



# Life + Style

Summer  
June 2024

Maravilla Santa Barbara  
Independent Living



*Your lifestyle  
continues here*



# Community Happenings

05

## Children's Bookmaking Class

2:00pm/ Art Studio

Participants will bring a story to class or write a story suitable for elementary age children and all necessary materials to create a "real" illustrated children's book will be provided. Books can then be shared with a grandchild or donated to a local elementary classroom. Resident run by Kathi Marshall.

11

## Mary Kay Resident Run Demonstration

2pm/ Valencia

There's no party quite like a Mary Kay party! From getting personalized skin care recommendations to making new friends and pampering yourself while you're at it, there are so many benefits to attending a Mary Kay event! Join resident Judy Newland and enjoy a special pampering hour and even take a healthy face mask home!

13

## Kayaking in the Harbor

11am/ SB Harbor

The SB Harbor is calm, quiet, and protected from the waves of the ocean by a breakwater. The perfect setting for kayaking! In our fifth year of taking residents to a safe place to enjoy a birds eye view of Santa Barbara. Too tired to paddle back, we have a solution!

16

## Dads and Dogs Putting Contest

10am/Putting Green

Watch as the golfers come out in force for a fantastic party at the putting green! Hot dogs, music and our annual putting contest honors Dads, but all are welcome! Join us for the fun celebration and see who comes in first this year!

19

## Kick off to Summer!

3pm/ Clubhouse

"Just 4 US " band leads us in old favorites out by the pool for a fun time! Snacks and beverages provided. A Conga line is a certainty!

29

## Resident Art Show!

10:30-1:30pm Clubhouse

We showcase all of our amazing artistic residents, from those barely dabbling to having their own galleries. A community art project will be available to start your artistic journey! Good food and fine wine included!



# Last Month's Wrap-Up

**MARAVILLA**  
AN SRG SENIOR LIVING COMMUNITY



## Celebrations!

### Birthdays

- |                  |                 |                    |                    |                       |
|------------------|-----------------|--------------------|--------------------|-----------------------|
| 1st - Anna F.    | 7th - Beth J.   | 15th - Charlotte B | 20th - Nonnie S.   | 28th - Gene P.        |
| 1st - Barbara C, | 7th - Louise W. | 16th - Chris K.    | 21st - Jim W.      | 29th - Marie S.       |
| 1st - Joe O.     | 8th - Eileen R. | 16th - Connie V.W. | 25th - Anita W.    | 29th - Pat D.         |
| 2nd - Jackie P.  | 8th - Lee B.    | 16th - Sharon H.   | 25th - Beverly B.  | 29th - Velta L.       |
| 2nd - Sharlot S. | 9th - Gloria H. | 17th - Richard K.  | 25th - James B     | 30th - G. Richard F.  |
| 7th - Ann Mantle | 14th - Betty T. | 18th - Alvin H.    | 25th - Marilynn T. | 30th - Muriel Schloss |

# Water: Your Lifeline to Health

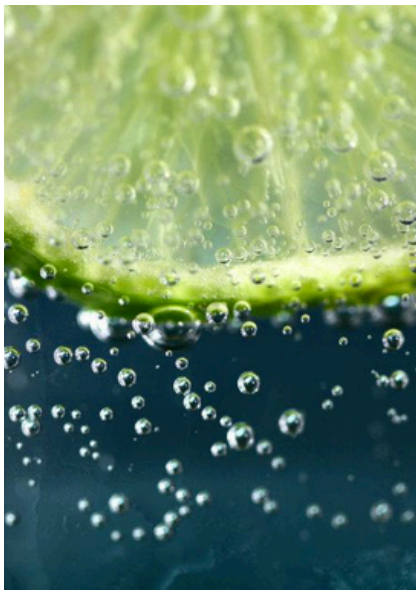
By Celynn Morin



Water is essential, not just beneficial, for your health. It acts as a lubricant for your joints and keeps your skin radiant. More crucially, it aids in transporting vital nutrients and oxygen to your cells and ensures the efficient removal of waste by your kidneys.



As seniors, staying hydrated is critical yet challenging due to diminished thirst and changes in body composition that reduce water reserves. Additionally, many medications can dehydrate the body further. Embrace hydration as a part of your daily routine and celebrate the life you live with each healthy choice you make.



## *How Much Water Do I Need?*

How much water do you need? An approximate guideline is to drink 8 ounces of water for every 22 pounds of body weight, daily. However, individual needs can vary, especially if you are on medications like diuretics. Consult your healthcare provider for tailored advice.

