

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

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

Welcome Home!

Pacifica Tidings



THE MERIDIAN
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**July/August
2021**



A Note from the Executive Director

It's officially Summertime. June 20th was the beginning of summer, so our thoughts turn to sunny days, trips to the beach, and outdoor celebrations. We are extremely fortunate to live in Southern California and have the majority of our days being "summer like". Here at The Meridian San Marcos we also look forward to outdoor celebrations, and the opportunity to mingle with our friends and neighbors while

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

Who am I?

1. When I am visible to you, you 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?
2. I speak without a mouth and Hear without ears. I have no Body, but I come alive with the Wind. Who Am I?

Answers on next page

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.