



Life+Style

Spring
April 2025

Silver Springs
Independent & Assisted Living



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

People often think about wellness in terms of physical health — nutrition, exercise, weight management, etc., but it is so much more. Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit. Although it always includes striving for health, it's more about living life fully, and is “a lifestyle and a personalized approach to living life in a way that... allows you to become the best kind of person that your potentials, circumstances, and fate will allow” .

Wellness encompasses 8 interdependent dimensions: physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental. Neglecting any of these can affect overall health, but achieving personal harmony by prioritizing what matters most to you is key.

Changing habits plays a significant role in wellness. Self-regulation allows us to direct our behavior and align with our goals, but habits—behaviors performed automatically—are powerful drivers of our actions. Habits, which make up around 40% of our daily behaviors, shape our lives. Changing habits for the better requires self-awareness and strategies such as monitoring, scheduling, and accountability. New habits take time—on average, 66 days to form—but with the right approach, they can transform your health and well-being.

Ultimately, wellness is an ongoing, dynamic process. It's about making choices today that align with your potential and goals, striving for improvement, and embracing your future. By changing your habits, you can change your life and become the best version of yourself.

Change your habits, change your life- Sometimes change takes a long time. Sometimes it requires repeated experiments and failures. But for ongoing betterment, the attempts are unquestionably worthwhile and one success often leads to another. When thinking about habits, wellness, and the health, well-being, and quality of life to which you aspire, consider the following: “Are you going to accept yourself or expect more from yourself?” “Are you going to embrace the present or consider the future?” and “Are you going to care about yourself or overlook yourself?” Wellness is a dynamic, ever-changing, fluctuating process. It is a lifestyle, a personalized approach to living life in a way that allows you to become the best kind of person that your potentials, circumstances, and fate will allow. The past is history; the present and future lie in the choices you make today. Don't worry about getting it perfect; just get it going, and become the best kind of person you can be.

Debbie L. Stoewen



Community Happenings



NEW IMAGE FASHIONS - Clothing Boutique Living Room - 9am

For over 38 years New Image Fashions has been bringing name brand clothing to you. Don Scott began the store with a small trailer and a few racks of clothes. During the past four decades he has built the store up to over 70 racks of clothes and a long trailer to haul it to the retirement communities, RV resort parks, active adult communities, and assisted living homes throughout Arizona. Join us in the Living Room for some FUN Shopping



Readers Theater featuring Regina Ford Family Room - 3pm

Shoestring Readers Theater directed by Regina Ford will present a lineup of comedy skits that will make you laugh out loud and tickle your funny bone. Some of Green Valley's favorite actors will present skits like The Complaint Department and the Senior Dating Club. Don't miss the fun.



Hula Sisters Happy Hour Family Room - 3pm

The Hula Sisters of Green Valley is a group of volunteer women with a mission to share their love of Hawaii, its culture, history and dance. Hula is a traditional Hawaiian dance form expressing chant or song, developed by Native Hawaiians to dramatize and portray the words of the oli (chant) or mele (song) in a visual dance form. Come along as The Hula Sisters share stories through the art of dance



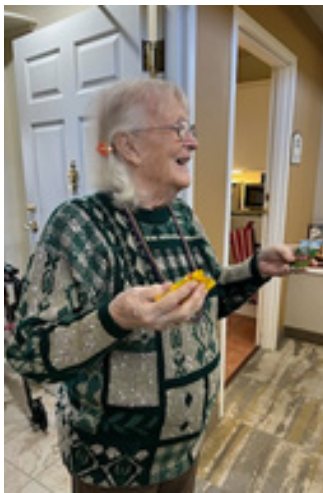
Groovy Tie-Dye Bash! Club - 11:30am

Let's get groovy with some tie-dye magic! National Tie Dye Day is observed on April 30 every year, and this year is no exception! Tie-Dye is a long-standing ritual that heralds the start of the summer season. It gives individuals the chance to be artists, makers, and creators. Tie Dye t-shirts and canvas shoes on April 24th so we can wear all our tie-dye on April 30th.



Last Month's Wrap-Up

SILVER SPRINGS
AN SRG SENIOR LIVING COMMUNITY



April Birthday's

Residents

Vickie S. - 4-2
Mary G. - 4-5
Kathleen C. - 4-11
Dee M. - 4-12
Nadine K. - 4/12
Thomas W. - 4/12
Jo Ann N. - 4-12
Don O. - 4-14
Doug W. - 4-16

Fran B. - 4-16
Elinor A. - 4-17
Melba H. - 4-24
Bob V. - 4-29

Staff

Berto G. - 4-6
Fabiola M. - 4-6
Ariel B. - 4-9
Latrese T. - 4-10
Angel S. - 4-16
Lina L. - 4-19



Healthy Brain Habits

Boost Your Brain Health: Tips for a Sharper Mind

Join us for an engaging event focused on brain-healthy foods, mental exercises, and lifestyle habits that promote cognitive wellness. Discover easy ways to nourish your brain, stay mentally active, and build habits for lifelong cognitive vitality. Don't miss this opportunity to invest in your brain health! Learn practical tips to keep your mind sharp, improve memory, and support long-term brain health.

