Pacifica Tidings

PACIFICA
SENIOR LIVING
VACAVILLE
Memory Care

December 2018

A Note from the Executive Director

The holiday season is upon us! It seems like the pages on the calendar have moved so quickly over the last few months and in a very short time we will start all over again with the arrival of the New Year.

The holiday season is a special time of year for residents, staff and families. We enjoy the lights, the planned festivities, but most of all the love and comfort we feel towards each other. We will light the trees on December 1st, enjoy carolers throughout the month, and more hot cocoa than we should. On December 18th, we hope to see many of you at the Holiday Gathering and share good times with all.

We are grateful for all of our residents, families, and staff, for their love and care, and for the memories we so adore. Enjoy the holidays!

Thank you for everything!

Melody Allmond

Who am I?

Welcome to Our Community

Arthur

Barbara

Activities & Special Events

Memorable Moments

DECEMBER

Birthdays

December 4th
Se Ki-Journey House

December 11th
Adelaide– Wilson House

December 24th
Kenneth– Journey House

December 27th
Joyce– Pappas House

December 30th
Rosemary– Pappas House

Music Performance

- **Fiddler's– 11:00 AM at Pappas House on 12/4/2018**
- **Wildlife– 10:30 AM at Journey House on 12/5/2018**
- **Diane– 1:30 PM at Wheatley House on 12/7/2018**
- **VCS Radio Symphony– 2:45 at Wheatley House on 12/7/2018**
- **Dixon Dance Studio– 1:00 PM at ALL House on 12//8/2018**
- **Alligator– 10:00 AM at Clark House on 12/11/2018**
- **U.S. Air Force Band-10:00 AM at Pappas House on 12/12/2018**
- **Sweet G's & Red Hat Ladies-1:00 PM at Wheatley House on 12/13/2018**
- **Girl Scouts– 4:00 PM at Journey House on 12/14/2018**
- **Singing Cowboy-10:30 AM at Wilson House on 12/20/2018**
- **Diane-3:00 PM at Clark House on 12/21/2018**

A Note from the Activities Director

Dear Families,
Transportation to medical appointments will be done **Tuesdays, Wednesdays and Thursdays ONLY from 9:00 AM to 3:00 PM**
To schedule a transport please contact our front desk at **707-449-1350**

Please follow us on Facebook at **Pacifica Senior Living Vacaville** for pictures and videos of your loved ones!

Monthly Family Meeting

Please join us
Thursday December 13th
4:30pm-5:30pm
Main Office Lobby

Health & Fitness by

Although aging is an inevitable part of life, there are several ways to maintain your health and improve your quality of life while aging. The National Institute of Aging provides significant evidence that creating a positive health and fitness routine can help to reduce chronic pain, lower depression, improve sleep, increase memory, achieve and independence.

Who Am I?

Santa Claus

Fitness Activities

Morning Exercise

—

Balloon Fitness

—

Chair Aerobics

—

Chair Boxing

—

Morning Stretch

—

Bowling

—

Parachute Shake

—

Beach Ball Toss

—

Bean Bag 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 Journey House

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

Staff Birthday

Carmen 12/01

Yessenia V. 12/04

Melody A. 12/15

Savannah B. 12/18

Management Team

Executive Director
Melody Allmond

Community Relations Director
Cinthya Gamino

Resident Care Director
Savanna Beddell-Arcy

Business Office Manager
Andrew Velasquez

Food Service Director
Louie Verzosa

Recreation Therapy 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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Welcome Home!