



PACIFICA SENIOR
LIVING
1775 Hancock Street,
Suite 200, San Diego,
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SEPTEMBER 2022



LIFESTYLES

National Grandparents Day. Give 'em a hug.

September 11, 2022 is the time to celebrate grandparents. Let's take time to showcase what makes grandparents so special – from their wise words to their unconditional love. With their many years of life experience, there is so much to gain from spending time with a grandparent.

Being a grandparent is one of life's most important titles. Grandparents share a special bond with their grandchildren, sharing precious memories with one another as they continue their respective acts of life. Whether it is playing together, going for a walk in the courtyards, reading with one another, or participating in one of many community activities, grandparents love spending time with their children, grandchildren and loved ones.

Grandparents are invaluable to our families and society – providing comfort, love, and wisdom through experience and life lived. They are celebrated matriarchs and patriarchs of family trees. Let us take the time to say thank you for all they have done.

We invite families to visit our communities for Grandparent's Day -- our residents love the company, and will appreciate the time spent together on their special holiday.

Schedule a visit at your local community, or come spend time with your loved one this Grandparents Day.

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.

September is here.

As the ninth month of the year, September marks the beginning of autumn in the northern hemisphere (and the start of spring in the southern). Traditionally considered the month that marks transitions between seasons, it is often one of the most temperate weather-wise. The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March.



Labor Day.

The first weekend of September brings with it barbecues, outdoor recreation, and time with family thanks to Labor Day -- an American end-of-summer tradition.

Labor Day, celebrated on **Monday, September 5**, was created to recognize the efforts of the working class in America, celebrating the progress and achievements workers fought for and contributed to our nation over the years. The holiday gives citizens a day off in thanks.



First Day of Fall.

Fall officially begins on September 22.

Seasonal changes bring shifts in weather and temperature, especially for residents living in northern regions. While we welcome fall with a smile we encourage residents to get in the seasonal spirit with timeless autumn classics – from apple crisp to chicken noodle soup, pecan pie, cinnamon rolls, and so much more.

ACTIVITY



Meatball Penne Pasta

These homemade meatballs are filling, flavorful, and surprisingly easy to make. Once you try this recipe, you'll never NGLEgo back to the store-bought version again! Make and serve for a family meal, or freeze them to use for later. Whichever you choose, they make for a quick and easy meal that is sure to satisfy all ages.

Ingredients:

- 1 pound of penne pasta
- 1 pound of ground beef
- 1/3 c. bread crumbs
- 1 large egg
- 1/4 cup of finely chopped parsley

Ingredients cont.:

- 1/4 cup of freshly grated parmesan cheese
- 2 cloves of garlic, minced
- kosher salt
- 1/2 teaspoon of red pepper flakes
- 2 tablespoon of extra virgin olive oil
- 1/2 cup of onion, chopped
- 1 28oz can of tomatoes (crushed or diced)
- 1 bay leaf
- freshly ground pepper

Preparation

Step 1.

In a large pot of salted boiling water, cook pasta until al dente (8-10 minutes)

Step 2.

In a large bowl, combine ground beef with breadcrumbs, parsley, parmesan cheese, egg, garlic, 1-teaspoon salt, and the red pepper flakes.

Step 3.

Mix until just combined then form into 16 balls.

Step 4.

In a large pot over medium heat, heat oil. Add meatballs and cook, turning occasionally, until browned on all sides (about 10 minutes). Transfer meatballs to plate.

Step 5.

Add onion to pot and cook until soft, 5 minutes. Add crushed tomatoes and bay leaf. Season with salt & pepper and bring to simmer.

Step 6.

Return meatballs to pot and cover. Simmer until sauce has thickened (about 8 to 10 minutes).

Step 7.

Serve pasta with a healthy scoop of meatballs and sauce. Top with additional parmesan cheese before serving.



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.*

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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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