Saturday, April 30th at 11:30am in the Club



ZestFit: Martial Arts

Martial arts can promote brain health by improving focus, memory, and stress management. They can also help with self-confidence, self-control, and emotional stability. Martial arts offer significant brain health benefits by combining physical movement with mental focus. Regular practice enhances cognitive function, improving memory, attention, and problem-solving skills. The coordination required strengthens neural connections, supporting brain plasticity and slowing cognitive decline. Martial arts also reduce stress and anxiety, boosting mood through mindfulness and controlled breathing. Additionally, they enhance balance and motor skills, which are crucial for preventing falls and maintaining independence, especially in older adults.

Join us Saturday Mornings at 9:30am for Tai Chi in the Card Room



Volunteer Appreciation Lunch

We are excited to invite all of our dedicated volunteer residents to our Annual Volunteer Appreciation Luncheon! This special event is our way of saying thank you for the time, energy, and care you give to our community. Join us for an afternoon of celebration, recognition, and camaraderie as we honor your incredible contributions. We look forward to celebrating with you and showing our appreciation for all that you do!

April 15th 11:00am in Cactus Lounge



Celebrating Volunteer Month: A Heartfelt Thank You to Our Amazing Volunteers

April is Volunteer Month, a time to celebrate and recognize the incredible contributions of volunteers everywhere. At Senior Resource Group, we are especially grateful for the dedication and selflessness of our volunteers who make a lasting impact on our communities.

Volunteers are the heartbeat of our organization, offering their time, skills, and passion to help others. Whether it's lending a hand at events, providing support in our programs, or offering expertise in various areas, our volunteers are an essential part of everything we do.

This month, we want to take a moment to express our deepest gratitude for the countless hours and unwavering commitment our volunteers have given. Your hard work does not go unnoticed, and we are truly humbled by your generosity and kindness.

To each and every volunteer, thank you for your unwavering support and for making a difference in the lives of those around you. Your contributions help create a stronger, more connected community, and we are so lucky to have you as part of our team.

We look forward to continuing to work alongside you and together achieving even greater things in the future. Happy Volunteer Month! Your dedication truly makes the world a better place.

With heartfelt thanks,

Senior Resource Group



Volunteering is a powerful way to improve your own health while making a difference in the community. It helps reduce stress, combat loneliness, and provides a sense of purpose, all of which support better mental health. Plus, volunteering often involves physical activity, boosting your fitness and heart health, while fostering valuable social connections that reduce isolation and support cognitive health. By volunteering, you're not just helping others—you're investing in a longer, healthier life. Join us today and experience the benefits of giving back!

Celebrating National Poetry Month: Honoring the Power of Words

April is designated as National Poetry Month in the United States, a time to celebrate the art of poetry and its profound impact on our culture, emotions, and understanding of the world. Established in 1996 by the Academy of American Poets, National Poetry Month has grown into the largest literary celebration in the country, encouraging people of all ages to explore and appreciate the beauty and power of poetry.

Poetry is often thought of as an art form that speaks to the soul, capturing complex emotions, stories, and experiences in a few carefully chosen words. From the timeless verses of Shakespeare to the contemporary works of Maya Angelou, poetry has the unique ability to make us think deeply, feel intensely, and see the world from different perspectives.

During National Poetry Month, libraries, schools, bookstores, and community organizations across the nation host events, workshops, readings, and performances to engage people with poetry. Whether it's reading a poem to yourself, sharing your favorite verses with friends, or writing your own, this month is an opportunity to explore the diverse world of poetry.

One of the key goals of National Poetry Month is to highlight the relevance of poetry in today's world. Through poetry, we can connect with each other on a deeper level, fostering empathy, understanding, and dialogue about social issues, personal struggles, and shared experiences. Poetry often serves as a mirror to society, reflecting the joys, pains, hopes, and challenges that shape our lives.

For many, National Poetry Month is also an invitation to discover new poets or revisit old favorites. It encourages people to read more, write more, and reflect more. Whether you are a lifelong poetry lover or just starting to explore the genre, April provides the perfect time to engage with poetry in a meaningful way.

As we celebrate National Poetry Month, let's take the time to appreciate how poetry elevates our language, broadens our perspectives, and connects us as human beings. Whether we're reading, writing, or listening, poetry invites us to pause and reflect, allowing its beauty and wisdom to enrich our lives.

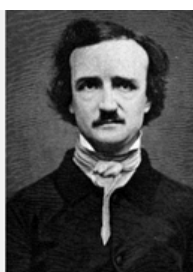
So, this April, dive into the world of poetry—celebrate its diversity, its power, and its timeless ability to speak to the heart.



Portrait of poet Walt Whit...



Elizabeth Barrett Browni...



Edgar Allan Poe - 19th C...



A large statue of William Shakespeare



William Shakespeare



VICTOR HUGO (XXXL)

A Word from our Executive Director

"The most important thing is to enjoy your life – to be happy. It's all that matters."

- Audrey Hepburn

Staff Directory

Cathy Dabney-Executive Director

Lisa Spencer-Business Manager

Cynthia Valencia-Director of Sales

Stacy Riley-Zest Director

Mandy Ramos-DOAL

Angel Solarez-Executive Chef

Mark Noriega-Director of Dining Services

Neal Monson-ESD



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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.