Management Team Kevin Quigley **Executive Director** Stephanie Martinez **Business Office Manager** Theresa Robert, LVN **Resident Services Director** Shaun McGuirk Sales Director **Denise Monroy** Sales Director Mark Cronkhite **Executive Chef Oliver Davila** Maintenance Director Dina Scalia Activity Director Julie Gomez Housekeeping Supervisor Socorro Garcia Memory Care Coordinator



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.

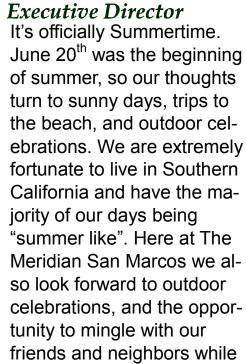
The right choice. The right time. Welcome Home!



🚰 THE MERIDIAN at Lake San Marcos Luxury Senior Living by Pacifica

July/August 2021





Who am I?

- 1. When I am visible to you, you
- 2. I speak without a mouth and Hear without ears. I have no Wind. Who Am I?

Answers on next page



Luxury Senior Living by Pacifica

1177 San Marino Drive San Marcos, CA 92078 Phone: 760.510.7500 www.pacificaseniorliving.com

Welcome Home!

A Note from the

enjoying food, fun and music. This summer we are "getting back to normal", operating in a post-COVID mode, doing the things we used to enjoy, and that means our Summer Concert Series. We have 3 great outdoor events planned for June, July and August. Here you can enjoy wonderful weather, great people, and fun events...why would you want to live anywhere else?

Kevin Quigley

cannot see me, but when I am Invisible, you long to see me. I Am plenty with someone patient, But all the more scarce with a Hasty one. I am greater than all, But still in control of those who Value my existence. Who Am I?

Body, but I come alive with the

Welcome to **Our Community**

Tom R.

Allen L.

Jeanette S.

Ellien C.

Joan & D.A.

Welcome Home!!

Activities & Special Events



Monthly Paint N Sip Class



Aqua Fitness Class & Gym Equipment Orientation





Chess and Clay impressions and painting

Baking Club & Butterfly Pen Toppers Health & Fitness by Wellness Blog: Senior Fitness -

With exercise known to help boost our immune system, increase joint function, improve mental acuity, prevent disease, maintain weight, and improve overall quality of life, It is important to stay as active as you are able to. **Popular Senior Fitness** Trends:

- 1. **Yoga-**The most popular form of exercise for older adults. Provides both mental and physical benefits. Yoga helps with arthritis, flexibility, and blood pressure, as well as relaxation and stress reduction. Be sure to try our weekly Yoga class.
- 2. Water-Based Exercise: Working out in water prevents falls and strain on joints. Be sure to check out Aqua Fitness classes 2x a week.
- 3. Tai-Chi: Slow, graceful movements with some meditation. Benefits Include, better circulation and balance. lower blood pressure and increased relaxation. Be sure to try the Chair-Chi Tai –Chi every Tuesday.
- 4. Walking: Walking mixes Socialization with exercise. Walking improves circulation, lowers blood pressure and benefits the heart. The Meridians beautiful Courtyards are a great Place to walk. Happy Exercise!

Fitness Activities SUNDAY: Daily Exercise in Activity Room 10:00AM

MONDAY: Daily Exercise in Activity Room 10:00AM

TUESDAY: Get Fit W/Melissa in Activity Room 10:00AM Chair Chi W/Pat in Game Room 1:00PM

WEDNESDAY: Yoga Class W/ Virginia in Activity Room 10:00AM

THURSDAY: Get Fit W/Melissa in Activity Room 10:00AM

FRIDAY: Daily Exercise in Activity Room **10:00AM**

AQUA FITNESS CLASSES Tuesdays & Thursdays at 11:00AM in Outdoor Pool

Gym Equipment Orientation W/ Melissa : 2nd Friday of each Month at 1:00pm in Meridian Gym-Come learn how to use the Gym equipment

Spiritual Activities

Sundays:

Church Transportation Provided to-

- 1. The Lake Church
- 2. Grace Episcopal
- 3. St. Marks Catholic Church

Please see sign up book Located in main Lobby.

11:00 Protestant Church Service in Activity Room

Catholic Mass is held the **3rd Friday of each month** at 12:45PM in the Activity Room

Who Am I Answers

1. **Time**– What you think of as a day-how long it takes the Earth to rotate- isn't 24 hours. Its 23 hours, 56 minutes and 4.2 seconds. The reason it's 24 hours from sunrise to sunset is because every day the Earth moves further in its orbit around the sun, and the change in its position lengthens the day slightly.

Time passes faster for your face than for your Feet (assuming you are standing up). Einstein's Theory of relativity dictates that the closer you Are to the center of the Earth, the slower time Goes. This has been measured. At the top of Mt. Everest, a year would be about 15 Microseconds shorter than at sea level.

2. Echo-If a person shouts at a solid wall, the Words often come back, so you hear an Echo. Echoes occur when sound waves strike a hard, Smooth surface and are sent back. Sound can Be reflected from a wall just as light can be Reflected from a mirror. A rough surface breaks up the Sound waves. In a valley where mountains are all Around, a sound may be echoed many times.