

30-Day Challenge (Cont. Page 1)

Since yoga was completely new to me, I began with some Google searches for easy yoga stretches that target the back. I started about 3 weeks ago with about 5 stretches and now have about twenty minutes of yoga stretches that I do each day. My back feels so much better already! When I am sitting on the floor with my legs extended, I can now stretch my fingers past my toes to flex my feet. I don't think I have been able to do that consistently since high school! The next challenge I am going to try in August is a 30-day picture challenge. I have been inspired by the "Captures at the Creek" slideshows and want to see what I can document for 30 days. What will catch my eye enough to record? I can't wait to find out.

These are small additions so far, but they are giving me something to look forward to, which is something I have needed and missed. If you are stuck in a rut like me, I challenge you to participate in a 30-day challenge. I hope you find it rewarding and notice your confidence grow like mine. What are you waiting for?

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

Maintaining a Balanced Lifestyle (Cont. Page 3)

When we focus our energy and efforts on creating stability, structure, and simplicity, we can achieve ease and balance regardless of what is happening around us. Start with one new thing you want to do differently in order to improve your current well-being. Once you conquer that one obstacle, find your next one, and then the one after that. Take it one step at a time and soon, you'll find yourself where you wanted to be all along.

Penny Vittoria, Successful Aging Coach



Lifestyles of Acacia Creek

August 2020



ACACIA CREEK

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30-Day Challenge

As I have been preparing for the TED talks each week, I came across a very short talk called "Try Something New for 30 Days." After listening to it, I felt revitalized to keep doing new things. Since sheltering in place (SIP), I have been in a rut. While an established routine is comfortable and needed, I realized it was also driving me crazy! I was not adding anything new or exciting to my routine to shake things up. Before SIP, my family and I would go to new places on the weekends, see close family, check out new parks or try a new activity. Now I have let SIP dictate my routine. This TED talk really jump-started me into action. The concept is pretty easy - think of something you have always wanted to do and practice it for 30 days. As we have learned, 30 days is just the time needed to add a new behavior or to get rid of an existing one.

In his talk, presenter Matt Cutts reminded me small changes make sustainable changes, as these small changes are more likely to stick. This may sound very similar to Kaizen, the idea that making small changes today will create big changes in the future. The 30-day challenge doesn't need to be gigantic. When I took the time to reflect on this, I noticed my upper back had been feeling stiff and sore for some time. I have been blaming it on the fact that I can't schedule a massage nowadays, but then I realized I haven't done anything to relieve this issue. Since then, I chose to learn more about yoga to increase my flexibility and help me alleviate my backpain.

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The Super Antioxidant

Antioxidants are molecules in our body that fight off free radicals, or unstable atoms that can damage cells, causing illness and aging. Our body produces antioxidants naturally, but you can also get them by eating fruits and vegetables that have vitamin E and C.

There is one very important antioxidant enzyme that is present in the lung called ExtraCellular superoxide dismutase (EcSOD). This protein may play a significant role in modulating nitric oxide activity in the lung. Though physiological functions are not fully clear, it breaks down potentially harmful oxygen molecules in cells which can prevent tissue damage. It may be the body's most crucial antioxidant with the ability to destroy the most dangerous free radicals.

Scientists have recently discovered that endurance exercise promotes EcSOD release in skeletal muscle and other organs. The release of EcSOD is crucial to fighting off diseases, viruses, and other health conditions. This could mean prescribing exercise as therapy could become an important part of recovery in the future. The EcSOD enzyme may also be able to fight off or reduce the risk of acute respiratory distress syndrome (ARDS). ARDS is a complication that is related to the cause of death or severe lung damage from COVID-19. The lungs become stiff, swollen, and full of fluid, making it difficult to breathe due to lack of oxygen. This super enzyme breaks down toxic free radicals that produce during disease instead of neutralizing them. It is able to fight against conditions of the heart and lungs which is why scientists are suggesting exercise as a way to fight against severe lung complications from COVID-19. Our lungs can naturally produce this powerful antioxidant, but if we exercise regularly, we can produce more and allow it to travel through the blood and organs and improve lung, heart and kidney health. Scientists are still trying to research the benefits of exercise, the release of EcSOD, and its fight against ARDS in COVID-19 patients. The virus is still very new and more research is needed to make that conclusion. However, there's no doubt that ExtraCellular Superoxide has powerful health benefits. According to Zhen Yah, Ph.D Professor of Cardiovascular Medicine at the University of Virginia School of Medicine in Charlottesville, "If you exercise regularly you will have more EcSOD and better ability to deal with any stressors."

