

Wellness Month: Supporting Senior Health in Corona del Mar

About [4 out of every 100](#) adults aged 70 and older have depression, according to the Centers for Disease Control and Prevention. Wellness Month offers a timely opportunity to address mental health and support overall wellness among seniors in Corona Del Mar.

Corona Del Mar has beautiful beaches and calm ocean views. The ocean setting gives year-round chances to be active outdoors and creates a calm setting that helps overall wellness.

Wellness month gives seniors in this beach town an opportunity to work on healthy habits that boost their physical, emotional, and mental wellbeing. Simple lifestyle changes can make a big difference in how you feel each day. Keep reading to learn simple wellness tips for better health and happiness.

Stay Physically Active Every Day

Exercise keeps your heart healthy and your muscles working well. The benefits of exercise go beyond the physical to include:

- Higher energy levels
- Improved mood
- Better self-esteem
- Enhanced sleep quality
- Improved balance and coordination

Start with simple activities like **walking around your neighborhood or doing light stretching**. You can also try swimming at the beach.

Many people find group activities more fun than working out alone. That's why [Crown Cove Senior Living](#) offers group yoga classes for seniors in the community. Yoga helps with balance, flexibility, and peace of mind all at once.

Eat Healthy Foods for Energy

Good food gives your body the fuel it needs to stay strong. Focus on eating **colorful fruits and vegetables** every day. These foods have vitamins that help your body work better and fight illness.

One of the best healthy aging tips is to choose lean proteins like:

- Fish
- Chicken
- Beans

They help maintain muscle and support overall health as you age.

Be sure to drink plenty of water throughout the day to stay hydrated. Choose **whole grains for steady energy** instead of quick spikes and crashes from sugary foods.

During **wellness month**, add one new healthy food to your meals each week. Your body will thank you for making better food choices that support long-term health.

Get Quality Sleep Each Night

Seniors need seven to nine hours of sleep every night, according to the National Institute on Aging. Good sleep helps your body heal and gives you energy for the next day. It also supports emotional wellness by helping you feel more balanced and less stressed.

Create a calm bedtime routine by **turning off screens one hour before bed**. Keep your bedroom cool and dark for better sleep quality. A comfortable mattress and pillows make a big difference in how well you rest.

Going to bed at the same time each night trains your body to feel tired naturally. Many seniors find that Corona Del Mar assisted living communities offer the structured environment they need for consistent sleep schedules.

Stay Socially Connected

Strong friendships keep your mind sharp and your mood positive. Social activities help prevent loneliness and depression.

Join clubs or groups that match your interests, like book clubs or walking groups. Call family members and friends regularly to stay in touch.

Aging well in California means building relationships that support your happiness and health. Try ***volunteering in your community to meet new people who share your values.***

In our [Corona Del Mar senior living](#) community, you get to enjoy regular social events that help you build lasting friendships. These connections make daily life more enjoyable and meaningful for everyone involved.

Keep Your Mind Sharp and Active

Your brain needs exercise just like your body does to stay healthy. Try the following to challenge your mind:

- Solve puzzles and crosswords
- Play card games
- Read books
- Learn new skills

Activities that make you think and solve problems are key parts of senior self-care. Taking classes at your local community center gives you chances to learn with others. Writing in a journal helps you organize thoughts.

If you develop cognitive decline, get the right support from a [Corona Del Mar memory care](#) community. Specialized care helps manage symptoms and maintain quality of life.

Schedule Regular Health Checkups

Building wellness awareness for older adults starts with understanding what your body needs at different ages. Regular doctor visits help catch health problems before they become serious. Your doctor can ***check your blood pressure, heart health, and other important body functions.***

Ask questions about any symptoms or concerns you have during each hospital visit. Keep track of your medications and bring the list to every appointment.

Use wellness month as a reminder to book your next health screening appointment. Many health issues have no early warning signs but show up in routine tests.

Practice Stress Relief Techniques

Daily stress can hurt your body and mind if you don't manage it well. Try [deep breathing exercises](#) to help calm your nervous system. Meditation or gentle stretching also helps by releasing tension from your muscles.

Crown Cove Corona Del Mar senior living community offers multiple opportunities for stress relief, such as:

- Fun trivia contests
- Walking clubs
- Fitness classes
- Art rooms for creative projects
- Peaceful outdoor spaces for relaxation

These activities give you healthy ways to handle daily stress and connect with others who understand your experiences.

Seek Support When You Need It

Maintaining your home can feel overwhelming when you need assistance with cooking, cleaning, or getting around safely. Family members may live far away and cannot always provide the help you need. Asking for help when daily tasks become challenging shows strength.

At a Corona Del Mar senior living community, you get help with daily activities such as:

- Bathing
- Medication management
- Continence care
- Housekeeping
- Cooking

The community creates an environment where residents enjoy a better quality of life with skilled staff ready to assist.

Embrace Wellness Month for Better Health

Wellness Month helps you focus on healthy habits that improve your life. Simple changes like staying active, eating well, and getting good sleep make a difference. Mental stimulation, regular check-ups, stress management, and asking for help when needed all support healthy aging.

Crown Cove offers chef-created meals certified by registered dietitians plus salon services, ocean view decks, and laundry care. Our Expressions concierge services handle daily tasks like restaurant reservations, flower deliveries, and moving assistance to make life easier. [Schedule a tour](#) to discover how we enhance your wellness journey and quality of life.