

Summer 2018

Vista Voice

Vista Del Mar Senior Living * 3360 Magnolia Ave, Long Beach, CA, 90806 , (562) 595-1559



Celebrating Summer

Independence Day (U.S.)

July 4

Art Class w. Aja

2nd & 4th Thursday @ 1:30pm

Upbeat Music Class

2nd Thursday Monthly

Happy Hour

Friday's @ 2:30pm

Orange County Fair

July 25th

San Pedro Fish Market

August 17th

Summer Luau

August 25th

Celebrity Chef

September

Summer

The wealth of summer
Is dreamer's gold.
For so short a time
It is ours to hold--
Gold in the meadow,
Gold by the stream,
Riches enough for
a miser's dream.
Golden currency,
Ours to spend,
And here, where the sun
Warmed grasses bend,
A golden mattress
On which to lie
As the sun sinks low
In a golden sky.

By: Lois Duncan





Gardening Club

Gardening not only produces beautiful plants and flowers but also has a ton of health benefits.

Mental Health Benefits:

- promotes better moods
- lowers level of cortisol, which is the known stress hormone
- combats depression
- increases self-esteem

Brain Health as whole is improved when gardening.

Physicals Health Benefits:

- promotes healthier hearts
- lower stroke risks
- increased hand strength

Community Events Summer Luau

Our annual Summer Luau will be August 25th this year and we have a lot in stored.

We planned to have a huge group of dancers, as well as a DJ, & a water slide for the grandchildren. The california sun is scorching this season and we plan to enjoy as much of it as possible.

Families RSVP @
562.595.1559



Celebrity Chef

Many of our residents do not get a chance to go out and enjoy the savory foods prepared at restaurants in Long Beach or the world so we have teamed up with a Chef from a well known restaurant to prepare a meal for our lovely residents.

How to have a Successful Senior Summer ?



Safety Tips:

- Stay Hydrated (6-8 cups day)
- Keep sun screen close by
- Don't stay out in the sun long
- Stay hydrated (its important)
- Use your air conditioner in your rooms
- Check the forecast before you go out

STAY HYDRATED!!!!

Summer Activities:

- Go for a walk or Roll
- Go on the outings at the Beach & Park
- Get involved with Exercise & Physical Therapy activities
- Have a picnic in the Courtyard
- Join the Gardening Club
- Go to Farmers Market or Fair
- Yoga Classes
- Tea making classes
- Indoor/ Outdoor gardening

Fourth of July Celebration

In the summer season we have a couple annual events which include our Fourth of July BBQ celebration that we host for the community members and their families. We always have a blast celebrating Americas Independence Day with a full BBQ and activities/attractions for the children of the community.

Summer Songs:

- **"Summertime"** by Ella Fitzgerald and Louis Armstrong (1957)
- **"Lovely Day"** by Bill Withers (1977)
- **"Ask"** by the Smiths (1986)
- **"Summer Nights"** by John Travolta, Olivia Newton-John and the cast of Grease (1978)
- **"Here Comes the Sun"** by The Beatles (1969)
- **"Heat Wave"** by Martha and the Vandellas (1963)
- **"Easy"** by The Commodores (1977)
- **"Good Vibrations"** by Beach Boys (1966)
- **"Walking on Sunshine"** by Katrina and the Waves (1985)

SUMMER BIRTHDAYS

July Birthdays

George Lakes -----7/03
Raymond Potts -----7/04
Thad Soja -----7/04
Marie Fisher -----7/09
Joan Hill -----7/13
Marvin Revell -----7/14
Janice Torry -----7/18
Pleas "PD" Williams -----7/18
Annie Nicholson -----7/20
Maureen Ward -----7/21
Mary Wolford -----7/22
Johnnie Baker -----7/23
Walter Orr -----7/25

August Birthdays

Lillian Newman -----8/01
John Martin -----8/02
Mike Ginsberg -----8/05
Olive MicQueen -----8/06
Gerardo Huertas -----8/12
Eleanor "Mary" Leach -----8/15
Patrick Dargen -----8/15
Helen Hernandez -----8/22
John Thornbury -----8/22
Gilda Salas -----8/25
Maria Lynn Leyva -----8/26
Scott Booher -----8/26
Anna Bailey -----8/30

Septemeber Birthdays

Rose "Mickey" Spalding ---9/02
Consuelo Kerenyi-----9/05
Clara Chase -----9/06
Mark Mitchell -----9/08
Virginia Nuzzaci -----9/09
Dinorah Lopez-Saez -----9/14
Carl Lechuga -----9/15
Frank Sharabba -----9/15
Anna Blackwell -----9/16
Jack Nichols -----9/16
Mary "Colleen" Reed ----- 9/18
Nancy Patcher -----9/19
Maragaret Irwin -----9/20
Sanford "Sandy" Katz-----9/21
Victorine Licata -----9/22
Joan Ward -----9/25
Betty Whitcomb -----9/25
Tony Hodge -----9/26
Kenny Butler -----9/29

