

Pacifica Tidings



KENMORE
SENIOR LIVING

Independent Living
Assisted Living • Memory Care

April 2022



A Note from the Executive Director

Welcome to Spring!

Flowers are blooming, birds are singing, and skies are clearing. We hope you have a lovely Spring.

James Kamau
Executive Director
Kenmore Senior Living



Who am I?



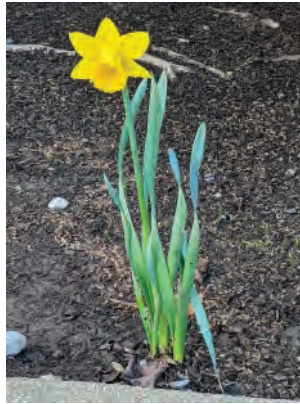
Welcome to Our Community

Nancy Pope

Patricia Lodge

Sam Ruffalo

Special Events & Memorable Moments



Activities & Special Events



Birthdays



Birthday!

Johanne A. 4/7
Ronnie K. 4/7
Sue M. 4/8
Shirley S 4/18
Mas K 4/19
Lee M 4/30

LIBRARY2GO

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

Please see the activity director for library request forms.
LIBRARY2GO is the second Thursday of each month.

Our next visit is *April 14th*

NEW FOR APRIL

The Bus is Moving! Stay tuned for some fun outings, shopping trips and scenic drives.
Sign up sheets are at the front desk!

Birthday Brunch will be celebrating all the April babies.
Invite only.

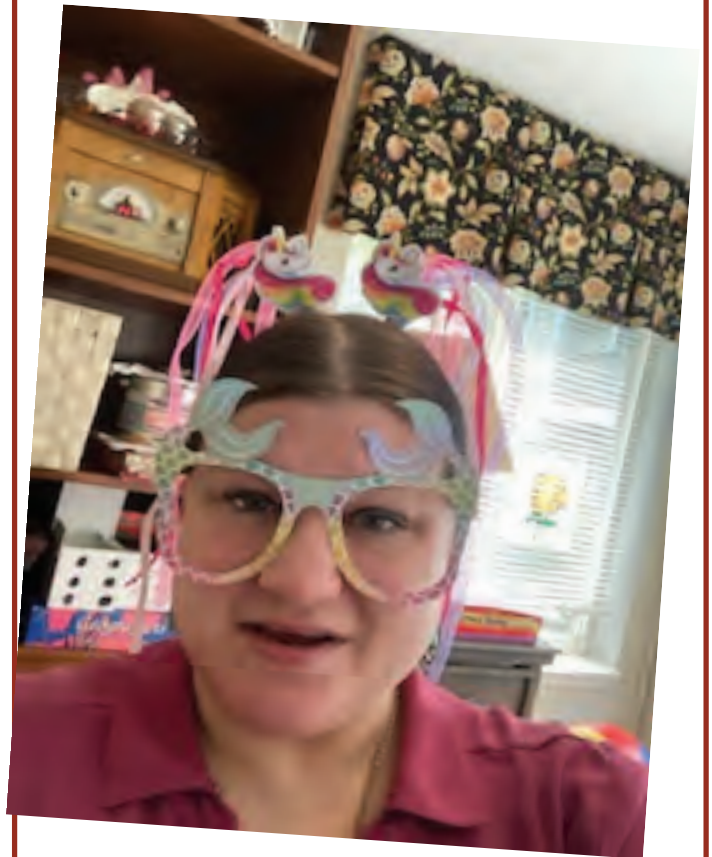
Tuesdays & Thursdays are now open for doctor appointments
Tuesdays will accommodate trips north
Thursdays will accommodate trips south
Sign up at our front desk!

A Note from the Activities Director

Meet The New Activities Director:

My name is **Apphia** and I am so happy to be your new Activities Director. I am here to have fun and enjoy things that you love to do.

I have lived in Redmond area my whole life, currently live in Duvall. I am in between furry creatures at the moment but I usually have a cat of some sort. I love fashion and jewelry and fun fact about me is I have over 200 pieces of jewelry and always have something different on each day. If you see me in the halls check out what I have on today. My door is always open for a chat.



Health & Fitness by

Walking with Weights

Sure, walking can help you crush calories and build strength, but it's more than just a great workout routine. It can also help elevate your mood and even boost your creativity.

Weights can help increase the intensity of your walks. That's because it provide more resistance for your muscles to work against.

Popular weight options include ankle weights, hand weights, weighted vests, and weighted backpacks.

Weights shouldn't accompany you on every walk. Try to opt for using weights only 2 or 3 times a week. While that might not seem like much, remember; while weights boost resistance and intensity, they also add strain to your muscles and joints. Using them too frequently increases your risk of injury.

Fitness Activities

8:30am Mon – Fri
Morning walk

10:00am Mon – Sat
Exercise group
3rd floor exercise room



Spiritual Activities

1:00pm Mondays
Kenmore Community
Church w/ Pastor Mark
and friends
1st Floor Living Room

1:30pm Tuesdays
Bible Studies w/Richard
Activity Room

10:00am Wednesdays
Catholic worship
Service w/ Al
Drinkwine
1st Floor Fireside Rm

Who Am I?
(answer)

Lee S.



Management Team

James Kamau
~ Executive Director ~

Natasha Lillo
~ Resident Care Director ~

Kim Spencer
~ Sales Manager ~

Marilyn Batchelor
~ Business Manager ~

Terry Barnes
~ Maintenance Director ~

Anthony Stuart
~ Dining Services ~

Apphia Humphrey
~ Activities 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
Kenmore, WA 98028
425.481.4200
KenmoreSeniorLiving.com

A Note from our Sales Director:

Good Friends Make Great Neighbors!
Invite your friends to move to Kenmore Senior Living!

Refer a friend and receive \$1,000 off a month's rent. After a month, your friend will also receive \$1,000 off their rent.

Please see Kim in Sales for more info.