If you would like to build strength and endurance, come to my Strength and Conditioning classes on Tuesdays and Thursdays at 10:30 am, or if you would like me to build a personalized endurance program, feel free to drop in every Tuesday and Thursday after class at 11:15 am.

Yanasa Williams, Health Fitness Specialist

Gym ext. 3731

Entertainment Weekly! (cont.)

Tune in to channel 1 - 61 to view all performances

Broadway by Day every Sunday at 4:30 PM

August 2 - She Loves Me

These two perfumeries clerks aren't quite the best of friends. Constantly bumping heads while on the job, the sparring coworkers can't seem to find common ground, but little do they know the anonymous pen pals they have both been falling for happen to be each other!

August 9 - Peter Pan

Peter Pan is a delightful musical that is filled with magic, delight, and a sprinkle of fairy dust. When Peter Pan meets the darling children, he takes them on an adventure to Neverland, where they learn to fly, defeat the evil Captain Hook, and are changed forever.

August 16 - Bye Bye Birdie

Conrad Birdie is a wildly popular '50s rock-n-roll star. Conrad's manager, Albert (Jason Alexander) and his devoted secretary, Rosie (Vanessa Williams), arrange for Conrad to make a dramatic final appearance on "The Ed Sullivan Show," on the eve of his enlistment into the army.

August 23 - Incident at Vichy

In Vichy, France at the height of World War II, nine men and a boy are rounded up under suspicious circumstances. As ominous reports of far-off camps and cattle cars packed with prisoners begin to circulate, the men battle over politics, philosophy, and how to escape.

August 30 - An American in Paris

Jerry Mulligan is an American GI striving to make it as a painter in a city suddenly bursting with hope and possibility. Following a chance encounter with a beautiful young dancer named Lise, the streets of Paris become the backdrop to a sensuous, modern romance of art, friendship, and love in the aftermath of war.

Mystery Production every Tuesday at 10:30 AM

The Mystery Production will be selected from ballet, vintage movies, Cirque du Soleil performances, operas, recommendations, and more. Please see the weekly newsletter or the dailies for the performance title.

Entertainment Weekly!

Tune in to channel 1 - 61 to view all performances

Musical Matinee every Saturday at 3:00 PM

August 1 - Kinky Boots

Charlie is a factory owner struggling to save his family business. Lola is a fabulous entertainer with a wildly exciting idea. With a little compassion and a lot of understanding, this unexpected pair learns to embrace their differences and create a line of sturdy stilettos unlike any the world has ever seen.

August 8 - Billy Elliot: The Musical

A modern-day fairy tale of a young boy who exchanges boxing gloves for ballet shoes, Billy's story is set during the 1980's miner's strike in northern England where his determination inspires an entire community.

August 15 - Fame: The Musical

Based on the 1980 phenomenal pop culture film, Fame: The Musical is the international smash hit sensation following the lives of students at New York's High School For The Performing Arts as they navigate their way through the highs and lows, the romances and the heartbreaks, and the ultimate elation of life.

August 22 - Jesus Christ Superstar

An incredible cast Ben Forster as Jesus Christ, perform hit songs including "I Don't Know How to Love Him," "Gethsemane," "Heaven on Their Minds," "Everything's Alright," "King Herod's Song," and "Superstar" in an exciting and contemporary interpretation.

August 29 - Jekyll & Hyde

In an attempt to cure his ailing father's mental illness by separating good from evil in the human personality, talented physician Dr. Jekyll inadvertently creates an alternate personality of pure evil, dubbed Mr. Hyde, who wreaks murderous havoc on the city of London.

