

Life + Style

Winter
February 2024

Maravilla Scottsdale
Independent Living



*Your lifestyle
continues here*

January

Wrap-Up

Maravilla

SCOTTSDALE



Community Happenings



February



*The Great Singapore Workout
Maravilla Room | 11:00am
Join us as we try out the Great Singapore Workout! This fitness routine was a key component to Singapore's National Healthy Lifestyle Programme. The workout consists of 15 specially designed low-impact aerobic exercises. During its launch, an impressive crowd of 26,107 people joined in for a 15-minute workout session at the Padang, earning a place in the Guinness Book of Records.



*Lifelong Learning: Factory Meat and Designer Food: What Are They Really?
Majestic Theater | 3:00pm
The August 5, 2013 highly publicized introduction of the first factory hamburger, made from stem cells in a production facility, followed by its ceremonial consumption, made news around the world. While the cost of the original was over \$300,000, today so-called "clean meat" is being produced for considerably less and even offered in a few restaurants. Come learn more about this and the new emerging technologies.



Live Music: Mardi Gras Happy Hour
Bistro Bar | 4:15pm
Wear your favorite Mardi Gras outfit, and come be delighted by New Orleans Jazz style live music in honor of Mardi Gras during Happy Hour!



*Lifelong Learning: Aphrodisiacs: Forbidden Foods and Drinks
Maravilla Room | 3:00pm
Throughout the centuries, emperors and everyday folk alike have ingested, imbibed, sprinkled, or applied almost every conceivable substance—from almond paste to zebra tongues—in the hope of increasing desire. Join Chef Larry for an enlightening presentation and samples to follow.



*Valentine's Special: Live Music with Austin Dutcher
Bistro Bar | 4:15 pm
Join us for a special Valentine's Day performance featuring Austin Dutcher. Enjoy his soulful singing and acoustic love songs while indulging in sweet treats and delicious beverages. Don't miss out on this sweet celebration!



The Art & Science
of WellBeing

Zest. For Life.

The Wellculator™: Small Steps to Big Health

By Celynn Morin (Wellbeing Whisperer)

Navigating health advice can feel like wading through a maze of confusion. For those in the golden years, starting on a new health path can seem daunting, especially when old habits are like comfortable slippers - easy to slip into and hard to replace. Enter the Wellculator™ - a friendly Lifestyle Assessment tailored for seniors, providing clarity amidst the clamor of health advice. This handy tool doesn't just gauge where you stand health-wise; it charts a practical roadmap to enhance your wellbeing with manageable adjustments.

With the Wellculator™, there's no need for drastic changes. The accompanying Express program brings you a collection of videos brimming with actionable insights. They're your personal guide to making the Wellculator™ work for you, fitting snugly into your routine. Why not watch the welcome video and find out what your Wellculator™ score is right now? You can access the program on the Zest app or using this link:
<https://www.celynnmorin.com/srg-residents>.

If your Wellculator™ score has left you pondering your next step, consider embracing the philosophy of tiny habits. Prof. BJ Fogg's concept is simple: start small, anchor new behaviors in your daily life, and celebrate growth. This approach transforms mountainous goals into walkable hills.

Suppose your Wellculator™ score suggests more hydration or stretching could benefit you. Here's how tiny habits might look:

- Pair a glass of water with your morning coffee.
- Integrate five minutes of gentle stretching into your bedtime routine.

It's about consistency, not complexity. Small, daily actions can lead to significant health improvements over time. Also feeling good and celebrating every small step helps to reinforce the behavior!

So, what's your Wellculator™ inspired tiny habit?
What small step will you take towards a healthier life today?
Remember, every big journey begins with a small step.
Let the Wellculator™ guide yours.

Mind



SRG Zest Trivia Week

Get ready for a week of intellectual excitement and camaraderie as we present the SRG Trivia Week! Each day, challenge your knowledge with our engaging daily trivia questions, covering a wide range of topics. The highlight of the week is our much-anticipated end-of-week happy hour trivia session – a chance to unwind, socialize, and showcase your trivia prowess. Gather your friends and fellow enthusiasts and join us for an evening of fun and friendly competition. Plus, there are prizes waiting to be claimed by the sharpest minds.

Body



ZestFit: Cardio Circuit

Cardiovascular exercise, also known as aerobic exercise, has numerous benefits for the cardiovascular system and overall health. Participating in regular cardiovascular exercise can improve your heart health by strengthening the heart and making it more efficient at pumping blood throughout the body. This month try our ZestFit Cardio Circuit class to help improve cardiovascular endurance. Cardio Circuit is a ZestFit Program designed specifically for you by our fitness experts. This class will take you through multiple stations of bodyweight and loaded exercises that will challenge your cardiovascular system no matter your fitness level. As with starting any new fitness program, we recommend consulting your doctor before giving it a try!

