted workout, and flexibility often requires a different kind of physical activity, such as stretching or yoga. But overall conditioning can start with simple movement, like walking.



## Birthdays



### October

Irene Fisher 10-14-1940

Darlene Lewis 10-18-1939

Kathleen Taylor 10-19-1922

## Spiritual Activities

Our community offers church services 3 times a week. There is singing and listening to music and words of wisdom. Although some services offer a certain denomination everyone is encouraged to attend. We believe that we are all children of faith. Fellowship is what our heavenly father desires us to do to be spiritually bound in our unsettling world. Please notify our front desk to join in on our weekly fellowships.

## Who Am I?

(answer)



Clint Eastwood was born May 31, 1930 in San Francisco, the son of Clinton Eastwood Sr., a manufacturing executive for Georgia-Pacific Corporation, and [Ruth Wood](#), a housewife turned IBM operator. He had a comfortable, middle-class upbringing in near-by Piedmont. At school Clint took interest in music and mechanics, but was an otherwise bored student...

## *Management Team*

Executive Director  
**Julie Mason**

Resident Service Director  
**Regina Turcette**

Community Relations Director  
**Lanie Spradlin**

Dining Service Director  
**Robert Gribben**

Business Office Manager  
**Christina Abrahams**

Activity Director  
**Michael Bocciia**

Maintenance Director  
**David Willey**

Residents Services Coordinator  
**Katherine Lane**



## *Our Mission*

*Privately owned, Pacifica Senior Living  
strives to create a lifestyle of  
independence and peace of mind  
for each individual and their family.*

*We do what we love and  
what we truly believe in –  
providing compassionate, personalized  
care services with dignity and respect.*

*Our dedicated, professional team supports  
each resident and goes above and beyond  
to help them feel at home.*



**PACIFICA**  
SENIOR LIVING  

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GREEN VALLEY  
Assisted Living  
Memory Care

**2620 Robindale Road  
Henderson, NV 89074  
(702) 992-0000**

*Welcome Home!*