

Life+Style

Spring
June 2024

Villa Hermosa
Newsletter



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Community Happenings

02

Mrs. Doubtfire Broadway Play

1:00pm | Meet In Lobby

Mrs. Doubtfire is a blast to see live! It's got that perfect mix of humor and heart. Don't miss out on this outing! Be sure to sign up.

11

Murder Mystery Dinner

4:00pm | Belle Starr Saloon

A 1950s-themed murder mystery dinner sounds like a trip back in time! Get ready to witness it all play out right in front of you. It's time to solve some mysteries in style!

13

DIY Craft: Pressed Flower Bookmarks

11:30am | Arts & Crafts Room

DIY pressed flower bookmarks is a wonderful craft project that combines creativity and nature. Be sure to sign up for this fun DIY craft!

16

Father's Day Car Show

9:00am | Front Lobby Parking Lot

Rev up for a Father's Day Celebration! Join us for a spectacular Father's Day Car Show featuring Tucson Chapter, Model "A" Ford Club of America. Don't miss out on this event!



Last Month's Wrap-Up

VILLA
HERMOSA
AN SRG SENIOR LIVING COMMUNITY



Celebrations!

Birthdays

Diane F. - 3rd
Margaret V. - 7th
Mary Sue G. - 11th
James P. - 16th
Joan C. - 19th
Carole D. - 20th

John B. - 20th
Claire S. - 21st
Steven H. - 23rd
Joe S. - 27th
Lois R. - 28th
Marian E. - 29th

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

FreshZest™

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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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.

