

Pacifica Tidings

PACIFICA SENIOR LIVING



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LIVING
1775 Hancock Street,
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HEALTH | FITNESS

The Health Benefits of Gardening.

Working in a garden can be very good for seniors – and has a lot of direct benefits. Gardening has been known to lower stress levels. Enjoying time in nature is often associated with positive feelings. It can also help fight fatigue, anxiety and tension.

Seeing plants grow and thrive over time can also be extremely rewarding. Often older individuals who do not work find themselves looking for a sense of purpose. Gardening can offer an outlet. Plants need care, love, and attention. Watching over them and their growth progress can provide a level of purpose to seniors lives – and instill a feeling of accomplishment.

Being in a garden is also helpful for the senses. The bright colors and sweet smells stimulate sensory reactions. In fact, gardening has been shown to help protect against dementia – and encourage healthy, active brain activity.

Keeping active is important, especially as you age, and these types of activities help with physical strength as well as dexterity and hand-eye coordination. Gardening is an ideal activity as it allows for physical movement while enjoying a hobby you love. Many people won't even realize they are getting exercise when

they garden.

Many Pacifica communities participate in spring garden parties where they arrange flowers, plant large planters, or work in green-houses. Our residents are getting involved in many ways to help bring a little greenery and color to their community courtyards and outdoor spaces.



Scan here to read the full blog.



ACTIVITIES | SPECIAL EVENTS

This is what we are celebrating this month.

Our communities are designed to help our residents live well – surrounded by continuous events and activities. Many residents and their families participate in Pacifica events. Every month there are things to do to keep seniors involved and active.



Do you have a best friend?

National Best Friends Day is celebrated **June 8th**. This special day aims to honor those best friends in our lives. This is an opportune time to let them know how much you appreciate them.



Let's talk about Dads.

Father's Day is celebrated on **June 19** this year. Dads are heroes. Where would we be without Dads? Let Dad know how much he means to you.

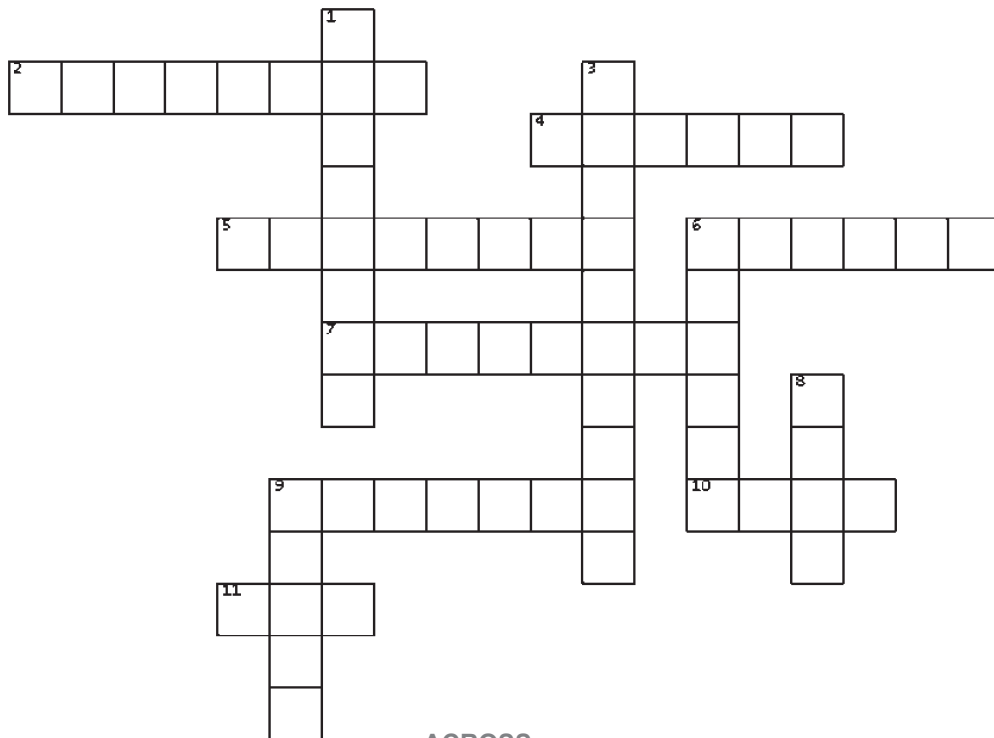


The beginning of summer.

Summer starts on Tuesday, **June 21**. Summer is the season for basking in the sun and rejoicing in the freedom of the season. Families and residents can enjoy nature and delight in many outdoor activities.

ACTIVITY

Crossword Puzzle



DOWN

1. A frozen treat on a stick
3. Accessory to protect your eyes from the sun
6. You can collect these on the beach
8. The first month of Summer
9. An area with sand next to a body of water

Use the clues to fill in the words above.

Words can go across or down.

Letters are shared when the words intersect.

ACROSS

2. A trip away from home
4. Day of the week that Father's Day is celebrated
5. Outdoor cooking
6. Warmest season of the year
7. A drink made from lemons
9. Two wheeled transportation
10. Kids love to play and dig in this
11. Another name for father



Monthly Calendar

Pacifica publishes a current calendar of events. Activities and events are presented so residents know what to expect.

- A wealth of classes and activities are offered to learn, create, and make friends.

Crossword Puzzle

Answers:

ACROSS

- 2. *Vacation*
- 4. *Sunday*
- 5. *Grilling*
- 6. *Summer*
- 7. *Lemonade*
- 9. *Bicycle*
- 10. *Sand*
- 11. *Dad*

DOWN

- 1. *Popsicle*
- 3. *Sunglasses*
- 6. *Shells*
- 8. *June*
- 9. *Beach*

PACIFICA SENIOR LIVING

THE PACIFICA MISSION

Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family. We do what we love and what we truly believe in – providing personalized, compassionate care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.

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www.pacificaseniorliving.com

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