



Life + Style

Summer
July

Maravilla Santa Barbara
Independent Living



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Community Happenings

4th

4th of July Pool Party Plus Live Band!

12:30 -2:00pm at the Clubhouse

If you're looking for somewhere to celebrate with a BANG this Independence Day, there's no better place than Maravilla! A full slate of festive, fun, family-friendly events are planned throughout the day, including free live music AND incredible barbeque from Chef Lemus!

9th

Beth Sussman - Pianist from Los Angeles

7:00pm Clubhouse

Since receiving her Bachelor's and Master's Degree from the Juilliard School when she was 21, pianist Beth Sussman has performed extensively in the United States and Europe. Beth has been the winner of several piano competitions and was awarded one of the most prestigious piano prizes at Juilliard for three consecutive years. Come join us!

23rd

SB Museum of Art Presentation

1 p.m. | Theater

Join us in this amazing art talk about Lady Leslie Ridley-Tree, and her husband Lord Paul Ridley-Tree with special guest Docent Lori Mohr. Lady Leslie and Lord Paul supported the Museum with it's mission "to integrate art into the lives of people." We are excited to have Lori here at Maravilla!

26th

Hollywood Revisited

1PM Clubhouse

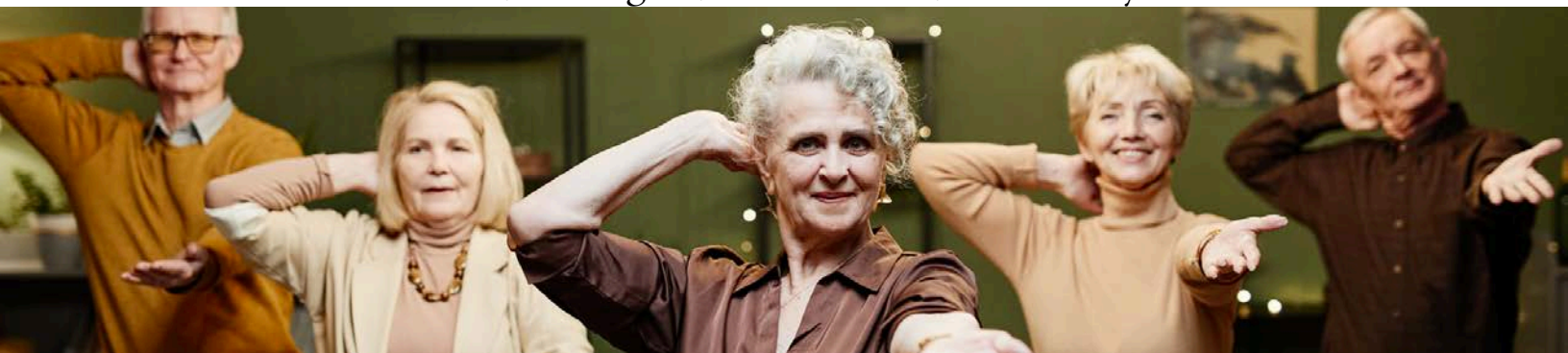
Experience what it's like to watch the stars walk the red carpet as your favorite Tinseltown classics come to life in Hollywood Revisited. This stunning musical revue showcases a truly dazzling lineup of costumes actually worn by the stars in the original Hollywood films. See you there!

31st

Outing to the Santa Barbara Museum of Art

1pm Clubhouse Pick UP

A guided tour to see special exhibits here at the Museum for a short time! . The exhibition includes artworks by Dante Gabriel Rossetti, Mary Cassatt, Berthe Morisot, Paul Signac, Claude Monet, Alfred Sisley and more.



Last Month's Wrap-Up

MARAVILLA
AN SRG SENIOR LIVING COMMUNITY



Celebrations!

Birthdays

Larry E. 7/6

Margaret M. 7/7

Joe K. 7/8

Paul H. 7/8

Yvonne M. 7/12

Marlene T. 7/13

John G. 7/14

Agnes K. 7/15

Nancy O. 7/15

Jesse C. 7/15

Don S. 7/15

Mona F. 7/19

Dorothy F. 7/22

Beverly B. 7/23

Paul P. 7/25

Madeline B. 7/25

John W. 7/28

Sondra A. 7/28

Know Your Health Numbers: Medical Must-Dos for a Healthy Life

By Celynn Morin



As we grow older, maintaining our health becomes essential to enjoying life with peace of mind and vitality. Regular health check-ups enable us to anticipate potential issues, empowering us to fully enjoy each day. Prevention truly is better than cure. Beyond numbers, the goal is to enhance the quality of life.



Embrace the Tibetan secret to longevity: "Eat half, walk double, laugh triple, and love without measure." Each day is an opportunity to improve your health and spirit. Start small, with a new healthy recipe or a walk in the park. Celebrate your health with regular check-ups, nutritious meals, time spent in nature and with loved ones. Here's to a life filled with health and happiness!

"Eat half, walk double, laugh triple, and love without measure."

Key Health Indicators to Monitor

- **Cholesterol:** Keeping an eye on your lipid profile helps maintain heart health.
- **Blood Glucose:** Regular HbA1C tests provide insight into long-term blood sugar levels.
- **Blood Pressure:** Monitoring this can prevent circulatory problems.