Enjoying herbal teas can boost your hydration without extra calories. For more practical tips, scan the QR code to access the Wellculator Express Program Module 4 - Hydration.



# Foods that Support Gut Health

By: Amanda Archibald



Your gut is like a garden, vibrant and alive with tiny organisms that are essential for your well-being. Nurturing it is crucial for optimal health. Let's explore how to seed and feed your gut for optimal health.



**Seeding your gut** with good bacteria is the first step. By maintaining its health, you create an environment

where beneficial bacteria can thrive. Aim to include one probiotic-rich food in your daily diet, like yogurt, kefir, or sauerkraut. These foods introduce beneficial bacteria to your gut, helping to crowd out harmful ones.



Once you've seeded your gut, it's time to **feed those good bacteria**. This is where prebiotic-rich

ingredients come into play. Prebiotics are like fertilizer for your gut, nourishing the beneficial bacteria already present.

By seeding and feeding your gut with care, you can promote a thriving ecosystem within your body. Just like a well-tended garden blossoms with beauty and abundance, so too will your gut flourish with health and vitality.

## LET'S ADD ON TO OUR BASIC TOOLBOX WITH THESE SUPPORTIVE FOODS



### Fruits

Blueberries  
Guava  
Pomegranate

### Vegetables

Green Peas  
Parsnip  
Winter Squash

### Legumes

Split Peas

### Probiotic Rich

Buttermilk  
Kefir  
Kimchi  
Kombucha  
Miso  
Sauerkraut  
Soy Sauce  
Tempeh  
Natural Yogurt

### Prebiotic Rich

Apples  
Asparagus  
Burdock Root  
Chicory  
Dandelion Greens  
Eggplant  
Endive  
Honey  
Jicama  
Radicchio  
Sunchoke

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

# Strengthen Your Daily Life with Pull Exercises

By Amanda Archibald & Celynn Morin

Maintaining strength in our upper body becomes crucial for maintaining our autonomy. This June, we're shining a spotlight on Fundamental Movement #5 – The Pull: An essential part of our wellness offering tailored for our vibrant community of residents.

## Why Pull Exercises Are Essential

Pull exercises help strengthen your muscles, making your body more capable and robust. Several of our day to day activities require use of the muscle groups that are engaged when working on your pull exercises.

The pull fundamental movement is essential because it targets, strengthens and balances key muscle groups, improves posture, grip strength, cardiovascular health, and reduces pain.

Pull exercises strengthen your ability to handle daily tasks with more ease. What once seemed challenging, like lifting a heavy pot or picking up your Amazon package, becomes more manageable, helping you maintain or improve your mobility and minimize risk of injury.

## How to Integrate Pull Exercises

Integrating basic pull exercises into your routine is straightforward. Need some inspiration? Explore simple and effective strategies in Module Five of our FUNdamental Fitness Program. Spend 12 minutes with Darryl as he guides you through an introduction to this fundamental movement, practice exercises and practical application.



Scan the QR code to get started!



Mind



## Be Good To Your Brain

Celebrate Brain Health Month with Senior Resource Group! We're dedicated to promoting mental well-being by integrating brain and body exercises into our fitness classes. Enjoy enlightening TED talks on brain health, and participate in an interactive live brain health workshop. Join us for a month filled with activities designed to enhance your cognitive vitality and overall wellness. Don't miss this opportunity to engage your mind, invigorate your body, and connect with a community committed to lifelong brain health!

Body



## ZestFit: Aerobics

Join us for a lively aerobics class designed to boost your energy and improve your overall well-being! Our routines are adaptable and can be performed either seated or standing, ensuring a comfortable experience for everyone. Enjoy a fun and supportive environment where you can enhance your flexibility, strength, and cardiovascular health. With easy-to-follow movements set to uplifting music, this class is perfect for anyone looking to stay active and healthy. Come and be part of a community that values fitness and fun!

Soul



## DIY Skin Care: Natural Face Masks

Join us for an engaging program focused on skin health! Discover the benefits of natural skincare and learn why it's essential for maintaining healthy, glowing skin. Explore how using a face mask after shaving can soothe irritation and replenish moisture for men, while women can enjoy deeply cleansed and hydrated skin. After the presentation, join our hands-on DIY sugar scrub workshop to rejuvenate your skincare routine. Don't miss this chance to pamper yourself and promote radiant skin!

# 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.