If you have a suggestion for performances or to request a repeat, please feel free to contact **Lifestyles at ext. 3719.**

Maintaining a Balanced Lifestyle

A balanced lifestyle brings ease and enjoyment to our life. It can be defined as our successful aging journey i.e. the four components of wellness—social, intellectual, physical, and spiritual. We all think and live differently. Our minds and bodies react and respond in their own ways so there is no right or wrong way to fulfilling a balanced lifestyle. What is important is knowing what a balanced lifestyle means to you.

Lifestyle fulfillment requires self-awareness and effort. Once we create routines that work for us, it is generally easy to maintain balance. When life throws us a curveball and we are thrown off of our routine, it can be challenging to rediscover our balance. If you are currently experiencing stress or just feeling lost during this challenging time, you are not alone.

Here are some tips to support a balanced lifestyle:

- Let go of what is out of your control and master what you can. By staying purposeful and productive, you can accomplish more and avoid frustration.
- Be mindful of caring for yourself by eating healthy, exercising, and getting enough rest. Avoid activities such as scrolling through social media or watching television for long periods of time.
- Challenge yourself to some critical thinking activities such as puzzles, computer games, or sudoku. We may not be able to gather with friends at this time, but there are many online games such as Words with Friends that help us stay connected. Explore some fun game options with family and friends.
- Connect with family and friends every day. These connections are more important than ever. Besides a simple phone call, utilize online resources such as Zoom to see loved ones "in-person," or take it back to a simpler time by writing letters.
- Have absolute quiet time each day to unwind. You can do this through creative pursuits, reading, walking in nature, or meditating. This allows us to focus in on that quiet peaceful place inside of us.

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Special Events

Tuesday - August 4, 10 a.m. - 12:00 p.m. Good Will Drop Off / L

Bring down any donations that you would like to have dropped off at Good Will. Please remember to bring down only gently used items, electronics in working condition and no perishable or non-perishable food.

Wednesday -

August 12, 19, 26 at 10:00 a.m. Great Courses - 30 Masterpieces of the Ancient World / Chan. 1-61

Join art historian and ancient art professor Diana Krumholz McDonald as she takes you around the world to examine in depth some of the greatest masterpieces of ancient art. This course explores spectacular artworks from diverse places and times, starting with cave paintings that were made at the dawn of human creativity in the Paleolithic Age. The course will also explore the contents of ancient tombs and other historical buildings, as well remarkable stone sculptures, and wrought gold and textiles that were made as recently as 600 years ago. Each of the selected masterpieces is the creation of a time and culture that make it unique, and each is among the finest examples of art from its culture.

August 5, 11, 19, 26 at 2:00 p.m. Chat with Chuck / Chan. 1-61

Chuck will share recent community news and updates.

Tune in a few minutes early to see Bob's Grab Bag of Fun. After the chat, Nancy Alden or Shirley Moore will play the piano for your enjoyment.

Thursday - August 6 - 1950s Rock & Roll Grab and Go BBQ / Lobby

11:30 a.m. for East Wing and Villas

12:15 p.m. for West Wing, 3rd and 4th Floor T

Join us for a rockin' good time at the first floor lobby and be on the lookout for team members giving directions. The BBQ is complimentary to all! Please keep in mind, if you choose to order lunch from the dining room on August 6, you will be charged unless you are on a meal plan. See you there.

Friday - August 14 at 11:00 a.m. Harmonies for Homes / Chan. 1-61

Senior students from Lynbrook High School in San Jose created this program to bring joy and share their passion for music with the community in these difficult times.

Friday - August 7, 14, 21, 28

1:00 p.m. Shelter in Pace Nature Walks / Lobby

Join us for a nature walk around the campus!

4:00 p.m. Hallway Happy Hour

Check the calendar for when Hallway Happy Hour will be coming your way.

Team members will serve red wine, white wine or sparkling cider for your enjoyment. Service will start at 4 p.m. and will continue until all apartments in the designated area are served.

If you have an idea that you would like to suggest, please feel free to contact Lifestyles at ext. 3719.

