

Fall Awareness (Cont.)

Vision also has an important impact on falls. Have your vision checked regularly for cataracts and glaucoma that can slowly limit your vision.

Check your environment for potential fall risks such as clutter, exposed cords (to your telephone, cell phone, or extension cords), and flooring (transitions from hardwood to carpet, patterns in carpet or throw rugs) to name a few. When you are walking in the outside community, be aware of street curbs, stairs and steps, uneven pavement and even escalators. Make sure your environment has proper lighting. Lighting should not produce glare and should be bright enough for the space you are in. At night, make sure you have a night light on so you can see your way around in the dark. Another overlooked obstacle is our dearest fall risk factor of all - our pets. As they promote our health and wellbeing in more ways than we can count - they can also be a trip hazard. Keeping an eye out for them and their leash is essential.

Our own behavior has a big impact on our fall safety; such as being in a rush and/or being distracted. Slowing down a little sometimes can go a long way to prevent falls. Also, using assistive devices if you have them such as canes, walkers and power chairs can help. Since working with older adults, I have heard so many times “I don't want to use my walker and become dependent on it, I want to keep my independence.” I like to flip that statement: using your walker, power chair, or cane increases your independence so you are able to do more things safely.

There are so many moving parts to fall prevention with so many places to make small changes. This month we are going to highlight some of these strategies through different events. They are highlighted on the calendar for easy spotting! Please mark your calendars and plan to attend to learn new tactics to fend of those falls!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

Simple Ways To Improve Balance (Cont.)

Try new balance tools

In my **Strength & Balance Level 1**, class we use different tools to improve balance and stability. The floor pods, balance board, and Bosu ball are all favorites of mine because you are practicing muscle control on an unstable surface.

These are all great ways to exercise to improve your balance and reduce the risk of falls. If you would like to practice some of these exercise routines, come down and attend my **Strength & Balance Level 1** class every Tuesday and Thursday at 10:00 a.m. down in the gym annex. If you want personal one-on-one training, come down to my **Gym Time & 1-On-1 Gym Machine Training** class every Tuesday and Thursday at 11:45 am so I can put together the right balance exercises for you.

Yanasa Williams
Health Fitness Specialist



RCFE# 015601302 COA #246

Lifestyles of Acacia Creek

September 2021



ACACIA CREEK

(510) 441-3700

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Fall Awareness

September 20-24 is National Fall Prevention week. The National Council on Aging encourages states to hold events boosting education on fall prevention and awareness about the impact falls have on older adults. According to the Center of Disease Control and Prevention, falls are the leading cause of injury and death among people 65 and older. One in four older adults in the US will fall each year making this a public health concern. Many reading this know this to be true as you have lived it or know someone who has. The silver lining is that the CDC also states that contrary to popular belief, falls are not a normal part of aging. There are several small steps you can take to reduce your chances of falling in the future.

The first step is knowing the importance of moving and staying active. Yanasa Williams, Acacia Creek's Health Fitness Specialist, is a great resource that all residents can tap into. You can meet with her one-on-one where she can assess and create an individualized movement plan focused on your goals. If you have fallen, are afraid you might fall, or feeling unsteady, speak up and let her know. She can assist in improving your physical strength. Another small important point is proper fitting shoes. Ensure your shoes are the right size, support your foot and are the right shoes for what you plan to do; walking on dirt trails, working out in the gym, walking up steps, etc.

Don't hesitate to talk openly with your primary care physician. Let them know your thoughts about falls and ask them to assist in your prevention plan. This may include reviewing your complete medication list (even herbal and over-the-counter medications) to look for side effects that increase fall risks by causing dizziness or sleepiness.

(Continued on page 8)



Simple Ways To Improve Balance

When children lose their balance and fall they can usually recover, get back up, and carry on with their activities. Unfortunately as we age, we do not recover as quickly. Our reaction time slows down and our ability to balance begins to decline. Every year thousands of senior adults die as a result of a fall, or suffer from a broken hip or loss of independence. This is why it is so important to include balance training into your exercise routine.

September is Fall Prevention Month, so let's take this chance to explore some exercises we can do that can improve our balance.

A good balance program consists of both static and dynamic balance exercises. **Static balance** is the ability to maintain the body's center of mass within its base of support. These are exercises like the single leg stance or the staggered foot stance. **Dynamic balance** is the ability to move outside the body's base of support while maintaining posture and control. Exercises include grapevines or agility drills using an agility ladder.

There are many ways to improve your balance and prevent falls. Here are some fun ways to improve your balance:

Yoga

Holding a yoga pose challenges your balance. Yoga forces you to be aware of your body's space and movement. Using multiple muscle groups, your body moves in ways that require a lot of control.

Agility Drills

It is very important to be able to change directions while moving around. In my **Strength & Balance Level 1** class, we practice many different stepping exercises in and out of the agility ladders. Practicing moves like high knees in the ladders work on speed, being able to change directions, and getting the feet off the floor to avoid foot dragging when walking.

