

Don't Wait, Be Happy Now (Cont. Page 1)

Almost all residents I talked with said it was tough to be home all day and hoped it would not be necessary to do it again. At the same time however, the residents mentioned how grateful they were to be living here at Acacia Creek. The residents said they were very grateful for team members doing all we could to keep the community safe and for the support we offered with opportunities to have something fun to look forward to do during the day.

This is proof of the type of lives you all have lived your whole lives. I believe this saying was somehow a secret mantra of yours. Though the nine days of quarantine life was not great, majority of residents I talked to were grateful and happy. A huge part of successful aging is being grateful, which in turn, inspires positivity and happiness. All of us in the Acacia Creek community are a true testament to that.

In reflecting on this statement and the living proof you offer to all those around you, I want to thank you. You may not know or always feel it, but you are a living example in something I inspire to live up to. Thank you!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

Get in Touch with Yourself (Cont. Page 3)

Achieving our ultimate goals involves fulfilling smaller goals first, so celebrate each tiny victory and know you are on the right path. Having the ability to clearly articulate what we want and how we want to feel is a victory and it's empowering; it allows us to use our creativity to maintain a joyful, fulfilling life at every age. Taking quiet contemplative time is also empowering. It gives us the space to see things as they are, not how we want them to be. Enjoy the journey of discovery and may you attain whatever is important to you.

Penny Vittoria, Successful Aging Coach



Lifestyles of Acacia Creek

September 2020



ACACIA CREEK

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Don't Wait, Be Happy Now

Have you heard about “quarantine fatigue” or “COVID-19 fatigue”? “Quarantine fatigue” is an overwhelming feeling that is caused by the uncertainty, unpredictability and the unknowns with COVID-19. I did not believe I was experiencing this, but in reflection I think I have been. I have been restless, focusing on why things cannot be the way they were and the feeling like COVID-19 is closing in around me. I have been adding new things to my routine to give myself something to look forward to, but I still continue to feel restless. Then I read this quote and it resonated with me:

*Don't wait for things to get better.
Life will always be complicated.
Learn to be happy now, otherwise,
you will run out of time.*

After reading that, I sat for a long time reflecting on those words. I realized that I was making myself unhappy by trying to make my situation something it was not. When I came back from vacation, I saw the validation of this statement from you, residents of Acacia Creek. For example, the need to go into quarantine was quick and swift, changing life at Acacia Creek as you knew it. Being asked to stay inside your apartments with no end date was difficult, the uncertainty of it all was daunting. After the quarantine was lifted, I talked with several residents who were so happy to be out and about again.

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Exercise at Home

Regular exercise is very important in maintaining your muscle strength, endurance, mental health, and overall, well-being. It delivers oxygen and nutrients to your tissues, strengthening your cardiovascular system and giving you more energy.

Unfortunately, due to COVID-19, gyms and recreational areas are closed or limited, but that doesn't mean you can't maintain your body's functionality. Here are some safe exercises you can do at home in between your regular exercise routine.

Sit-to-stand

I cannot stress enough just how important this exercise is to our daily lives. It helps us get up from bed or out of the bath, or even in and out of couches and chairs. Sit-to-stand exercises strengthen our legs, core, back muscles, as well as improves our endurance and mobility.

1. Stand in front of a sturdy chair with your feet hip width apart, arms crossed over the chest with hands on your shoulders or extended out in front of you.
2. Bend your knees and slowly lower yourself into the seat of the chair.
3. Press your feet firmly to the floor and stand up (if you're concerned with balance or leg strength you can use your hands on the arms of the chair to help push yourself off).
4. Perform this exercise ten times, or ten reps.

Wall push-ups (Upper body: chest, arms & upper back)

1. Stand up facing the wall about two feet away, placing your hands against the wall in front of your shoulders.
2. Keeping your body straight, bend your elbows, bringing your chest and face to the wall, and then press off, straightening your arms.
3. Perform this exercise ten times, or ten reps.

Heel raises (Leg strength and balance)

1. Place your hands on the back of a chair and raise your heels off the floor, standing on your tip toes, then slow return to flat feet.
2. Perform this exercise ten times, or ten reps.

Wall Angels (Mobility and flexibility)

1. Place your back and head up against the wall with your feet about 6-10 inches away from the wall.
2. Arms against the wall, elbows bent and palms facing forward.
3. Slowly move arms up keeping elbows bent until you feel your back coming off the wall, then bring arms back to starting position.
4. Perform this exercise ten times, or ten reps.

Along with doing the live exercise videos for strength, conditioning and endurance, these simple exercises can be done at home and can help maintain a functional body for daily living.

