

Pacifica Tidings



December
2021



A Note from the Executive Director

It is hard to believe that we are already in the month of December, this year has flown by. 2021 was a year of growth, innovation and positivity. We will bring in 2022 with optimism and encouraging thoughts. It will be a promising and thriving year for all of you.

I want everyone to enjoy the holiday's with your loved ones, but still be mindful of safe practices. This virus is still among us and I want everyone to stay in good health.

With that being said bring on the Christmas music, the wonderful decorations, the delicious dinners and that joyful spirit! Merry Christmas!

My Quote for you this month:

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

-Edith Sitwell

Eddie Rangel

Who am I?

I am a daughter, sister, wife, and a mother. I have many titles and wear many hats. I am passionate about my family. My passion rolls into my career choice. I have two sons, the eldest in college and the youngest gearing towards his senior year in high school.

Lets not forget my new addition to the family, my adorable and loving puppy Peanut. During leisure time I love to watch movies, travel and I enjoy cooking various nutritious meals for family & friends. My name is **Rupinder Singh** and I am the **Resident Care Coordinator**. I have been part of this esteemed location for almost 19yrs.

Welcome to Our Community

Fresno is known for its array of cultures and backgrounds, and our community is no different. We highly encourage you to sit with someone new and strike up a conversation, you'll be pleasantly surprised with what you can learn from others. Always be kind to one another, a small gesture can brighten up someone's day.

Activities & Special Events

Jewelry Booth

- Jewelry booth is hosted by Judy Hansen the 1st and 3rd Wednesday of the month at 1:30PM in the Lobby. She will be selling hand-made jewelry and cards. Jewelry repairs are done at a cost.

Bingo!

- Bingo is hosted every Sunday, Monday, Thursday, Friday and Saturday at 1:30PM in the Program Center. So be sure to get those dimes and quarters ready for this sensational game.

Holly Jolly Happy Hour

- “Have a holly jolly Christmas it’s the best time of the year!” Join us for our Holly Jolly Party Wednesday December 22nd at 3PM in the Program Center. There will be Christmas themed cocktails, yummy appetizers, sweet treats and music with Alpha. Be sure to wear your best ugly Christmas sweater.

Hot Chocolate & Christmas Carols

- Hot chocolate is a delicious treat, but it taste even better on a cool winter day. Join us for some hot chocolate and Christmas caroling in the Program Center Friday, December 24th at 3PM. Bring your singing voice!

New Years Bubbly

- 2021 is almost over and it’s time to bring in the New Year. Let’s bring in 2022 with a glass of sparkly champagne. Join us for an afternoon toast Friday December 31st at 3PM in the Program Center.

Memorable Moments

Our Community has been to some fun things. Check out all the wonderful pictures!



Our residents had a smashing time painting pumpkins.

Jasmin, Armando & Sussana looking great in their Western Gear.



Our staff pictured above during our dress up days, everyone got into the holiday spirit.

Alpha and Nathan serenading our residents with their amazing voices.



Pictured above is our dinner party during our Chef's Table Dinner.

To the left we have our lovely couple Linda & Tom, they look fabulous.

To our right we have Meg and Mary Alice smiling big and looking stupendous.



Birthdays

12/10 **Beverly C.**

12/11 **Darby S.**

12/12 **Helen K.**

12/21 **Barbara G.**

12/26 **Mary B.**

12/28 **Betty S.**

*Happy Birthday!
May you be blessed with
health, love, joy, peace
and prosperity.*

The Legend Of Santa Claus

The legend of Santa Claus can be traced back to a monk named St. Nicholas who was born in Turkey around 280 A.D.. St. Nicholas gave away all of his inherited wealth and traveled the countryside helping the poor and sick, becoming known as the protector of children and sailors.

St. Nicholas first entered American popular culture in the late 18th century in New York, when Dutch families gathered to honor the anniversary of the death of "Sint Nikolaas" (Dutch for Saint Nicholas), or "Sinter Klaas" for short. "Santa Claus" draws his name from this abbreviation.



A Note from the Activities Director

New ideas for activities or an event? Stop by my office, located by the program center.

Just a reminder to everyone, if you would like to submit your request before the 10th of the month.

Listed below are our monthly meetings:

Welcome Club Meeting:

-1st Friday at 10:30am

Activity Feedback:

-2nd Friday at 2:30pm

Food Chat:

-4th Monday at 2:30pm

10 Tips For Getting Through The Winter Months

- Get Outside Often
- Keep Up the Exercise
- Make the Most of Nutritious Winter Fruits and Vegetables
- Protect Your Skin
- Watch Your Vitamin D Levels
- Keep a Regular Sleep Schedule
- Thwart That Cold or Flu In Its Tracks
- Be Mindful of Your Heart
- Stay in Control of Your Asthma
- Make the Best of Every Moment

Our Current Entertainers

Alpha Falls
Trio Group

JT & Sarah
Country Singers

Modern Crooner
Solo Singer

Nathan Bryce
Solo Singer

Paddy Myers
Solo Singer

Prince Estalilla
Solo Singer

Richie Blue
Country Singer

Rick Del Carlo
Accordion



More Entertainers will be added to our regular roster. If you have any music suggestions please see the Activities Director.

Fitness Activities

Tai Chi
Gentle Body Movements:
Wednesdays
Saturdays
-10:45AM

Balance Class
Focus on improving strength in your legs.
Mondays
-10:45AM

Exercise
Using Weights
Tuesdays
Thursdays
Fridays
-10:45AM

Join us for our daily exercise classes. Remember, the only bad workout is the one that didn't happen.

Spiritual Activities

Rosary Prayer
Catholic Prayer
Wednesdays
-9:30AM | Library

Christian Fellowship
Non-Denominational
Thursdays
-2:15PM | Theater Room

Church Service
Non-Denominational
Sundays
-2:45PM | Recreation Room

More programs to be added as services become available.

National Days in December

December 1st - National Pie Day

December 6th - St. Nicholas Day

December 7th - Pearl Harbor Remembrance Day

December 12th - Poinsettia Day

December 13th - National Guard Birthday

December 15th - National Cupcake Day

December 17th - National Ugly Christmas Sweater Day

December 24th - National Egg Nog Day

December 26th - National Candy Cane Day

December 28th - Pledge of Allegiance Day

December 30th - Bacon Day

Management Team

Executive Director
Eddie Rangel

Business Office Manager
Jasmin Hernandez

Activities Director
Jessica Martinez

Sales Director
Lindsey Tyree

Move-In Coordinator
Kajlug Lee

Resident Care Director
Sussana Cervantes

Resident Service Coordinator
Rupinder Singh

Food Services Director
Ashlea Jones

Maintenance Director
Orlando Puente



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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PacificaSeniorLivingFresno.com
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Welcome Home!