Science and Engineering Discussion Group Redux Schedule

Tune in to channel 1 - 61 to view all previously recorded session

Thursday at 11:00 a.m.

August 6

Topic: Air MASH: Memories of a Korean War Flight Nurse

Resident Speaker: Shirlee Warren, R.N., B.S.N.

August 13 at 11:00 a.m.

Topic: Great Engineering Milestones: Celebrating the 150th Anniversary of the Transcontinental Railroad in Niles Canyon

Resident Speaker: Dr. Victor K. Wong

August 20

Topic: Searching Information: From Printed Tools to Google

Resident Speaker: Sophie Hudnut

August 27

Topic: Mapping the Ocean Floor and National Parks

Resident Speaker: Tau Rho Alpha

Friday at 4:30 p.m.

August 7

Topic: Engineering of Pad B Retaining Wall and Walking Path

Guest Speaker: Marco Scanu, Structural Engineer, Forell Elsesser and Robert Wu, Architect

August 14

Topic: Climate Change, Causes and Consequences

Resident Speaker: Dr. Bill Quirk

August 21

Topic: Math Hacks in Everyday Life

Guest Speaker: Dr. Timothy J. Maloney

August 28

Topic: Manufacturing in Silicon Valley

Resident Speaker: Bill Schoenemann

Lifestyles Weekly Recurring Programs

Please keep for future reference

Revised: August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10a Worship Service - Watch From Home on Channel 1-15 11a Coffee To Go Available / TR	7a Lap Swim / P 9a Water Dancing / P 10a Sit & Be Fit / GA 10a Coffee To Go Available / TR 10:15a Needle Arts Group / TS Apt. 1441 10:45a Mobility and Strength / GA 11:15a Exercise for Pain Management / GA 1p Body Positioning & Awareness / GA 1:30p Chair Pilates / GA 2p Recovery Stretching / GA 2p Relax and Color / TR 2p Ping Pong with Luis / L	7a Lap Swim / P 7:30a Pickleball / PBC 9a Water Dancing / P 10:00a Sit & HIIT / GA 10a Coffee To Go Available / TR 10a Water Walking / P 10:30a Water Aerobics / P 10:30a Bible Study / TR 10:30a Strength and Conditioning / GA 11:15a Gym Time with Yanasa / GA 1p Charades Anyone? / TR 2p Practice Qigong / GA	7a Lap Swim / P 9a Water Dancing / P 10a Sit & Be Fit (Total Body) / GA 10a Coffee To Go Available / TR 10:45a Mobility and Strength / GA 11:15a Exercise for Pain Management / GA 1p Body Positioning & Awareness / GA 1:30p Chair Pilates / GA	7a Lap Swim / P 7:30a Pickleball / PBC 9a Water Dancing / P 10a TED Talk / Chan. 1-61 10:00a Sit & HIIT / GA 10a Coffee To Go Available / TR 10a Water Walking / P 10:30a Water Aerobics / P 10:30a Strength and Conditioning / GA 11:15a Gym Time with Yanasa / GA 1:30p Brain Games / TR 1:30p Dance with Denise / GA 3p Movie Matinee With Popcorn / Chan. 1-61	7a Lap Swim / P 10a Sit & Be Fit (Total Body) / GA 10a Coffee To Go Available / TR 10:15a Beading with Deborah / TS 11a Chair Pilates / GA 11:30a Recovery Stretching / GA 1p Shelter in Pace Walk / L	7a Lap Swim / P 7:30a Pickleball / PBC 11a Coffee To Go Available / TR 10a Water Walking / P 10:30a Water Aerobics / P 2p Practice Qigong / GA

Bolded weekly recurring programs are either new programs or changes in location or time.



<p>Legend AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center)</p>	<p>Center) GA = Gym Annex (Wellness Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home</p>	<p>Auditorium MP = Multi-Purpose Room (3rd Floor) P = Pool (Wellness Center) PBC = Pickleball Court S = Siminoff Center SURB = Signup in</p>	<p>Recreation Binder (Mail Room) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mail Room)</p>	<p>TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441)</p>
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