

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
MENIFEE  
Independent Living  
Assisted Living • Memory Care

## July-August



### *A Note from the Executive Director*

Time waits for no one, must be true as its July already. We had some very nice events recently with a Cinco de Mayo Celebration and a live Mariachi Band. We also grilled out for Memorial Day, and again enjoyed some live entertainment. Father's Day will be a great menu as we are serving a shrimp and fillet dinner. It's nice that restrictions have loosened some, and the Community is more active than its' been in months. Hopefully we will see the continued easing of restrictions, and getting back to where we were, prior to Covid. July brings a nice celebration for the 4<sup>th</sup> with hamburgers and hot dogs fresh off the grill. July 25<sup>th</sup> is Parents Day and hopefully families will be able to visit, I will keep everyone informed. August brings friendship day on the 1<sup>st</sup> and Senior Citizens day on the 21<sup>st</sup>. Enjoy your summer and stay safe, happy and healthy.

Rance Leth

### *Who am I?*

Photos are posted here for our Loved ones to see & enjoy. This is where we show off our daily opportunities. Everyone can like, share & comment on here. They also look forward to seeing what is posted here. It is not who I am, it is what am I?



### *Welcome to Our Community*

Feel free to stop by and  
give them a warm welcome

Tom M. 3068  
Bernard "REY" H. 2023  
Art & Arlene O. 2031  
Paul R. 2050  
Robert & Elsie D. 1032  
Maxine A. 2044  
Paul C. 2033

Welcome we hope you will  
join us for our Welcome  
Luncheon & Meet & Greet.

## *Special Events & Memorable Moments*



## **Upcoming Events**

Independence Day July 4th

Parents Day July 25th

Friendship Day August 1st

Senior Citizens Day August 21st



## *Health & Fitness by*

### There are many benefits of exercising that:

- It improves your strength. This helps you stay independent.
- It improves your balance. This prevents falls.
- It gives you more energy.
- It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
- It can improve your mood and fight off depression.
- It may improve cognitive function (how your brain works)

### Path to improved well being

**Endurance** — Increases your breathing and heart rate. Improves the health of your heart, lungs, and circulatory system.

**Strength** — Makes your muscles stronger.

**Balance** — Helps prevent falls.

**Flexibility** — Stretches your muscles, keeps you limber and more easily able to move.

Exercise can help you live a longer, healthier life and is an important part of nearly everyone's everyday health.

## *Birthdays*

### July

Tony L. 7/1  
Ralph J. 7/3  
Ruth T. 7/6  
Ron N. 7/6  
Keith L. 7/9  
Lind F. 7/9  
Maggie B. 7/15  
Louise W. 7/19  
Marlin J. 7/21  
Ronnie R. 7/24  
Charmane D. 7/28

### August

Joan A. 8/1  
Lilian B. 8/2  
Patrick H. 8/4  
Julie W. 8/8  
Elke A. 8/9  
Rebecca H. 8/9  
Terry V.H. 8/10  
Gus S. 8/11  
Karin B. 8/15  
William H. 8/16  
Dorothy V. 8/17  
Elaine O. 8/19  
Gloria H. 8/20  
Marion D.L. 8/22  
Elaine A. 8/22  
Barbra U. 8/24  
Kathy F. 8/25  
Dora A. 8/26  
Barbra R. 8/30

## *Spiritual Activities*

### Monday

#### Protestant Worship

Join Pastor Steve  
In the Chapel at 10:00am

### Tuesday

#### Catholic Communion

Join Lee for our Catholic  
Communion in the chapel at 10:00am

### Wednesday

#### Devotional

Join Pastor Rex for a morning  
Devotional & Hymns with Tony in the  
Library/MPR at 10:00am

### Friday

#### Rosary Group

Resident Led Rosary Group meets up  
in the Chapel at 10:00am

### Sunday

#### Bible Study

Join us for a Bible Study  
in the Library/MPR at 2:00pm

## *Who Am I?*

*(answer)*

If your guess was Facebook ,you were right! Our loved one's enjoy looking at photos of us living our best lives. If you would like to partake in our Facebook page, please see Nikki , she is happy to help set you up on Facebook. Please feel free to share our Facebook information with family and friend's. Like's, share's and comment's are appreciated.



Find us on  
**Facebook**



Find us on Facebook at Pacifica Senior Living Menifee

## *Management Team*

Rance Leth  
**Executive Director**

Angela Grangruth  
**Community Relations Director**

Nicole Nason  
**Activity Director**

Steve Gomez  
**Maintenance Director**

Rachelle Wheaton  
**Residential Care Director**

Christine Magdaleno  
**Business Office Manager**

Rayna Torres  
**Memory Care 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.*



**PACIFICA**  
**SENIOR LIVING**

**MENIFEE**

Independent Living  
Assisted Living • Memory Care

**28333 Valley Boulevard**  
**Sun City, CA 92586**  
**951.679.8811**  
**License #336425397**  
***PacificaSeniorLivingMenifee.com***

*Welcome Home!*