Entertainment Weekly! (cont.)

Tune in to channel 1 - 61 to view all performances

Broadway by Day every Sunday at 4:30 PM

September 6 - Into the Woods

A baker and his wife journey into the woods in search of a cow, a red cape, a pair of golden slippers and some magic beans to lift a curse that has kept them childless.

September 13 - Hershey Felder as George Gershwin Alone

George Gershwin Alone tells the story of America's great composer, who with the groundbreaking Rhapsody in Blue, made a "Lady out of Jazz." The show incorporates the composer's best-known songs from "The Man I Love" and "Someone to Watch Over Me," through the hits of An American In Paris and Porgy and Bess, to a complete performance of Rhapsody In Blue.

September 20 - Falsettos

A hilarious and poignant look at a modern family revolving around the life of a gay man Marvin, his wife, his lover, his soon-to-be-bar-mitzvahed son, their psychiatrist, and the lesbians next door. Originally created under the specter of the AIDS crisis, this timely musical about middle-class family dynamics manages to remain buoyant and satirically perceptive even as it moves towards its heartbreaking conclusion.

September 27 - The Last Five Years

Based on the hit musical by Jason Robert Brown, a struggling actress (Anna Kendrick) and her novelist boyfriend (Jeremy Jordan) recount the rise and fall of their 5 year love affair.

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.

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

Entertainment Weekly!

Tune in to channel 1 - 61 to view all performances

Musical Matinee every Saturday at 3:00 PM

September 5 - Nine

Famous film director Guido Contini struggles to find harmony in his professional and personal lives, as he engages in dramatic relationships with his wife, his mistress, his muse, his agent, and his mother. A feature film adaptation of the musical inspired by the Fellini film "8½."

September 12 - Sunday in the Park with George

A Sunday Afternoon on the Island of La Grand Jatte by Georges Seurat is one of the great paintings of the world, and in SUNDAY IN THE PARK WITH GEORGE, book writer James Lapine and composer/lyricist Stephen Sondheim bring a story based on the work brilliantly to life. While the painting depicts people gathered on an island in the Seine, the musical goes beyond simply describing their lives. It is an exploration of art, of love, of commitment. Seurat connected dots to create images; Lapine and Sondheim use connection as the heart of all our relationships. Winner of the 1985 Pulitzer Prize for Drama.

September 19 - A Night with Janis Joplin: The Musical

Like a comet that burns far too brightly to last, Janis Joplin exploded onto the music scene in 1967 and, almost overnight, became the queen of rock & roll. The unmistakable voice, filled with raw emotion and tinged with Southern Comfort, made her a must-see headliner from Monterey to Woodstock.

September 26 - Daddy Long Legs

Based on the classic novel which inspired the 1955 movie starring Fred Astaire—a beloved tale in the spirit of Jane Austen, the Brontë Sisters, and "Downton Abbey"—this heartwarming Cinderella story about a witty and winsome young woman and her mysterious benefactor has charmed audiences of all ages from Los Angeles to London. Critics are cheering: Daddy Long Legs has "echoes of She Loves Me and top-notch performances" and "is one of the most enthralling, entertaining and moving love stories on the American musical theater stage."

Get in Touch with Yourself

Knowing the steps to take toward greater well-being is how we age successfully. Keeping what's important to us in mind as a goal keeps us on track. But what happens if we go through the steps each day not realizing that things have changed, but we haven't made adjustment to what we are doing? This is how we can find ourselves on a path we do not want to be on.

Someone recently asked me what I want for myself right now and, honestly, the question positively stumped me. I could not think of one single thing to say. When our life gets thrown off balance and we don't take initiative to take corrective steps, we put ourselves on "autopilot." We simply go about our days, rarely considering if our actions are furthering us along our successful aging journey. This is a relatable experience for all of us. I am now taking time each day to reflect on what I am feeling and what I want to create. This keeps me productive and spiritually fulfilled. It allows me to recognize and turn off the autopilot and reconnect with my joy. Now I'm able to mindfully move down the path I want to be on.

With most of us experiencing unexpected changes and loss of control, it's helpful to check-in and be sure we are prioritizing our well-being. It's important and self-nourishing to take time out of our day and take into account our own wellness. How are we feeling at this moment? What are we looking forward to today? Self-reflecting gives us the ability to clearly recognize the path we are on. If we see room for improvement, we can simply accept where we are, or we can set goals to get us to where we want to be.