Soul



Edible Art Series: Fruit Bouquets

Indulge your creative cravings with our enticing edible art classes, where we delve into a captivating array of delectable and visually stunning arrangements. This month's session invites you to immerse yourself in the world of edible aesthetics, as you sip on a glass of wine and learn the art of crafting a beautiful fruit bouquet. During the class, relish the opportunity to experiment with different techniques and styles, learning the nuances of presentation that transform ordinary ingredients into extraordinary works of edible art.

Celebrations!

Birthdays

"Judy" R. - 1st
Sue K. - 3rd
Phyllis V. - 4th
Alice B. - 7th
Phyllis R. - 7th
John L. - 10th
Ellie O. - 12th
Dwight W. - 13th

Elizabeth M. - 14th
Eva M. - 16th
"Bill" L. - 17th
Carole R. - 24th
"Don" B. - 25th
Marijane H. - 26th
Martha H. - 26th
Michelle B. - 28th

Anniversaries

Arlene & Ira F. - 2nd
"Paul" H. & "Peg" D. - 14th

Maravilla Women Community Impact Award

We invite you to take part in the nomination process for our 2024 Maravilla Women Community Impact Award.

This award celebrates and recognizes Maravilla's women whose contributions, and achievements have had a profound impact on the Scottsdale Community at large and/or our Maravilla Scottsdale community.

We envisage the nominated women to be inspirations to all who surround them.

The Maravilla Women Community Impact Award marks and celebrates International Women's Day on March 8, 2024. This is a worldwide celebration of the social, economic, cultural and political achievements of women.

In March, we will have our annual Maravilla Women Community Impact Award Morning Tea where nominees will be honored and the community can come together to celebrate our amazing women.

Nominations open February 10th and close on March 1st, 2024

You can nominate one (1) Maravilla Resident for this award. Kindly submit your selected nominee using one of the two methods provided below:

1. Nomination Form

Please pick up an official nomination form from the Zest table and submit it to the Zest office or to the front desk

OR

2. Through Lifeloop

You can find the digital nomination form under the event 'Maravilla Women Community Impact Nominations' every Wednesday and Saturday starting February 10th.

How Food Drives Your Body's Groove

By Amanda Archibald

In January, we told you that exciting changes are on the horizon. We're introducing a groundbreaking dining experience in March designed to optimize your health from the inside out and it starts with your genes. Now we want to tell you a little bit more about this dining experience.

You, Your Genes and Your Plate

Genes are the remarkable instruction manuals within each of your cells. Genes house your DNA—which is your unique code (or recipe) for life. Picture your genes as the architects of your existence. This genetic blueprint, inherited from your parents, shapes both who you are and how your body functions. Your genetic blueprint does not sit in a drawer. In fact, it is active every moment of every day. Thanks to modern science (genomics), we now know a lot more about how to get the best out of our unique Gene Blueprint to influence our health. And the great news is that a lot of influence comes through the food we consume. Nutrients in your diet and other molecules in your food called bioactives act as signals that can turn genes on or off. This means that you can literally target different aspects of your well-being by choosing food that turn individual genes on or off depending on if, when and whether you need those genes to work.

Examples of Powerful Food-Gene Conversations

Cruciferous vegetables (think cauliflower and arugula) and other nutrient-rich foods have the power to turn on genes that produce potent antioxidants, serving as a front-line defense for your cells and overall health. B vitamin-rich legumes, mangos, oranges, and Brazil nuts can activate genes that help remove harmful molecules from your body. Pumpkin and sesame seeds can boost genes responsible for producing serotonin, the hormone that helps to enhance your mood.

A New Science for Eating and Dining

The science we are describing above is called Nutrigenomics. Nutrigenomics explores how nutrients and information in the food you eat interact with and influence your genes. It's a fascinating "food-gene conversation" that goes beyond just "good for me," allowing you to make food decisions that influence your unique gene instruction manual.

Introducing to the Menu

Starting in March your menu will feature dishes that invite you to savor and experience the potency of gene-influencing foods firsthand. It's a fresh and revolutionary approach to eating, cooking, and dining that links the food you enjoy to your overall well-being.

Get ready for a dive into the world of personalized and health-focused dining.

Learn More about how Food Talks to Your Genes: <https://www.genomickitchen.com/blog/say-hello-to-bioactives>

A Word from our Executive Director

February is American Heart Month, a significant time to spotlight cardiovascular health. Heart disease affects everyone, and it's essential to prioritize heart health through education, prevention, and early detection. American Heart Month encourages us all to take proactive steps towards a healthier heart. Do it for you, your family, your friends, and all those who love you.

- Sandy



Staff Directory

Sandra Dangelo, Executive Director

Tracey Lundgren, Sales Director

Sharon Scataglini, Zest Director

Erika Escobar, Executive Chef

Anthony Romero, Food Service Director

Ryan Abril, Maintenance Director

Raul Roa, Housekeeping Director

Rae Richardson, Assisted Living Director

Kaila Stephens, Enliven Director

Christine Wright, Business Office Manager

Kathy Dorsey, Human Resources Manager

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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.

