

New Year - Time for a New Action! (cont.)

The Japanese word Kaizen, which roughly translated means “change for better,” is the practice of improving oneself in very small steps. It is also a good motto to live by. When you are challenged to try something new this month, think of the exciting experiences and stories ready for you to share such as trying raw-fish sushi, going out for a hike, attending a new exercise class, going out for meals with friends, or just befriending new neighbors!

The main things to keep in mind when trying something new are to keep an open mind and don’t let negative thoughts scare you away. Trying something new stimulates your mind and allows you to grow. If there is no growth, there is stagnation and decline. Small actions will lead to big benefits in the future; Kaizen. Remember, one doesn’t have to master a new activity right away.

On January 28 at 2:00 p.m. in the lobby, we will partner with our friends at the Masonic Home to host *New Year New Action*. This annual event highlights all of the resident-led programs at Acacia Creek and the Masonic Home that are open for anyone to join in. If you are inspired to try something new, join us in learning about all the campus programs and opportunities.

If you would like to start a new group and would like to showcase it at *New Year New Action*, please contact Penny or myself. We hope to see you there!

**New Year New Action
January 28th
2:00 PM**

Start at Acacia Creek 1st Floor Lobby

And end up at the Acacia Creek 5th Floor Lobby for 3:00 pm Drawing

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager.

Acacia Creek Library Give Away

In January, the Acacia Creek library will be giving away all CDs and DVDs to make room for new literature. If you are interested, help yourself to any of these items. If you have any questions, please contact Judy Buchanan at ext. 3834.

Lifestyles of Acacia Creek

January 2020

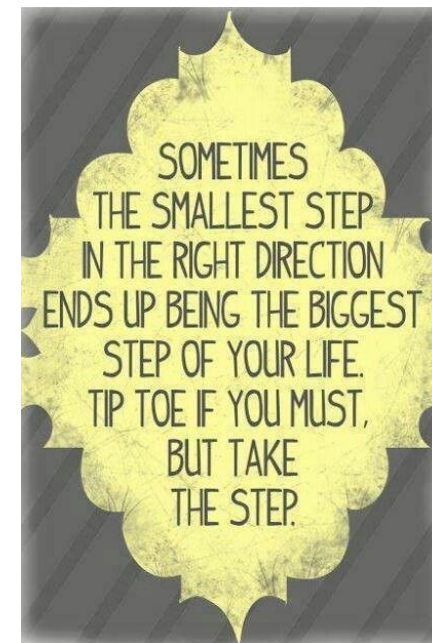


ACACIA CREEK

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New Year - Time for a New Action!

Welcome to the year 2020! A new decade is upon us and a plethora of memorable and exciting opportunities await.

When trying out something new for the first time, studies suggest that we fear the unknown more than we fear the known failure. In other words, not knowing what awaits us is commonly perceived as danger in our minds. Letting our imagination run wild creates a whole list of negative thoughts, but if we were to engage in the activity regardless, it often becomes a positive and enjoyable experience. It is all about the perspectives we use for ourselves when we think about trying something new. Trying something new may also challenge your beliefs, e.g. “I am too old to start lifting weights.” Next time you encounter this thought, think differently such as, “I am not too old to start lifting weights.”

Research is very clear that people who challenge themselves in new ways lead more fulfilling lives regardless of their age. One of the best ways to challenge yourself is moving out of your comfort zone and trying something new and novel. Research also shows that you don’t have to be perfect or even proficient at something. You just have to give it a shot! People tend to feel more content with their lives when they’re able to say they’ve experienced something new and thrilling.

Special Events and Outings

*Monday, January 6 at 10:00 a.m. - Raley's / SURB / L

*Tuesday, January 7 at 10:00 a.m. - NewPark Mall / SURB / L

See sign up sheet in Lifestyles binder for details.

Tuesday, January 7 at 10:30 a.m. - Shaolin Wellness (Qigong) Class / MHA

Shaolin Temple USA Executive Director Master Yanran returns to teach Shaolin wellness.

