

## Management Team

**Lori Irby**  
Executive Director

**Claudia Ruiz**  
Business Office Manager

**Cindy Contreras**  
Community Relations Director

**Terrence Pascual**  
Resident Service Director

**Yvonn Fernandez**  
Resident Services Coordinator

**Louie Cruz**  
Food Service Director

**Adolfo Garcia**  
Maintenance Director

**Jenny Ceballos**  
Activity Director



*Pacifica Senior Living is committed to  
supporting our communities,  
residents, and the families we serve.*

*We strive to create a lifestyle of  
independence, security, and peace of mind.*

*It is through our dedicated and caring  
team members that our culture is  
exemplified in service, accountability,  
teamwork and compassion.*

*The right choice. The right time.  
Welcome Home!*



801 Cypress Way  
San Dimas, CA 91773  
(909) 592-8844

*Welcome Home!*

# Pacifica Tidings



**May  
2022**



## A Note from the Executive Director



*Lori Irby*

**HAPPY MAY TO  
ALL!**

The month May is thought to be named after the Roman goddess Maia, who oversaw the growth of plants. We can look forward to lots of blooms during this month including: Peonies, Iris, Lilacs, Magnolias, Heather, Pansies, and Freesias to name a few. May's full Moon, called the Flower Moon, appears on the night of Sunday, May 15, reaching peak illumination at 8:15 PM on Monday the 15th. For the best view, step outside on the night of the 15th and look at that big bright ball in the sky (did you know that the moon is neither a planet, nor a star?)

Some interesting and fun days in May are:

May 1<sup>st</sup> – National Bird Day  
May 6<sup>th</sup> – National Nurses Day – a special thank you to our community nurse, Terrence Pascual!  
May 11<sup>th</sup> – Eat What You Want Day (my personal favorite)  
May 25<sup>th</sup> – National Wine Day  
May 31<sup>st</sup> – National Macaroon Day

As some of you know, kitten season is in full swing, and I have 2 beautiful 8-week old little girls in my office that you are welcome to stop by and visit any time. Their names are Sophia and Annabelle, and they're a little shy, but adorable.

## Who am I?



Norma Turner

## Welcome to Our Community

**Eleno Gutierrez  
Marcella Sosnowski  
Lynn McAfee  
Sharon Palo  
Rosemarie Tergina**





## Activities & Special Events



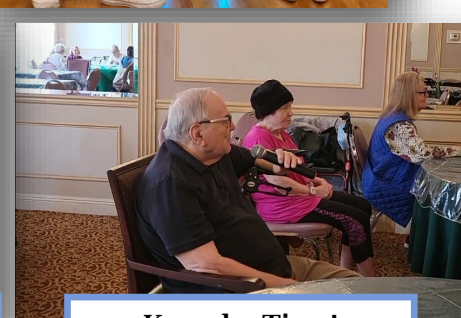
# 80s Theme



Glass Painting



Yaamava Casino



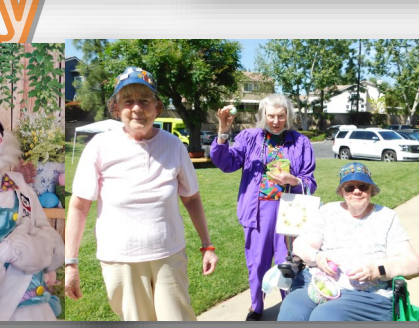
Karaoke Time!



Jewelry Making



## Easter Sunday



Amparo A.—May 4th

Richard M. - May 12th

Martha B-N. & Margaret P.—May 18th

Daniel P. & Werner S.—May 24th

Paul G.—May 25th

Beverly B. May 5th

Linda G. May 14th

Rhoda C.—May 30th

## Health & Fitness

### Why Exercise Matters for Seniors



Exercise is important for older adults (age 65+) because being physically active makes it easier to perform activities of daily living (ADLs), including eating, bathing, toileting, dressing, getting into or out of a bed or chair and moving around the house or a neighborhood, according to the U.S. Department of Health and Human Services (HHS). Physically active older adults are also less likely to fall, which can lead to serious injuries.

Exercise improves muscle strength and bone density as well, which is especially important for women since they lose bone density at a faster rate after menopause than men. Meanwhile, the benefits of exercise for the heart and lungs help promote overall health and offset some risks for chronic illnesses and disease.

## Fitness Activities

**Mondays**  
10:45 a.m.  
Exercise with Erin

**Wednesdays**  
3:45 p.m.  
Exercise with Erin

**Fridays**  
11:35 a.m.  
Exercise with Margaret

**Saturdays**  
Dance Exercise with Jenny  
10:00 a.m.



## Spiritual Activities

**Sundays**, our bus departs at 7:30 a.m. and 8:00 a.m. for Holy Name of Mary, San Dimas; 9:30 a.m. for St. Louis de Marillac, Covina and pick up after each service.