Close your eyes

Closing your eyes can be a challenge because you are not using one of your senses. Make sure to find a safe place to practice closing your eyes and practice in a seated position first. Then you can practice doing certain exercises standing up with your eyes closed.

Core Strength

Strengthening the core is important because it's your center of gravity and helps you feel more centered. These exercises encourage you to stand up tall which improves your posture and gives you more control over your muscles. Having a strong core makes everyday tasks easier because you are using your core muscles which give you more support for your body.

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Spirit of Aloha and Ohana Luau

Pull out your muumuus and Hawaiian shirts, we are having a luau to celebrate the spirit of aloha and ohana! We will transform the 5th floor into an island paradise, serving tropical drinks and preparing a wonderful Luau dinner complete with Hawaiian music and hula dancers.

We are celebrating aloha because it's more than a beautiful greeting of love and fellowship, it is a way of life. The word "aloha" has a deeper meaning that expresses "all one needs to know to interact rightfully in the natural world". It is living mindfully, creating harmony with one's self and the world. This attitude or way of life is sometimes called the "aloha spirit."

Aloha contains guidelines to help us in our lives with a moral code, to express love and honor our connection to nature and all things. It is a recognition of the oneness of all beings - our interconnectedness with nature. It is most definitely a "word to the wise" to treat others the way you would like to be treated.

Ohana is a Hawaiian word which refers to a person's extended family, which can include friends and other important social groups. At Acacia Creek we are ohana, both residents and team members. It is the spirit of aloha and ohana that helps us through difficult times, and this is what brings us together to celebrate on September 23.

Dress in your best Hawaiian attire, as we will have a photo booth set up in the Game Room. We will use those photos to transform the Acacia Creek Family Tree on the first floor into our next theme "Acacia Creek Ohana Under the Sea"! Everyone will also have the opportunity to share what the spirit of aloha or ohana means to them and add it to the wall.

We look forward to seeing you there!

Spirit of Aloha and Ohana Luau

Sept. 23rd

4:00 p.m.

5th Floor



Weekend Entertainment

Sunday on Channel 1-61,

September 5 at 7:00 p.m. - Sunday Theatre: Matthew Bourne's Cinderella

A thrilling and evocative love story set in London during the second World War. In a clever reimagining of a classic fairy tale, Cinderella meets a dashing young RAF pilot and they are together just long enough to fall in love before being parted by the horrors of the Blitz.

September 12 at 7:00 p.m. - Sunday Theatre: Cyrano de Bergerac

Soldier and poet Cyrano de Bergerac is in love with Roxane, but he's too ashamed to admit it because of his big nose. When a cadet, Christian falls for Roxane, he asks for Cyrano's help in sharing his feelings. Cyrano writes love letters signed with Christian's name, and Roxane doesn't realize that it's Cyrano's words she falls for. She marries Christian, and Cyrano continues to keep the other man's secret, even after tragedy strikes.

September 19 at 7:00 p.m. - Sunday Theatre: Disney - Annie

Annie is rescued from Miss Hannigan's orphanage by Grace Farrell, whose employer, curmudgeonly tycoon Oliver Warbucks, has decided to take in an orphan for Christmas. The search for Annie's biological family begins as Warbucks decides to offer a cash prize to her parents if they return to her.

September 26 at 7:00 p.m. - Sunday Theatre: Disney - Into the Woods

As the result of the curse of a once-beautiful witch, a baker and his wife are childless. Three days before the rise of a blue moon, they venture into the forest to find the ingredients that will reverse the spell and restore the witch's beauty: a milk-white cow, hair as yellow as corn, a blood-red cape, and a slipper of gold. During their journey, they meet Cinderella, Little Red Riding Hood, Rapunzel and Jack, each one on a quest to fulfill a wish.

Saturday on Channel 1-61,

September 4 at 10:00 a.m. - America's National Park - Yellowstone

Few places are as special and unique as Yellowstone - a wilderness jewel and geothermal hotspot.

September 11 at 10:00 a.m. - America's National Park - Saguaro

Saguaro National Park is home to towering saguaro cacti and hardy life amid desert beauty.

September 18 at 10:00 a.m. - America's National Park - Grand Canyon

Millions visit the Grand Canyon each year, but few see the hidden wonders between rim and river.

September 25 at 10:00 a.m. - America's National Park - Great Smoky Mountains

Take a colorful journey through the seasons of Great Smoky Mountains National Park.

Coping with Uncertainty

Living in a continuous state of uncertainty is difficult. Our brains crave certainty about our future. It's been challenging to keep a level head when we are unsure of what to expect in a month, a week, or even tomorrow. If you have been feeling overwhelmed by all this uncertainty, you're not alone. Not knowing what changes are coming our way has become the norm as we move through different phases of the pandemic. Inevitably things will continue to change—for better or worse—because what lies ahead in the upcoming months remains unknown. We can't control the unexpected obstacles that come our way, but we can control how we respond to them.

