

Pacifica Tidings



PACIFICA
SENIOR LIVING
NEWFOREST ESTATES
Independent Living
Assisted Living

March 2019



A Note from the Executive Director

Dear Residents,

Spring is finally upon us and I encourage you to join us for outings this month! Let the warming rays of the sun warm your faces this month. 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,

Michael Anthony Rivera
Executive Director

Who am I?

I am very tall!

You can almost always find me
In the puzzle room.

You'll always find me smiling

I wear glasses

Welcome to Our Community

Margarette Wilson
Judi Coers
Roland Doiron
Aurora Martinez
Mary Perez
Margarette Himes



Activities & Special Events



Memorable Moments



Birthdays

Ed Martin - 3/11
Carol Seagroves - 3/12
Patricia Linan - 3/17
Musia Shimanovich - 3/20
Francez Saenz - 3/21
Jeannie Sims - 3/23
Polly Crungnale - 3/27
Juanila Silgvero - 3/27
Dessie Bowmen - 3/28
Lillian Lowes - 3/29
Kelly Works - 3/30



A Note from the Activities Director

All Dr. appointment arrangements need to be made 24hours in advance

Don't forget to sign up for outings!

Daylight Saving Time:
Sunday, March 10



Health & Fitness by

Walking club is back on the calendar and we encourage everyone to partake!

Walking improves cardiovascular health. The biggest health benefits to walking for seniors are in terms of cardiovascular health. Walking has been linked in men and women with lower risks of high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cardiac arrest.

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...



Beverly Zellers

Management Team

Michael Anthony 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

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Jacob M. Orlowski
Sales Director

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Elizabeth Gonzalez
Food Service Director

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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!