**SUNDAYS** Communion Service at 10:30 a.m. and Prayer Request with the Chaplain at 2:30 p.m. in

**Wednesdays**  
Service and Rosary with Mark at 2:30 p.m.

**Saturdays**  
Afternoon Service with Jason at 2:30 p.m.

Last Friday of the month  
Confession with Father Michael at 3:00 pm from Holy Name of Mary

## Exercise

Stretching!



Strolling!



# Monthly Highlights

- May 3rd, Tuesday* **Ambassadors Luncheon** at 12:00 p.m. in the Private Dining Room
- May 5th, Thursday* **Cinco de Mayo** with the Mariachi Band at 3:30 p.m. in the Ballroom
- May 8th, Sunday* **Mother's Day Luncheon** at 11:30 a.m. to 1:30 p.m. in the Main Dining Room with Special Performances by Sabina M, the Violinist
- May 11th, Wednesday* **Resident Council Meeting** at 11:00 a.m. in the Ballroom
- May 12th, Thursday* The Biography, **Barbara La Marr: The Girl Who Was Too Beautiful for Hollywood** with Special Presentation by Sherri Snyder at 3:30 p.m. in the Ballroom  
**Ladies Afternoon Tea** at 2:30 p.m. in the Ballroom
- May 17th, Wednesday* Music with Julliena Okah at 3:30 p.m. in the Ballroom
- May 18th, Wednesday* **Night Owl Bingo** at 6:30 p.m. in the Ballroom
- May 19th, Thursday* Happy Hour with Rudy at 3:30 p.m. in the Ballroom
- May 25th, Wednesday* **Auction Day** at 3:30 p.m. in the Ballroom
- May 26th, Thursday* **50s Birthday Night** with Ryan Christopher at 3:30 p.m. in the Ballroom
- May 30th, Monday* **Memorial Day Ceremony & Music** with Randy Taylor at 3:30 p.m. in the Ballroom .

*Welcome Home!*

## RESIDENT SPOTLIGHT

### Jalene Duggan



Jalene Duggan, a nine year resident, was born July 23<sup>rd</sup>, 1947 in Valentine Nebraska. Jalene grew up with three siblings, Joanne, Janice, and Judy who she loves very much. At the tender seventeen, she decided to move to California, to further her education. After graduating from Chaffey College she began working in real estate. She left this job to become a homemaker for her three children, Kevin, Kristy, and Kelly. From an early age, Jalene's favorite activity has been playing the piano. She opens the Resident Council meetings with a spirited rendition of "God Bless America". Jalene's favorite thing about living here at West Park Senior Living is hands down the food.

## EMPLOYEE OF THE MONTH

### LUISA CASTANEDA



Luisa has worked with our community for 15 years. She is always willing to go above and beyond to be of service. She is a true example of a "multi-tasker". She answers questions, make an appointments, answers the phone, provides Covid Screenings, monitors the front lobby, keeping everyone safe, jotting down appointments, and much more, all while she has residents and staff surrounding her desk. She always has a beautiful smile on her face. She is a true example of a "multi-tasker" and leads by example"! She provides the utmost professionalism and customer service. We are proud to work alongside her!



