Pacifica Tidings

PACIFICA
SENIOR LIVING
NEWFOREST ESTATES
Independent Living
Assisted Living

February 2019

A Note from the Executive Director

Dear Residents,

Love is like the wind, while you cannot see it, you can surely feel it. I am appreciative of the love I receive from you and I hope to always reflect my love for your through my actions. As always, please feel free to refer your friends & family to our community for an amount of **$1500**. The new resident must bring your name to our attention and once they move in, you will receive your credit!

Best Wishes,

Happy Valentines Day!

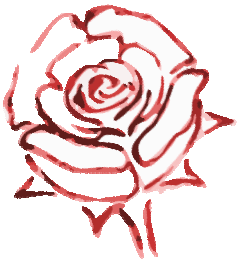
Michael Anthony Rivera
Executive Director

Who am I?

I am very friendly

I love any excuse to dress up.

I am tall and blonde



Welcome to Our Community

Welcome to the Pacifica Family!

Farrell Sellers
Harry Harrington
Sallie and Carl Johannes
Fanny Ruiz

Activities & Special Events

Memorable Moments

Birthdays

John Doten - 2/2

Russellyn Laws - 2/4

Adolph Saldana - 2/5

Connie Alvarado - 2/8

Elena Cardenas - 2/8

Hope Navarro - 2/14

Elisa Alvarado - 2/23

Dee Unmack - 2/23

Joyce Van Guilder - 2/29

A Note from the Activities Director

Legacy Brain Fit has been moved to Mondays at 9:30a.m.

Health & Fitness by

Hearty Healthy Shopping Tips for Seniors

1. Buy colorful fruits and vegetables.
2. Avoid buying high fat dairy or meat.
3. Buy plenty **of** nuts and high fiber foods.
4. Avoid buying butter.
5. Read nutrition labels.
6. Consider frozen or canned fruits and veggies.
7. Avoid rushing into major changes.

Fitness Activities

Exercise w/Legacy
Monday & Wednesday @4:00pm-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…

Kathy West

Management Team

Michael Anthony Rivera
Executive Director
*
Lisa Flores
Business Office Director
*
Marlene Hall
Resident Care Director
*
Susan Maddox
Sales Director
*
Jacob M. Orlowski
Sales Director
*
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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San Antonio, TX 78229
(210) 680-3649
License # 102550

Welcome Home!