



PACIFICA SENIOR  
LIVING  
1775 Hancock Street,  
Suite 200, San Diego,  
CA 92110

**OCTOBER 2022**



## LIFESTYLES

### Lasting Memories with 7 Activities for Seniors and Grandkids

There are so many fun activities that seniors and their grandkids can enjoy together. We have compiled a list of activities for grandparents and their grandkids to enjoy to make some lasting memories together.

#### 1. BOARD GAMES:

Everyone loves playing games, whether they are young or young at heart. Consider board games like checkers, chess, monopoly, or other classics.

#### 2. JIGSAW PUZZLES:

Like board games, puzzles are another great option for all ages. Puzzles are good for seniors as they are great brain boosters, and an easy way for everyone to get involved.

#### 3. COLORING BOOKS:

Grandparents and grandkids alike can enjoy coloring together. You can use crayons, colored pencils, watercolors, or markers - it's up to you!

#### 4. CRAFTS:

Doing something hands-on is ideal for young ones to keep them engaged on visits. Try painting, collaging, making festive decorations, or paper crafts.

#### 5. SCRAP BOOKS OR PHOTO ALBUMS:

Sharing family photo books can be a wonderful and meaningful experience for both grandparents and their grandkids. And opting for a scrapbooking activity is a great way to pair memory sharing with craft time.

#### 6. READING:

If you are looking for something a little more low-key, reading can be a great option. Choose an age appropriate book and read it together.

#### 7. NATURE WALKS:

Getting outside for some fresh air is a great way to spend quality time together. Getting outdoors is a fun way to get some exercise and spend quality time as a family.

## 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.*

### October is here.

October is best known for its Halloween festivities, but it's also a month loaded with national and global celebrations. In addition to spooky revelry, October's schedule includes multiple days on the topic of bullying awareness. It also has days that encourage pasta-lovers to rejoice, celebrate science and nature, pay tribute to teachers, and more.



#### World Teacher's Day.

World Teachers' Day is held annually on **October 5** to celebrate all teachers around the globe. It is a day to celebrate how teachers are transforming education but also to reflect on the support they need to fully deploy their talent and vocation, and to rethink the way ahead for the profession globally.



#### World Mental Health Day.

**October 10.** The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity to talk about what more needs to be done to make mental health care a reality for people worldwide.



#### Halloween.

*Halloween* for the year 2022 is observed on **Monday, October 31st**. The day is in celebration of autumn and the harvest season. It is widely associated with costume parties and events where people dress up as their favorite harvest or scary character.

## ACTIVITY



### October recipes

## PUMPKIN CHEESECAKE

This time of year, if you crave a pumpkin dessert, allow us to introduce you to pumpkin cheesecake. Applying the toasty, seasonal pumpkin spice treatment to a classic cheesecake yields a fall dessert that's above and beyond.

This is the perfect holiday dessert. It's inspired by Fall, makes your home smell incredible, and will have your dinner guests humming with delight.

### INGREDIENTS

- 1 cup canned pumpkin puree
- 8 ounces cream cheese
- 3 eggs
- 1/2 cup sugar
- 1/4 cup sour cream
- 2 tablespoons corn syrup
- 1/2 teaspoon pumpkin pie spices or cinnamon
- Whipped cream for serving optional
- 1 1/4 cups graham crumbs
- 1/2 cup sugar cream
- 1/3 cup melted butter

### PREPARATION

#### Step 1.

Preheat oven to 350F

#### CRUST:

**Step 1.** Mix graham crumbs, sugar and butter until well combined.

**Step 2.** Place in a 9" pie pan and press along the sides and bottom.

#### FILLING:

**Step 1.** Place all ingredients (except whipped cream) in a blender and blend until smooth.

Pour into prepared crust until about 1/4" from the top.

**Step 2.** Bake for 45 minutes.

**Step 3.** Cool for 4 hours in the fridge.

**Step 4.** Top with whipped cream (or whipped topping) and a pinch of nutmeg 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.*

## **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](http://www.pacificaseniorliving.com)

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