

Pacifica Tidings



September 2016



A Note from the Executive Director

The daily rhythm of our community is an important part of the overall harmony of the building and is a big part of what makes Pacifica San Leandro the place we call home. From the early morning greetings between residents and the staff to the assistance the staff provides its all part of the grand symphony that we listen to each and every day. I have a unique vantage point into this world and its truly music to my ears each and every day. As stated by one of the grand dames of the food world "it's a good thing".

Steven Mattingly

Who am I?

- ☐ I'm only 4' 9" tall but I'm fierce
- ☐ I'm 19 years old born in Columbus, Ohio
- ☐ I go to school at UCLA
- ☐ I just won 4 Olympic gold medals
- ☐ I carries the USA Flag in the closing ceremonies of the 2016 Summer Olympics

Answer Gymnast—Simone Biles

Welcome to Our Community

Skip Jones
Diane Yuen
Pat and Don Madsen
Kerry Copp
Mary Wilbur

Please make your
new neighbors feel
welcome!

Activities & Special Events

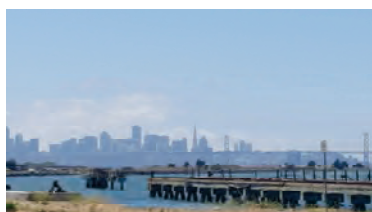
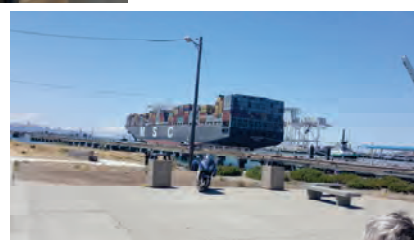
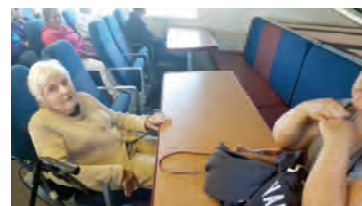


*Our Casino Trip
June 20th ,2016*



Memorable Moments

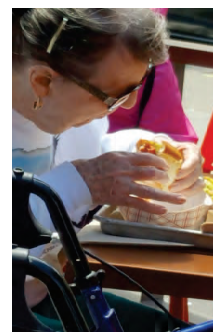
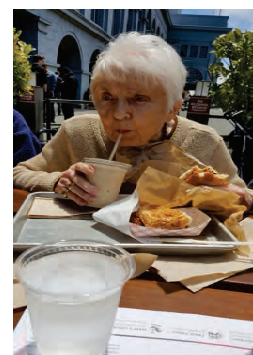
Ferry Ride & Lunch in San Francisco at the Ferry Building



Lunch at GOTT'S @ The Ferry Building



Can you say Coffee
Milkshake?
Love says yes PLEASE!!



Poor burger had
no chance!!!



Birthdays



September Birthdays

Residents

Karol T 9/6

Elaine W. 9/18

Dolores P. 9/19

Staff

Mario 9/4

Introducing the Men's Club

The Men's Club will meet the 3rd Thursday of every month, with first on September 15th @ 3:30pm . Walker will be taking the men out to dinner. Watch for the following outings with the Men's club.



A Note from the Activities Director

Family & Friends,

Thank you for all the kind welcomes and welcome backs. So one of the new activities for the residents is writing there own newsletter. The first edition has gone out with great responses.

On Wednesday the 14th @ 1:30 we start our Memoir Writing Class being held in the activity room.

Our big outing this month will be to Cache Creek Casino on Monday September 26th we will be gone all day.

We will be having a family night Thursday September @ 6:00 please plan to join us we will be having appetizers and drinks.



Family Night !!!!
Please join us for our Family Night
September 22nd, 2016
6:00pm—7:00pm
We will be serving
Appetizers and Drinks.
As well as music
Entertainment.
Hope to see you there!



Health & Fitness by

What is Healthy Living?

Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.

Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health *and* happiness.



Fitness Activities

Morning Exercise

7 Days a week in
The Activity Room
9:30 AM



Walking Group

Meet in 1st floor Lobby
10:15 AM

Spiritual Activities

**Sunday Ride
to Church**
Meet in Living Rm.
8:30 AM - 12 Noon

Friday Communion
10:00 AM - 3rd FL



REFER A FRIEND EARN REWARDS!

We love having residents like you! If you have any friends that you think we would enjoy our community as much as you do, we welcome you to send them our way.

When your referral selects Pacifica San Leandro as their home and makes the move you will receive a \$500* credit towards your rent. *It is that simple.*

YES, I WOULD LIKE TO REFER MY NEW NEIGHBOR!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____

REFERRING NEIGHBOR _____

Pacifica San Leandro
510.995.0094
348 W Juana Avenue | San Leandro, CA | 94577


PACIFICA
SENIOR LIVING
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www.PacificaSanLeandro.com

*Credit will be issued 60 days after the new resident moves in. See a PSL representative for complete details.

Management Team

Executive Director
Steven Mattingly

Administrative Assistant
Gladys Manrique

Marketing Director
Shirley McElhattan

Business Office Manager
Sammantha Bocanegra

Activities Director
Jamie Slyter

Dining Service Director
Celeste Greely

Maintenance Director
Mario Molloy

Who Am I : Gladys Manrique



*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!*



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Welcome Home!