# MAY 2022

## WEST PARK SENIOR LIVING

(909) 592-8844

### Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8:00 Church Run (Bus) 10:00 True or False (LR) 10:30 Country Store (Lobby) 1:30 Scenic Drive (Bus) 2:30 Prayers Request (5th Flr) 3:00 Arts & Crafts (BR) 3:30 Indoor Golfing (BR) 6:30 Movie & Popcorn (LR)	<b>2</b> 9:00 Discussion & Coffee (LR) 10:00 Shopping at Walmart 10:30 Morning Exercise (BR) 11:00 Word Search (LR) 1:30 Bingo (BR) 3:00 Choral Choir (BR) 3:30 Poker Game (BR) 6:30 Evening Movie (BR)	<b>3</b> 9:30 Trivia Questions (LR) 10:00 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Jewelry Making (BR) <b>12:00 Ambassadors Luncheon</b> 1:30 Bingo (BR) 3:30 Brain Games (LR) 6:30 Trivia with Al D. (BR)	<b>4</b> 9:30 Bible Study (LR) 10:00 Morning stretch (BR) 10:30 Country Store (Lobby) 11:00 <b>OUTING: Lyon Museum</b> 2:30 Service & Rosary (LR) 3:30 Billiard Challenge (2nd Flr) 11:00 Healthy Aging Exercise (BR) 6:30 Evening Movie	<b>5</b> 8:30 What's on the News? (LR) 9:30 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Trivia Questions (LR) 1:30 Bingo (BR) 2:30 Bean Toss (BR) 3:30 Cinco De Mayo with the Mariachi Band (BR) 6:30 Evening Movie (LR)	<b>6</b> 9:30 Puzzle Time (LR) 10:45 Healthy Aging Exercise (BR) 11:00 Wii Bowling (BR) 2:30 Arts & Crafts (BR) 3:00 Afternoon Stroll (Garden) 3:30 Storywise (LR) 4:30 Tic Tac Toe (LR) 6:30 Movie & Popcorn (LR)	<b>7</b> 9:30 True or False (BR) 10:30 Yoga Balance (BR) 11:30 Volleyball (BR) 1:30 Bingo (BR) 2:30 Afternoon Service (LR) 2:30 Walking Club 3:30 Poker Game (BR) 6:30 Evening Movie (LR)
<b>8</b> 8:00 Church Run (Bus) 10:00 True or False (LR) 10:30 Country Store (Lobby) 11:30 <b>Mother's Day Luncheon</b> 1:30 Scenic Drive (Bus) 2:30 Prayers Request (5th Flr) 3:00 Arts & Crafts (BR) 3:30 Indoor Golfing (BR)	<b>9</b> 9:00 Discussion & Coffee (LR) 10:00 Shopping at Walmart 10:30 Morning Exercise (BR) 11:00 Word Search (LR) 1:30 Bingo (BR) 3:00 Choral Choir (BR) 3:30 Poker Game (BR) 6:30 Evening Movie (BR)	<b>10</b> 9:30 Trivia Questions (LR) 10:00 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Jewelry Making (BR) 1:30 Bingo (BR) 2:30 Indoor Bowling (BR) 3:30 Happy Hour w/ Francesca (BR) 6:30 Trivia with Al D. (BR)	<b>11</b> 9:30 Bible Study (LR) 10:00 Morning Stretch (BR) 10:30 Country Store (Lobby) 11:00 <b>Resident Council Meeting</b> 2:30 Service & Rosary (LR) 3:30 Billiard Challenge (2nd Floor) 3:45 Healthy Aging Exercise (BR) 6:30 Evening Movie	<b>12</b> 8:30 What's on the News? (LR) 9:30 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Trivia Questions (LR) 1:30 Bingo (BR) 2:30 <b>Ladies Afternoon Tea</b> (BR) 3:30 Presentations by Sherri (BR) 6:30 Evening Movie (LR)	<b>13</b> 9:30 Puzzle Time (LR) 10:45 Healthy Aging Exercise (BR) 11:00 Wii Bowling (BR) 2:30 Arts & Crafts (BR) 3:00 Afternoon Stroll (Garden) 3:30 Storywise (LR) 4:30 Music & Dinner (MDR) 6:30 Movie & Popcorn (LR)	<b>14</b> 9:30 True or False (BR) 10:30 Yoga Balance (BR) 11:30 Volleyball (BR) 1:30 Bingo (BR) 2:30 Afternoon Service (LR) 2:30 Walking Club 3:30 Poker Game (BR) 6:30 Evening Movie (LR)
