

Most of us spend the majority of our time in our workplaces and [homes in Treasure Valley ID](#). But there are other places that are just as important to our health and wellbeing. For you, it might be church, or the gym, or a local café. They're public places where you can hang out, relax, and socialize.

## **What is a Third Place?**

Sociologist Ray Oldenburg calls those "third places." He defined home as our "first place" and the workplace as our "second place." Our third places are public areas that we visit regularly and where we can easily interact with others in a casual way. You might run into a neighbor, meet someone new and have your weekly chat with the regulars—all in one visit.

Third places are defined by several traits that make them unique. For one thing, they're voluntary. You come and go as you wish. Another important trait is the presence of people you can count on seeing regularly, such as a librarian or barista.

## **How to Choose a Great Third Place**

The best third places are casual, playful, and comfortable. They foster conversation and connection. Visitors feel welcome and experience a sense of belonging. No one is expected to perform or achieve anything. Even if you don't want to engage with others, you can benefit from being among people while you read or listen to a podcast.

Regularly visiting one or more third places is good for your mental health. It gets you out of the house and away from work. It helps you relax and destress. Third places help create the human connections that are vital for our physical and mental wellbeing.

## **Experience the Benefits of Third Places at Pinnacle in Meridian**

Our Pinnacle community in Meridian, ID has multiple common areas that put third places at your fingertips. You'll find plenty of things to do in the company of your family, neighbors, and friends.

You can stop by the Community Center to hang out in the library or café, or take an exercise class. Enjoy a food truck rally or concert in the gathering park. Meet up with other parents and kids for play dates at the playground. Go for a swim or sunbathe beside the pool. Take your dog for a walk along Pinnacle's system of interconnected paths. Even more public areas are available right next to Pinnacle at Meridian's Discovery Park.

Living in Pinnacle can be a great move for your wellbeing! Call Janita McWhite today at 208-917-4874 to schedule your tour of the Pinnacle community of [homes in Treasure Valley ID](#).