

Activities & Special Events



PACIFICA
SENIOR LIVING

KLAMATH FALLS
Assisted Living

It is May and we are going to be doing more Activities. We will be having, walking, gardening and we will be doing movies this month once we no longer have a positive COVID Case(s). We encourage the residents to join in or even just come to socialize. It is important to us that you all have a great month, so let us know what we can do to help you with the Activities that you would like to do. We have a suggestion box for anything that you would like to do or what I can do for you that regards to Activities.

Memorable Moments



Birthdays

May

Dorothy Outcult 05/03

Cathy Graham 05/30

**THE STAFF AT
PACIFICA WISH
YOU ALL A VERY
BLESSED
BIRTHDAY!!**



A Note from the Activities Director

It is May and it is starting to warm up. There will be more activities that will be outside, so that means we will be gardening we no longer have a positive COVID Case (s). It would be really nice if you would sign up and join us. You can either join in or even just show up to spend time with us. We will be doing a Memorial Day BBQ.



Health & Fitness by

PACIFICA

Each Saturday at 10am in the activity room we will exercise to our "Stronger Seniors" Video. Please come and join in. It is low impact and you can do all of it sitting right in your chair.

Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve one's mood.



Fitness Activities

EXERCISE FOR SENIORS

STRENGTHENING EXERCISES:

Using weights, resistance bands or even large soup cans or water bottles during a workout presents a low impact way to increase your overall strength.



Spiritual Activities

Every Friday morning @ 10:30 we have Bible study in the Activity Room.



We will be doing class exercises on every Saturday and I will be glad to see whomever would like to join us all.

On the weekends it is encouraged to do something active in your room or outside if you can. It is also encouraged to read or do a craft as well.

- **Executive Director:**
Krystal Elzner
- **Business Office Manager:**
Mary Anne Kirwan
- **Resident Care Director:**
Phyllis Dodds RN
- **Dining Services:** Aiyanna Lawveer
- **Activities:** Kayla Macfarlane
- **Maintenance:** Brandi Meister
- **Resident Care Coordinator:**
Rebecca Carlin
- **Sales:** Krystal Cleveland



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!*



*2130 N. Eldorado Avenue
Klamath Falls, OR 97601
(541) 882-4830*

www.PacificaKlamathFalls.com

Welcome Home!