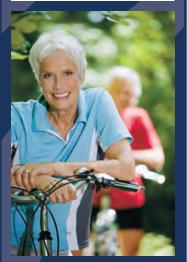




December 2021







A Note from the Executive Director

Welcome Home December!

December welcomes the arrival of winter, comfort, good food and warmth, from the touch of a friendly hand or a talk beside the fire with family and friends.

We invite all to celebrate the season. Enjoy celebrations and cheer, colors of the season , and hundreds of lights!

If you have time, stop in at the office and have a warm drink coffee, tea, and hot cocoa for all.

Happy Holidays!

Melody Allmond, Executive Director

#### Who am I?



Welcome to Our Community

Lorraine

Haven

# Activities & Special Events



# Baking Club Every Thursday at 2pm











Hot Apple Cider Social 12/14





Christmas Cookie Social 12/21 at 2pm

# Memorable Moments





Georgia and Beryl visiting with therapy dogs





Sandy and Shirley posing with their pumpkins, getting ready for Halloween





### **Birthdays**

Juanda 12/01

Karen 12/01

Shirley 12/04

Helen 12/10

James 12/15

Lorraine 12/15

Haven 12/16

Jacqueline 12/17



# Staff Birthday's December

Carmen 12/01

Queen 12/08

April 12/10

Mae 12/13

Melody 12/15

Desirea 12/29

A Note from the Activities Director

"There is no winter without snow, no spring without sunshine, and no happiness without companions." - Korean Proverb





# <u>Monthly Family</u> <u>Meeting</u>

Please join us

December 9th at 4PM

Via ZOOM

#### Health & Fitness by Alyssa Cox, CTRS

The days are shorter and so it's harder than ever to want to get up and exercise. Now it is more important than ever though. Holidays are known for causing an uptick in depression and anxiety. Stress of planning and travel combined with less sunlight mean it's more important to move around.

Since it's been cold, morning exercise has moved inside, but that doesn't mean it's any less rambunctious. Keeping our residents moving means they are happier and healthier.



#### **Fitness Activities**

**Balloon Fitness** 

**Chair Aerobics** 

Chair Yoga

Kickball

Walking Club

**Basketball Toss** 

**Bean Bag Toss** 

Parachute Drop

#### Spiritual Activities

Catholic Church Service

Will resume when volunteers are available

#### **Liberty Church**

3rd Saturday of the month @ 3pm in Journey House

#### **Catholic Communion**

1st Wednesday of the month at 9:30am

# Who Am I?

Frank Sinatra is one of the best-selling music artists of all time, having sold an estimated 150 million records worldwide.

While Sinatra never learned how to read music well, he had a fine, natural understanding of it, and he worked very hard from a young age to improve his abilities in all aspects of music.



#### Management Team

Executive Director Melody Allmond, CASRM

Resident Services Director Mae Mora

> Sales Director Rosa Gracida

Business Office Manager Rosa "Rosie" Marrero

Wellness Nurse Oasis Buensalido Resident Care Coordinator Crystal Crow

> Food Service Director Maria Gallegos

Recreation Therapy Director Alyssa Cox, CTRS

Maintenance Director Donald Antiado/Rod Patindol



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!





431 Nut Tree Road Vacaville, CA 95687 (707) 449-1350 www.PacificaVacaville.com License # 486803645

Welcome Home!