

Pacifica Tidings



THE ATRIUM
AT CARMICHAEL
INDEPENDENT SENIOR LIVING

AUGUST
2021



A Note from the Executive Director

August brings new inspiration:

"August rain; the best of summer is gone, and the new fall not yet born. The odd uneven time." Sylvia Plath

"May August wind blow you in the right direction." DJ Kyos

"The last hot, sweaty month, standing between me and Pumpkin Season" Anonymous

Be sure to look forward to dates in my State of
Address. Keep safe
And have a wonderful
month.

Cordially,
Robert Coe
Executive Director



Who am I?

- *I was born in Hutchinson, Kansas
- *I lived on a farm and various Air Force Bases
- *I graduated with Honors from US Santa Cruz at age 46
- *I published a Garden Guidebook; "Garden Getaways"
- *I was a Columnist writer & housewife
- *I have always been athletic winning Medals as a teen.
- *I was married to Jimmie 62 years
- *I am an artist. You may have seen some of my paintings in Art Shows at The Atrium
- *I have 2 sons, 5 grandchildren, 1 Great grandchild

Welcome to Our Community

Charlie M

Dolly C

Fay S

Garry G

Leslie B

Mae S

Memorable Moments

Meet the Resident Council Team



Patricia (PJ) S
Chair of Resident Council



Dawn W
Vice Chair of Resident Council
Welcome Committee



Thea S
Secretary of Resident Council



Joni H
Treasury of Resident Council

Activities & Special Events



Gerrie R
Assistant Resident Council



Shirley M
Assistant Resident Council



Pat L
Hospitality Resident Council



Barbara M
Welcome Committee



Michael D
Welcome Committee



Judy W
Food Committee

Birthdays

Happy August Birthday!

8/01 Margaret C
8/02 Joani H
8/02 Karin M
8/02 Patricia C
8/05 Roy C
8/06 Nona P
8/06 Phyllis B
8/08 PJ S
8/10 Marilyn M
8/14 Barbara M
8/14 Thea T
8/14 Virginia H
8/17 Ron C
8/21 Gloradean L
8/22 Julian S
8/28 Charles D
8/29 Charles A



A Note from the Activities Director

Dear Residents:

August brings those hot end of summer days that we enjoy so much.

We will be riding the wind on our various community outings in the newly wrapped Atrium bus as well as dancing our hearts out to big bands and entertainment at our Happy Hour Events!

Take time to embrace this time of year. Perhaps try a new activity. Get involved with your community by taking on a leadership role. Meet a new neighbor and make new friends.

Patricia

IN HOUSE BEAUTY SALON IS OPEN
PLEASE CALL JOYCE TO MAKE
APPOINTMENT FOR HAIR AND NAILS
916-768-8530

Photo of the month!



Health & Fitness by



Overhead Side Stretch
(Provided by Silver Sneakers)

*Safety first::refer to your doctor before doing a new exercise routine.

Stand with your feet hip-width apart. Raise your arms overhead. It's ok to interlace your fingers.

Keep your torso long gently lean to the left, and hold for 10 to 30 seconds.

Return to center, and repeat on the other side.

Or:

Sitting in chair, keep your hips, knees, and toes forward. If it's uncomfortable to lift your arms overhead, rest your arms on your hips, or keep them down by your sides.



Fitness Activities

Chair Exercise

Monday-Saturday
9:30am
Fireside Room

Fitness with Robert

Wednesdays
&
Fridays
10:30am
Fireside Room

Walking Club

Monday-Friday
8:30am
Meet Fireside Room

Spiritual Activities

Dates to Celebrate

August 15
Feast of the Assumption

(this holy day marks the occasion of the Virgin Mary's bodily ascent to heaven at the end of her life. Celebrated all over Christendom)

August 22
(encourages good deeds and kindness to others)



Who Am I?

(answer)

Nona P



Management Team

Executive Director
Robert

Business Director
Carol

Food Service Director
Matt

Marketing Director
Patti

Maintenance Director
Calvin

Activity Director
Patricia



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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*5757 Cypress Ave.
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Welcome Home!