

Pacifica Tidings



The WOODMARK at SUN CITY
A Pacifica Senior Living Community

**September/October
2021**



A Note from the Executive Director

Happy September!

As the summer draws to a close, we think about cooler weather and preparing for the holidays that are right around the corner.

We are rolling to the finish line on the construction, and a big thank you is in order. We still have bits and pieces that are on back order to complete this enormous project.

The community looks amazing, and it is wonderful to not have the mess and noise of a construction site. The end result is well worth it! Thank you for your patience!

Activities! Activities! Activities!

Our activity room on the first floor is open for business, and bustling with activity. We are fortunate to have activities 7 days a week-please join us.

Our country store is open again. We have volunteers manning the store. If you would like to volunteer to work in the store, let us know.

Remember we have an activities meeting every month. Please join us and bring ideas for activities.

Remember, this is your community. We are just lucky enough to work here.

Please let me know if there is anything we can do help.

Remember to wear your mask, wash your hands, and maintain social distancing!

Holly M. VanderMate

Who am I?



Welcome to Our Community

Carlene M
William C
Patricia S

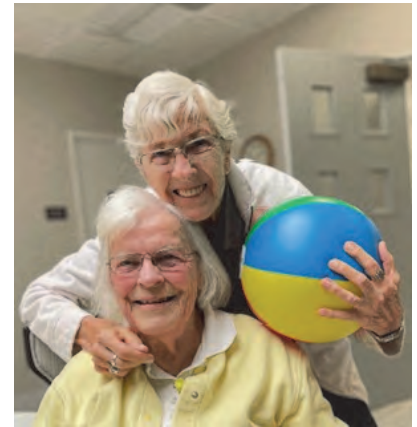


Memorable Moments & Special Events

**HERE IS A LOOK AROUND OUR WONDERFUL COMMUNITY
THERE IS ALWAYS SOMETHING FOR EVERYONE**

**PET VISITS, GAMES, CRAFTS, VOLUNTEERING, FUN & WACKY DAYS, BIBLE STUDIES, SHOPPING
EXCURSIONS, ENTERTAINMENT, HAPPY HOUR, EXERCISE GROUPS, BIRTHDAY PARTIES, HEALTH
PRESENTATIONS, BILLIARDS, BINGO, ETC.**

A FULL SCHEDULE OF DOING DIFFERENT ACTIVITIES AND MAKING FRIENDS



Health & Fitness by

ONR THERAPY

CHAIR YOGA, WALKING
GROUP, CARDIO DANCE,
THERABAND EXERCISES &
PRESENTATIONS ON HOW TO
HAVE BETTER BALANCE ARE
LED BY JENN & COURTNEY

CLASSES ARE OPEN TO ALL
RESIDENTS AND ARE HELD IN
THE GYM

CHECK YOUR CALENDAR
FOR DAYS & TIMES

CHAIR FITNESS WITH SHERRI
PRACTICE STRETCHING AND
DEEP BREATHING
TECHNIQUES THAT CAN BE
DONE EVERYDAY TO HELP
IMPROVE FLEXIBILITY AND
DECREASE ANXIETY

JOIN IN ON A PHYSICAL GAME
LIKE CORN HOLE ON FRIDAYS
AND MONTHLY HALLWAY
SCAVENGER HUNTS WHICH
PROVIDE EXERCISE
WITHOUT EVEN
THINKING ABOUT IT
FOR MENTAL FITNESS, JOIN A
SESSION OF FUN GAMES OR
CHOOSE FROM CRANIUM
CRUNCH WORKSHEETS TO DO
AT YOUR LEISURE

FITNESS



OUR DIETARY DIRECTOR ANA
HOSTS A MONTHLY COOKING
DEMONSTRATION OF
EASY AND HEALTHY RECIPE

Birthdays

SEPTEMBER

LINDA P	9/1
LOREN B	9/6
PAUL L	9/6
LAURA B	9/9
KATHY D	9/13
MYRNA H	9/19
CHARLES G	9/27
PAUL P	9/27
GEORGEANN B	9/28

OCTOBER

JA-



NET W	10/2
ALICE S	10/10
BYRON K	10/15
MARY JANE O	10/31

Spiritual Activities

BIBLE STUDY
9:00AM SATURDAY

BIBLE READING
2:00PM TUESDAY

CHURCH SERVICE TELEVISED
2:00PM THURSDAY

CATHOLIC COMMUNION
SERVICE
3:00PM 4TH THURSDAY



Who am I? (answer)

IT'S BEVERLY!

BEVERLY HAS BEEN A WOODMARK RESIDENT SINCE 2019. SHE WAS BORN IN IOWA AND ENJOYED A GREAT CAREER AS A TEACHER. ONE OF HER MANY TALENTS IS PLAYING THE PIANO AND SINGING. BEVERLY LOVES TO SOCIALIZE AND MEET NEW PEOPLE. HER SWEET, FRIENDLY PERSONALITY BRINGS JOY TO ALL THOSE THAT SHE MEETS. ANYTIME THERE IS A PARTY OR A SOCIAL WHETHER FOR VALENTINES DAY OR HALLOWEEN, SHE SHOWS UP DRESSED UP AND READY FOR FUN!

BEVERLY BRIGHTENS OUR COMMUNITY EVERYDAY AND WE ARE SO VERY FORTUNATE THAT SHE LIVES HERE AT THE WOODMARK IN SUN CITY. WE LOVE YOU BEVERLY!



Management Team

Holly VanderMate
Executive Director

Margaret Price
Business Office Manager

Tammy Dytrych
Resident Care Director

Peter Lesio
Marketing Director

Rafael Ramos
Move-In Coordinator

Jim Donovan
Maintenance Director

Ana Delgado
Food Services Director

Sherri Thorpe
Activity 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.*



The WOODMARK at SUN CITY

A Pacifica Senior Living Community

17207 N. Boswell Blvd.

Sun City, AZ 85373

Phone: 623.583.7600

WoodmarkAtSunCity.com

Welcome Home!