

Pacifica Tidings



Luxury Senior Living by Pacifica

January
2019



A Note from the Executive Director

Dear Residents,
Happy New Year! It has been quite a year encompassing many changes. 2018 was an exciting and we experienced lot of big beautiful things during the year. I am hoping the fun continues in 2019 too. I am working on a new schedule of fees for services that are offered here at The Park Lane. This memo also serves as an official notice of change in the fee structure that will go into effect as of March 1, 2019. I will be sending the revised fee version on January 3, 2019. Please connect with any of the managers or myself if you have any questions.

- Sanjay Kabadi

Who am I?



Contact Activities. The *right* answer gets a prize!

Welcome to Our Community

Attend the
New Resident Meet
& Greet
to welcome your
new neighbors.
Stay tuned for more
details!

Activities & Special Events

Transportation

Pretty soon you will notice we have a new driver. Until he starts, Saturday Shopping has been moved to Fridays at 1pm and will alternate between Monterey and Carmel. Tuesday will have the same rotating schedule as always so you can plan accordingly. Church Transportation should be back on again by Sunday, January 13 at 8:30am. There will be announcement by flyer if anything else changes. Thank you for your patience!

CC is looking for new suggestions for Restaurant Outings. Please submit your suggestion in writing to anyone in Activities. As long as the restaurant is within 10 miles, we can make it happen!

What's New?

Sip 'N' Play

Every other Tuesday we will be exercising our social skills with a games night. Enjoy a board game, card game, or both while sipping wine with friends. Wine and appetizers provided from 4pm-5pm in the Rendezvous.

Paint 'N' Sip

We adding a paint night to our calendar! An artist from Main Street Art Studio of Salinas will guide your painting on canvas while you're sipping wine. Paint supplies and wine will be provided, just come out and enjoy on Wednesday Jan. 2nd and Jan. 16 at 6pm in the Rendezvous. There will be no 4:00 happy hour on Paint 'N' Sip night.

Great Gatsby Party

Saturday January 19, 2019
6:00pm—7:00pm
Outdoor Plaza

Get ready to celebrate the new year at The Park Lane in style!
Food, Wine, and
music by Andrea's Fault!

Health & Fitness by

The Great Courses

It's time for another Great Course hosted by Dr. Morse. This time it is about Optimizing Brain Fitness. "With up to 500 trillion synaptic connections, your brain is easily the most powerful machine in the world. These connections are what create your thoughts, what drive your emotions, and what control your behaviors. Even more incredibly: This amazing machine is constantly changing through a process known as brain plasticity. And you can take advantage of this process to improve and enhance your brain's jaw-dropping powers—at any age" - The Teaching Company, LLC

Below are some of the topics covered in these 30 minute lectures :

- How your brain works
- How your brain changes
- Care and feeding of the brain
- Creativity and the Playful Brain
- And more

Join Dr. Morse in the Media Room on Friday, January 4th at 2pm to learn
Optimizing Brain Fitness

Fitness Activities

Fitness w/ Nima

Go 4 Life Walking Club
w/ Rosalie

Get Fit w/ Arishma or
Rosalie

Tai Chi

Yoga w/ Mae

*Check the calendar for dates
and times*

Spiritual Activities

Christian Hymn Sing
*Monterey United
Methodist Church*
2nd Sundays at 1:15pm
Rendezvous

Catholic Service
San Carlos Cathedral
Wednesdays at 10am
1st Floor Conference
Room

Shabbat Service
Congregation Beth Israel
Fridays at 3:30pm
Rendezvous

January Birthdays

1/1 Donald Morse
1/1 Kenneth Green
1/3 Martin Sternstein
1/7 Frank Hathaway
1/9 Pamela Johnson
1/11 John Davidek
1/13 Marian Paul
1/14 Sheila Holmes
1/15 Trixie Brown
1/16 Charles Fox
1/17 Mary Pettit
1/19 Deanie John
1/22 Simone Norback
1/24 Lucienne Ash
1/25 Sarah Bonner
1/29 Robert Leslie
1/29 Lois Frarie
1/31 Judy Webb



**Birthday Celebration
With Bob Phillips**
Monday, January 28, 2pm
Rendezvous

Management Team

Sanjay Kabadi

Executive Director

Melissa Davie

Business Office Manager

Noelia Denehy

Resident Services Director

Karen Araiza

Memory Care Director

Jaime Fernandez

Food Services Director

Acacely Perez

Dining Services Supervisor

Thomas Sterns

Maintenance Director

Marissa Nunez

*Community Relations
Director*

Ciquia "CC" Martin

Activities Director

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.

*The right choice. The right time.
Welcome Home!*



Luxury Senior Living by Pacifica

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RCFE # 275294322

Welcome Home!