

Pacifica Tidings



PACIFICA
SENIOR LIVING
NEWFOREST ESTATES
Independent Living
Assisted Living

**December
2018**



A Note from the Executive Director

Dear Residents,

It's the most wonderful time of the year and I am so happy to have you all here! Your unwavering support, your kind hearts and your smiling faces make our community feel like home. Please join us for the Christmas Party this month, it should be one for the books! I look forward to ending this year on a good note as we embark on a new fun filled year together. As always, please feel free to refer your friends & family to our community for an all time high referral amount of **\$1500**. That is correct, one thousand five hundred dollars in your account for anyone you refer who moves in! I wish you many blessings in the month ahead, thank you all for being part of our family.

Love Always,

Michael Anthony Rivera
Executive Director

Who am I?

I have lived at Newforest for over 9 years.

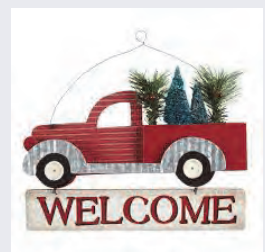
I am originally from St. Louis, Missouri.

My eyes are blue and I have curly gold hair.

Welcome to Our Community

Welcome to the Pacifica
Family!

Carl and Shirley Mitchell
Jack McCollum
Darlene Graham
Marta Alvarado
James Robb



Activities & Special Events



Memorable Moments



Birthdays

Eugene Olson

12/9

Cliff Fehrenbach

12/11

Marti Rivers

12/13

Lorraine Armstrong

12/16

Beth Cornell

12/18

Kay Dabney

12/18

Dorothy Schubert

12/24

Jesse Ambriz

12/25

Luz Kenneda

12/25

Jean Geary

12/28

Suzanne Otter

12/30

Camarina Rios

12/31



A Note from the Activities Director

**Thank you to all the
residents who donated
to the food bank drive.
We appreciate everything
you do!**



My Friend Poem by Beverly King

I have a friend who used to smile each time I
saw her face;
But sorrow came and brought the tears that
made her smile erase.
I asked the Lord, "What can I do to make her
smile return?
My friend's so sad it would make me glad to
see her smile again."
He said, "Just love her and let her know just
how much you care.
Then soon she'll be her same old self, and her
smile will be there."

Health & Fitness by

Bob Ross Senior Center

Comprehensive services & information for seniors age 60 & over, focusing on case management, health & wellness, education, social & cultural activities & volunteer opportunities. Services include: lunch, medical screening/assessment (hearing, vision, general health, etc.), computer lab, arts & craft room, pool, exercise classes, comprehensive nutrition program.

Transportation provided on Thursdays!!

Fitness Activities

Exercise w/Legacy

Monday & Wednesday @4:30pm-AR

Walking Club

Tuesday @10:00am-Meet in lobby

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 the 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...



Rose Badillo

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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Susan Maddox
Sales Director

*

Jacob M. Orłowski
Move in Coordinator

*

Elizabeth Gonzalez
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*

Welcome Home!