

Pacifica Tidings



KENMORE
SENIOR LIVING

Independent Living
Assisted Living • Memory Care

JULY
2021



A Note from the Executive Director

Here we are in July, can you believe it? More than half way through the year.

It's that time of year when the weather in the Pacific Northwest starts to get a little hotter. Please remember to drink more fluids and don't sit out in the sun too long... sun burn is not a laughing matter.

Bus rides will be starting up this month and I'm sure the Activities department has some interesting venues to go to. Also spiritual services and entertainments will be returning this month.

Have a wonderful July!

Katie Aldrich
Executive Director ~ Kenmore Senior Living

Who am I?



*Welcome to
Our Community*

Jack R.

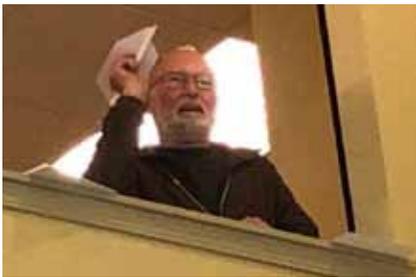
Special Events & Memorable Moments



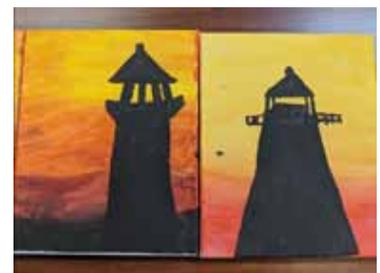
We had a paper airplane competition. We threw them from the second story balcony down to a target on the piano in the living room.

Some of the spectators tried to throw them back up to us.

So much laughter!!!!!!

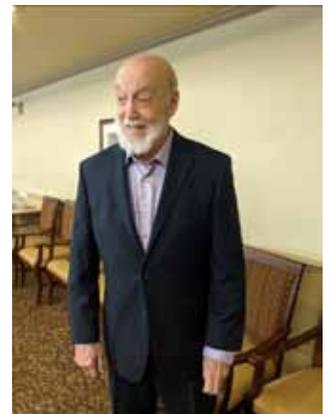


“Art is the journey of a free soul.” ~ Alev Oguz



Activities & Special Events

Father's Day is such a special day. Thanks dads for all that you've done for us.



Birthdays

Martha C.
Mary C.
Richard H.
Laurel L.
Jean S.



LIBRARY2GO

King County Library Outreach offers a wide range of library services for those who are unable to visit the library buildings.

Please see Melody or Danica for library request forms.

LIBRARY2GO is the second Thursday of each month. Our next appointment is July 8th.

Also... did you know that Kenmore Senior Living has it's own library? Yes it does! Our library is located in the Theater room on the 2nd floor across from the elevators. There are a wide variety of books to check out. Please feel free to enjoy.

A Note from the Activities Director

The bus is wrapped, the weather is getting better... let's go for a ride! We have scheduled at least one bus ride for July, but there may be some surprise rides sprinkled in along the way. Keep checking the daily schedules in the elevator for updates.



An Activities request....

It's getting hotter out there so please drink more liquids! There will be cold water bottles in the Activity room daily so please take advantage of them!



Health & Fitness by

Walking

Getting out and walking is not only good for your heart and weight, but the benefits go further..

- * Adds years to your life.
- * Bolsters your brain.
- * Trim those extra inches.
- * Brisk walking may also lower your risk of Glaucoma.
- * It helps with a good night's sleep.
- * Mindful walking may offers many stress-busting benefits.
- * Walking for 30 minutes a day can ward off depression.
- * Keep yourself moving and active for the long term.

Fitness Activities

Join us for Exercise Group, Monday thru Friday at 10:00am in the Activities room. Move and groove!

Drum Therapy is at 1:30 in the Activities room the first and third Tuesdays of the month.



Spiritual Activities

We are pleased to announce the return of Pastor Mark and the Kenmore Community Church

Join us for worship services at 1:00pm every Monday afternoon



Who Am I?
(answer)

Judy J.



Management Team

Katie Aldrich
~Executive Director~

Kim Spencer
~Community Relations~

Marylin Batchelor
~Business Manager~

Melody Henning
~Activities Director~

Anthony Stuart
~Dining Services~

CJ Abuba
~Maintenance 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.*



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*7221 NE 182nd Street
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Welcome Home!