Tuesday, January 7 at 2:30 p.m. - Acacia Creek Lifestyles Meeting / GR

*Wednesday, January 8 at 10:00 a.m. - Walmart & Target on Whipple / SURB / L

Wednesday, January 8 at 10:00 a.m. - Resident Council Meeting / BR

Wednesday, January 8 at 2:00 p.m. - Monthly Forum / DR

Learn about what is going on with various speakers. Everyone is welcome.

*Thursday, January 9 at 10:00 a.m. - Legion of Honor

See the visiting exhibit on James Tissot: Fashion and Faith. / General Admission: \$ 12.00,

Special Exhibit: \$ 25.00 / SURB / L

*Monday, January 13 at 10:00 a.m. - Safeway: Decoto / SURB / L

*Monday, January 13 at 2:00 p.m. - Bank Run / SURB / L

*Tuesday, January 14 at 9:30 a.m. - Walking Trip: Sabercat Park / SURB / L

Tuesday, January 14 at 2:30 p.m. - Fitness Talk: The Health Benefits of Group Exercise Classes / GA

Health Fitness Specialist Yanasa Williams will discuss the health benefits of the classes offered in the Acacia Creek gym.

Tuesday, January 14 at 3:00 p.m. - Memoir Writing with Penny / AS

*Wednesday, January 15 at 7:30 a.m. - Shriners Hospital for Children / SURB / L

Support the 90's Society as they present their donation to the hospital. Lunch is included.

*Thursday, January 16 at 7:30 a.m. - CalTrain

Ride CalTrain from Diridon, San Jose to San Francisco and back to Menlo Park. Enjoy lunch on your own in San Francisco. Clipper Card, cash, or credit card accepted /

Estimated Cost: \$ 19.00 (dependent on type of payment) / SURB / L

Thursday, January 16 at 11:30 a.m. - Hi-12 Luncheon and Meeting / DR

Thursday, January 16 at 3:30 p.m. - Meet and Greet Happy Hour with New Residents / TR

New residents are invited to meet the Acacia Creek leadership team and their resident council. By invitation only.

Friday, January 17 at 2:00 p.m. - Women's Health - Urinary And Bladder Health With Guest Speaker: Dr. Leiphart / DR

Join Dr. Leiphart as she discusses urinary and bladder health - the causes, symptoms and treatment options .

*Tuesday, January 21 at 7:45 a.m. - Cache Creek Casino / SURB / L

* Indicates Outings

Special Events and Outings (cont.)

Tuesday, January 21 at 4:15 p.m. - Meet with Martin / TR

Join Martin as he shares recent community news and updates.

*Wednesday, January 22 at 9:30 a.m. - Costco: Hesperian / SURB / L

*Wednesday, January 22 at 2:00 p.m. - Raley's / SURB / L

Wednesday, January 22 at 3:00 p.m. - Science and Engineering Group: Engineering of Pad B / BR

Marco Scanu of Forell Elsesser the structural engineer and Robert Wu of Smith group the architect for Pad B will talk about the design of Pad B with a group discussion to follow.

*Thursday, January 23 at 10:00 a.m. - Hiller Aviation Museum

Take an expert-led tour of the Hiller Aviation Museum. / Cost: \$ 9.00 / SURB / L

Friday, January 24 at 3:00 p.m. - MH Bell Choir Performance / L

Join us as we hear a special performance by our very own Masonic Homes Bell Choir.

Friday, January 24 at 6:30 p.m. - Concert Series: Dix Bruce Swing Duo / MHA

Everyone is welcome to come and hear this great duo!

*Monday, January 27 at 10:00 a.m. - Safeway: Decoto / SURB / L

*Monday, January 27 at 2:00 p.m. - Bank Run / SURB / L

Monday, January 27 at 4:00 p.m. - Best Laid Plans - An Old Hollywood Whodunnit!

Join our friends at Masonic Home for this Murder Mystery Dinner. Come to the quintessential whodunnit thriller set in the 1930's at the estate of Sir Warren Peace and get

thrown into a night of mystery, intrigue, and murder you will never forget. Dress in your 1930's wear or just come and enjoy the thrilling evening. / Meal cost: \$5 / RSVP: Eddie

ext. 6468 / MHA

*Tuesday, January 28 at 10:00 a.m. - Whole Foods / SURB / L

Tuesday, January 28 at 2:00 p.m. - New Year New Action / L

This year New Year New Action will be a progressive party in various common rooms here at Acacia Creek. Residents from Acacia Creek and the Masonic Home will host booths featuring the various resident-led programs that are available to everyone on campus. There will be a drawing at 3 p.m. on the 5th Floor. Everyone is welcome!