Healthy Living Tips

- **Stay Informed:** Keep up with the latest health screenings
- **Eat Well:** A diet rich in various plant-based foods supports overall wellness.
- **Seek Professional Guidance:** Work with healthcare providers who understand lifestyle medicine to personalize your health journey.

Scan the QR Code to access the Wellculator and learn more!



Boost Your Immunity: Essential Nutrients for a Healthy Defense

By: Amanda Archibald

FreshZest™



We are building the framework for a nutritious diet. Each month, we highlight key ingredients crucial for health. In the Spring, we emphasized laying a strong foundation by incorporating foods that bolster cellular defense and detoxification. Now, with this groundwork set, our focus shifts to boosting health by integrating nutrient-dense

foods that enhance immune function. A robust immune system defends against illness by combating invaders such as bacteria and viruses. Essential nutrients like Vitamins A, D, and C, as well as minerals such as zinc, selenium, and Omega-3 fatty acids, play vital roles in supporting this immune response. Below are foods rich in nutrients that will enhance your immune function. Choose your favorites and incorporate them into your daily diet.



LET'S ADD THESE IMMUNE ENHANCING INGREDIENTS TO OUR BASIC TOOLBOX

Animal Protein

Beef Liver
Lamb Liver

Seafood

Herring
Macerel
Sardines
Shrimp

Vegetables

Bell Peppers
Carrots
Dandelion Greens
Potatoes
Winter Squash

Fruits

Cantaloupe
Cherries (Acerola)
Grapefruit
Kiwi
Lemons
Limes
Papaya



Challenge: Identify which foods you currently enjoy and which foods you would be willing to add to your diet.

The Power of The Lift in Daily Life

By Amanda Archibald & Celynn Morin

Think about how many times you perform a lift every day:

Organizing and Cleaning:

Moving furniture, lifting storage boxes, and handling household objects especially if placing them onto shelves.



Travel and Recreation:

Handling luggage when traveling, lifting grandchildren or lifting equipment for hobbies, like golf bags or coolers in the Summer.



Social Activities: Various tasks like putting away books for the Library Committee or setting up chairs and tables for the Event Set-Up Committee



Proper lifting techniques can significantly reduce strain and prevent injuries that would otherwise make these daily tasks quite difficult and painful for you.

"The Lift" isn't about fancy moves or high-energy antics. It's about improving your quality of life and preventing painful and debilitating injuries in a practical way.

Explore simple and effective strategies in Module Six of our FUNdamental Fitness Program. Spend 10 minutes with Darryl as he guides you through this fundamental movement and start enhancing your daily life today.



Scan the QR code to get started!

Some basic tips to prevent sprains and strains related to daily movements:

- **Lower Back Strain:** When lifting objects, always bend your knees and hips instead of your waist. Keep the load close to your body while lifting to reduce strain on your lower back.
- **Shoulder Injuries:** Before starting any physical task that involves your shoulders, gently warm up with light movements and stretching. This prepares your muscles and joints for activity, reducing the risk of injury.
- **Knee Injuries:** Strengthen your leg muscles with exercises like gentle squats and leg lifts. Strong legs provide better support for your knees during daily movements and activities.
- **Hernias:** Picking up heavy objects without using your core muscles properly can lead to hernias, where internal tissues push through a weak spot in your abdominal wall.

Mind



Write Your Story: Writing Retreat

Join us for an enriching experience as we set pen to paper to capture the cherished moments of our lives for our loved ones. Writing not only preserves our memories but also enhances our mental clarity, reduces stress, and fosters emotional well-being. Through this creative process, you'll delve into topics such as love, friendship, and happiness. This event is more than just a writing session—it's a journey of reflection and connection. Share your stories, impart your wisdom, and create a lasting legacy that will be treasured for generations. Embrace the power of writing to celebrate your life's journey and to connect with your loved ones in a meaningful and enduring way.

Body



ZestFit: Tour De Zest

We all know that movement is medicine and that physical activity enhances our well-being. What better way to honor and celebrate our bodies than with a thrilling movement competition? Join us for the fourth annual Tour De Zest, where teams will engage in a dynamic array of movement activities, accumulating points in a spirited quest to claim the coveted trophy. This is more than just a competition—it's a vibrant celebration of community, vitality, and the joy of movement.

Soul



Summer Afternoon Tea

Experience a delightful Summer Afternoon Tea, where you can unwind and savor an exquisite selection of fine teas, celebrated for their calming and health-boosting properties. Enjoy a variety of delectable treats in a picturesque setting, creating the perfect ambiance to relax and catch up with friends. Savor the flavors of summer while reaping the benefits of tea, including improved mental clarity and reduced stress. This serene afternoon promises a blend of delightful company and refreshing indulgence. We look forward to welcoming you to this summer soiree.

Staff Directory

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MARAVILLA
AN SRG SENIOR LIVING COMMUNITY

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For over 35 years, we've been developing and operating award-winning senior living communities throughout the United States. Although we're known for our distinctive designs and innovative amenities, SRG communities are fueled by passion. We're truly driven by the desire to create environments that enhance the quality of people's lives - now and in the future.



The Art & Science of WellBeing
Zest. For Life.