The first step in setting these goals is to specifically identify what we want for ourselves. Not having a clear idea of what we want is like aiming for a target blindfolded. Aiming at our target is working out a practical action plan. When we aim for our target, we are actively creating steps toward our goal. I knew somebody who joked that they went after their goals using the "ready, shoot, aim" method. Their inability to slow down to create a practical action plan often left them in frustration. Taking time to aim at our target—reflecting on ourselves before taking action — allows us to affectively move forward toward our goals. Sometimes we get stuck in goal planning – creating steps without ever moving forward and taking action. This inability to shoot toward our goals keeps us stuck.

Moving forward, or growth, involves creating new thoughts and habits, which establishes new behavior. When we do this, we are creating new pathways in our brain. It can take 30 to 90 days to create a new habit. It's no wonder change is so challenging! We want instant gratification, but growth comes gradually by working toward our goals every day. Some days are easier than others, so be kind and forgiving of yourself if you falter. Tomorrow is another day!

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Special Events

- Monday - September 21 at 1:00 p.m. Presentation by Katherine Kinney: Make this Pandemic into a Can-demic on Channel 1-61 and Zoom.**
Guest speaker Katherine Kinney, Life Coach, will share insights on how to create a better 2020 by turning this Pandemic into a Can-demic! Email Penny at pvittoria@acaciacreek.org to register.
- Tuesday - at 1:00 p.m. Resident Travel Logs on Channel 1-61**
- September 8 - Out of Africa 2 - A Photo Safari with Bill Shoenemann**
Bonnie and Bill spent 2 weeks with a private guide on a photographic safari in Northern Tanzania. The animal count included all of the big 5 and 92 bird species.
- September 15 - Copenhagen and Stockholm and Uppsala with Art Walton**
Copenhagen and Stockholm are a photographers paradise, full of famous scenes.
- September 22 - St. Petersburg and Helsinki with Art Walton**
Art Walton takes us on a tour of these 2 beautiful cities.
- September 29 - Poland and the Danube River Cruise with Sophie Hudnut**
Share in the memorable moments as Sophie shares her experiences from her 2018 trip with fellow resident Phyllis Glueck.
- Tuesday - September 29 at 2:00 p.m. - Plant Sale in The Studio (apt. 1441)**
Start a new hobby or add to your collection. See what beautiful plants are on sale.
- Wednesday - September 2, 9, 16, 23, 30 at 2:00 p.m. - Chat with Chuck On Channel 1-61**
Chuck will share recent community news and updates. After the Chat, Nancy Alden or Shirley Moore will play the piano for your enjoyment.
- Thursday - at 11:00 a.m. on Channel 1-61**
- September 3 -Resident Forum - Topic: Understanding Acacia Creek's Budget Presented by the Resident Finance Committee**
- September 10 - Resident Council**
- September 24 - Resident Forum – Topic: Introduction of Candidates for Election**
Tune in to hear from your new resident council candidates.
- Friday -**
- September 4 - Labor Day 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 in celebration of Labor Day at the first floor lobby and be on the lookout for team members giving directions. The BBQ is complimentary to all! Please note that the dining room will not be open for lunch service, everyone will be able to enjoy food from the BBQ. If you would like to have the BBQ delivered to you apartment, please call ext. 3702 as you would normally to order lunch and let them know you would like the BBQ delivered. See you there.
- September 11 at 11:00 a.m. Harmonies for Homes / Chan. 1-61**
Senior students from Lynbrook Highschool in San Jose created this program to bring joy and share their passion for music with the community in these difficult times.
- September 4, 11, 18, 25 - 4:00 p.m. Hallway Happy Hour**
Check the calendar for when Hallway Happy Hour will be coming your way. 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

Monday at 11:00 a.m.

September 7

Topic: The DiSC Profile: Understanding Your Behavioral Style

Resident Speaker: Paula Bailey

September 14 at 11:00 a.m.

Topic: After the Big Bang, the Birth of the Universe

Resident Speaker: Dr. Bill Quirk

September 21

Topic: A Number Theoretic Approach to the Chess Knight

Resident Speaker: Dr. Robert Word

September 28

Topic: Timed Liquid Damper for Mitigating Wind and Earthquake Induced Vibration of High-Rise Buildings

Resident Speaker: Dr. Jack Lou

Friday at 4:30 p.m.

September 4

Topic: Tales of the Heart: A Guided Journey Through History

Guest Speaker: Dr. George Cohen, MD

September 11

Topic: A Pedestrian View of Space Exploration and the Dark Side of the Moon

Resident Speaker: Dr. Bing-Lin Young

September 18

Topic: Extreme Failure Analysis—Crash Testing Nuclear Power Plants

Guest Speaker: Dr. Wally Jansen

September 25

Topic: Principles of Complex System Design

Resident Speaker: Dr. William H. Cutler