*Wednesday, January 29 at 10:45 a.m. - Chinese New Year Luncheon / SURB / L

Celebrate Chinese New Year with a luncheon at TasteBay Sushi & Seafood Buffet.

Thursday, January 30 at 4:00 p.m. - Asia Social Hour / TR

Don't forget your passport as we now travel to Asia. Don't forget to check out the Asia exhibit in the boardroom.

Friday, January 31 at 2:00 p.m. - Fremont Senior Center Chinese Club - Chinese New Year Performance / MHA

The Fremont Senior Center Chinese Dance Troupe will dazzle you as they perform many dances from different Asian Countries. Everyone welcome.

* Indicates Outings

The Health Benefits of Group Exercise Classes

Here is a small description of the available classes at the gym. This new year, we will focus on incorporating new workouts. If you are looking for a new exercise regimen, check out what's happening! All exercise classes are ranked on a difficulty scale of 1 to 5 stars, one being the easiest and five being the most difficult. Please note that ALL classes can be modified to fit the needs of the participants.

Sit and Be Fit *** - This is a 45-minute circuit training class that incorporate upper body and cardio exercises.

Mobility and Strength ** - This 30-minute class is a collection of whole body exercises created to improve your strength, mobility, balance, and fine motor skills.

Exercise for Pain Management * - Simple moves and stretches to manage chronic pain and improve flexibility and range of motion.

The Healthy Heart Workout ** - Light to moderate aerobic exercise training to help build endurance and condition the heart.

Beginning Balance ** - Fall prevention class to improve strength, agility and stability.

Advanced Balance *** - Challenging fall prevention class to help maintain balance.

Sit and HIIT **** - Powerful lower body and cardio class for more efficient conditioning.

Strength & Conditioning ***** - Focus on large muscle groups with this fun creative circuit training workout.

Sit & Be Fit (Total Body) *** - Moderate total body workout while seated in a chair.

Chair Pilates * - Low impact exercises to improve posture, flexibility and strength.

Hula Moves with Janice * - This class teaches you gentle hula with a good workout in mind. It will offer a great way to keep fit and strengthen your core. Can be done seated or standing.

Gym Time with Yanasa - This class is for one on one time so difficulty scale varies based on the individual.

Please check the calendar and dailies for the days and times of these classes. Feel free to reach out to me if you have any questions about the classes listed. I would love to discuss more about your fitness goals and how we can achieve them!

Perception

Someone once explained to me why time seems to fly by faster as we grow older. When we are ten years old, one year is only a tenth of our life, but when we are 80, a year becomes an eightieth of our life. In other words, as we get older, we perceive that time goes by faster. It is why two people can experience the same event and have two very different experiences. Our perception also influences our attitude. As Henry Ford said, "Whether you think you can or you think you can't, you're correct".

While time may seem to go by go faster as we grow older, let's remember to always enjoy our lifetime's worth of memories. How we remember people and events is influenced by our perception. We can choose to relive pleasant times and the people we enjoyed them with, or we can hold on to our unpleasant memories. No matter what we choose, our memories become our history, and how we perceive them contributes to our wellbeing. I knew an 80-year-old woman who used to tell me with rage in her eyes how her father wanted a boy when she was born. Her anger spilled out into all her relationships, because she never came to terms with her father's attitude. The constant retelling of that long-ago story kept the pain fresh in her mind.

The start of 2020 is a great time to reflect on how we perceive things and to take inventory of memories we hold on to. Are there memories of people or situations that triggered negative emotions in us that we want to let go of? I strive to live the motto, "Let go of what is out of your control and master what you can control." That quote helps me stay focused on creating more happiness and better relationships in my life.

How we react to and perceive our life story is totally in our control. If you want improvements in 2020, begin by reflecting on how you perceive things. Sometimes it's better for us to forget what has passed, so we can appreciate what we have and look forward to what's coming next.