<b>15</b> 8:00 Church Run (Bus) 10:00 True or False (LR) 10:30 Country Store (Lobby) 1:30 Scenic Drive (Bus) 2:30 Prayers Request (5th Flr) 3:00 Arts & Crafts (BR) 3:30 Indoor Golfing (BR) 6:30 Movie & Popcorn (LR)	<b>16</b> 9:00 Discussion & Coffee (LR) 10:00 Shopping at Target 10:30 Morning Exercise (BR) 11:00 Word Search (LR) 1:30 Bingo (BR) 3:30 <b>Food For Thoughts with Louie</b> 3:30 Poker Game (BR) 6:30 Evening Movie (BR)	<b>17</b> 9:30 Trivia Questions (LR) 10:00 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Jewelry Making (BR) 1:30 Bingo (BR) 2:30 Indoor Bowling (BR) 3:30 Music with Julliena O. (BR) 6:30 Trivia with Al D. (BR)	<b>18</b> 9:30 Bible Study (LR) 10:00 Scenic Drive 10:30 Country Store (Lobby) 10:30 <b>Cooking Demo</b> (BR) 2:30 Service & Rosary (LR) 3:30 Billiard Challenge (2nd Floor) 3:45 Healthy Aging Exercise (BR) 6:30 <b>Night Owl Bingo</b> (BR)	<b>19</b> 9:30 What's on the News? (LR) 9:30 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Trivia Questions (LR) 1:30 Bingo (BR) 2:30 Bean Toss (BR) 3:30 Happy Hour with Rudy (BR) 6:30 Evening Movie (LR)	<b>20</b> 9:30 Puzzle Time (LR) 10:45 Healthy Aging Exercise (BR) 11:00 Wii Bowling (BR) 2:30 Arts & Crafts (BR) 3:00 Afternoon Stroll (Garden) 3:30 Storywise (LR) 6:30 Meditations & Foot Spa (LR) 7:30 Movie & Popcorn (LR)	<b>21</b> 9:30 True or False (BR) 10:30 Yoga Balance (BR) 11:30 Volleyball (BR) 1:30 Bingo (BR) 2:30 Afternoon Service (LR) 2:30 Walking Club 3:30 Poker Game (BR) 6:30 Evening Movie (LR)
<b>22</b> 8:00 Church Run (Bus) 10:00 True or False (LR) 10:30 Country Store (Lobby) 1:30 Scenic Drive (Bus) 2:30 Prayers Request (5th Flr) 3:00 Arts & Crafts (BR) 3:30 Indoor Golfing (BR) 6:30 Movie & Popcorn (LR)	<b>23</b> 9:00 Discussion & Coffee (LR) 10:00 Shopping at Dollar Tree 10:30 Morning Exercise (BR) 11:00 Word Search (LR) 1:30 Bingo (BR) 2:30 Ladder Ball (BR) 3:00 Choral Choir (BR) 3:30 Poker Game (BR)	<b>24</b> 9:30 Trivia Questions (LR) 10:00 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Jewelry Making (BR) 1:30 Bingo (BR) 2:30 Wii Bowling (BR) 3:30 Brain Games (LR) 6:30 Trivia with Al D. (BR)	<b>25</b> 9:30 Bible Study (LR) 10:00 <b>OUTING: Panda Inn Restaurant</b> 10:30 Country Store (Lobby) 11:00 Brain Games (LR) 1:30 Bingo (BR) 2:30 Service & Rosary (LR) 3:30 Lemonade Social (BR) 11:00 Healthy Aging Exercise (BR) 6:30 Evening Movie	<b>26</b> 8:30 What's on the News? (LR) 9:30 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 True or False (LR) 1:30 Bingo (BR) 2:30 Karaoke Time (BR) 3:30 <b>50S BIRTHDAY NIGHT</b> 6:30 Evening Movie (LR)	<b>27</b> 9:30 Puzzle Time (LR) 10:45 Healthy Aging Exercise (BR) 11:00 Veterans In-Service w/ Kurt 2:30 Arts & Crafts (BR) 3:00 Confession w/ Father Michael 3:30 Storywise (LR) 4:30 Tic Tac Toe (LR) 6:30 Movie & Popcorn (LR)	<b>28</b> 9:30 True or False (BR) 10:30 Yoga Balance (BR) 11:30 Volleyball (BR) 1:30 Bingo (BR) 2:30 Afternoon Service (LR) 2:30 Walking Club 3:30 Poker Game (BR) 6:30 Evening Movie (LR)
<b>29</b> 8:00 Church Run (Bus) 10:00 True or False (LR) 10:30 Country Store (Lobby) 1:30 Scenic Drive (Bus) 2:30 Prayers Request (5th Flr) 3:00 Arts & Crafts (BR) 3:30 Indoor Golfing (BR) 6:30 Movie & Popcorn (LR)	<b>30</b> <b>Memorial Day</b> 10:00 Shopping at TJ Maxx 10:30 Morning Exercise (BR) 11:00 Word Search (LR) 1:30 Bingo (BR) 2:30 Poker Game (BR) 3:30 <b>Music with Randy</b> (BR) 6:30 Evening Movie (BR)	<b>31</b> 9:30 Trivia Questions (LR) 10:00 Recreational (LR) 10:30 Morning Stretch (BR) 11:00 Jewelry Making (BR) 1:30 Bingo (BR) 2:30 Volleyball (BR) 3:30 Brain Games (LR) 6:30 Trivia with Al D. (BR)	<b>Happy Birthday!!</b> Amparo A.—May 4th Beverly B. May 5th Richard M. - May 12th Linda G. May 14th Martha B-N. & Margaret P.—May 18th Daniel P. & Werner Sp.— May 24th Paul G.—May 25th Rhoda C.—May 30th		This is a projected calendar for the month of May. For more detailed scheduling please refer to the Daily Sheet. If you have any further questions or comments, please contact Jenny, Activity Director	



**WEST PARK**  
SENIOR LIVING