Uncertainty is a fact of life, and we all handle it all differently. Some of us are more flexible and can go with the flow. Others find the everchanging climate of uncertainty stress-inducing and are overwhelmed by the unpredictability. If you are looking for ways to manage the heightened emotions of uncertainty, start with acceptance.

Recognizing where we are stuck is the first step to acceptance. Usually what we are resisting are the things we complain or worry about, blame other people for, and feel uncomfortable with. Rather than fighting and resisting, if we perceive these things as an opportunity for self-growth, we can better manage our emotions. There are so many things we cannot be certain about in life, so try accepting uncertainty as a normal part of life. Do this with mindfulness, focusing on taking things one day at a time and staying in the present. Ask yourself, "what is one positive thing I can do today?" Acceptance is knowing that you can either accept your current conditions or realizing you are the only person capable of changing them.

Dealing with uncertainty isn't easy, so go easy on yourself and those around you. We can all benefit from compassion more than ever. Additionally, focusing on what we are grateful for gives us perspective and points us in the direction of acceptance and appreciation. Take time to reflect on what the pandemic has taught you about how you deal with change. I've been trying very hard to answer this question for myself because I want to be better equipped to handle the next wave of uncertainty.

If you have strategies on how you cope with uncertainty, please share them with me and I will include them in next month's article. Call or email me and let me know what works for you!

Penny Vittoria
Successful Aging Coach

Please note new extension number: 3716

Special Events, Outings & Trips

Monday,

September 6 at 4:30 p.m. - TGIF (Thank God It's a Fundraiser) End of Summer Beach Party / TR

Join us for a beach party to raise money for the Employee Appreciation Fund!

****September 13 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

****September 20 at 10:00 a.m. - Lucky's Grocery Shopping / SURB / L**

****September 27 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

September 27 at 10:00 a.m. to 12:00 p.m. - Paper Bag Donation Drive / L

Paper bags to be donated must be neatly stacked inside one paper bag and brought to the lobby. No plastic bags are accepted at this time.

September 27 at 3:00 p.m. - Zumba with Pinkie / L

Pinkie will lead us through some fun Zumba dances. All fitness levels welcome!

Tuesday,

September 7 at 11:30 a.m. - AC Block Party BBQ - Make-up BBQ

This BBQ is for those who were unable to attend on their original scheduled date.

Look for your invitation in your mailbox the week before. / **Invite Only /**

Pickleball Court

****September 14 at 9:30 a.m. - Walking Trip: Garretson Point Trail**

The path is easy, flat, paved, less than one mile / **SURB / L**

September 14 at 1:00 p.m. - Fitness Talk with Yanasa / GA

Fitness Health Specialist Yanasa will discuss simple ways to improve balance.

****September 21 at 9:00 a.m. - Roaring Camp Redwood Forest Steam Train**

Travel through towering redwood groves as conductors narrate the history of Roaring Camp.

Lunch on your own at Heavenly Roadside Café (Scotts Valley). / **Cost: \$ 33 / SURB / L**

****September 28 at 10:00 a.m. - Marina Food & Daiso / SURB / L**

Wednesday,

September 1 at 11:30 a.m. - AC Block Party BBQ - 1st Floor East Wing / Invite Only / Pickleball Court

Look for your invitation in your mailbox the week before!

September 8 at 4:00 p.m. - Chat with Chuck / Chan. 1-61 or TR

Chuck will share recent community news and updates. Recording will play at 7:00 p.m. on channel 1-61.

****September 15 at 9:00 a.m. - Costco: Automall / SURB / L**

(Cont. on page 5)

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Wednesday (Cont.),

September 22 starts at 9:15 a.m. - Pop-up Gym Day

Yanasa and her team will lead classes in different areas in the community! The more classes you attend the more chances you have to win a raffle! The classes will focus on fall prevention. More information to come. / **Watch the Dailies for locations!**

****September 22 at 10:00 a.m. - Trader Joe's / SURB / L**

****September 29 at 10:00 a.m. - Walmart & Target on Whipple / SURB / L**

Thursday,

September 2 at 3:30 p.m. - Meet and Greet with New Residents

The Acacia Creek Leadership Team is excited to host a Meet and Greet with new residents who have recently moved into Acacia Creek. Look for your invite in your mailbox! / **Invite Only / TR**

****September 9 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

September 9 at 2:00 p.m. - Importance of Good Foot Solutions in Better Health / Zoom and Chan 1-61

Shoe solution expert Sherry Zhang from Foot Solutions of Fremont joins us via Zoom to discuss a variety of foot issues senior may face and the best shoes to solve these issues. She will demonstrate different products available in store for better foot health. We hope residents will join Sherry on Zoom to ask questions live. Nancy will email the zoom link the week before. The presentation will also be shown on Chan. 1-61.

****September 16 at 9:30 a.m. - Harley Farm Goat Dairy**

Tour a goat farm where you'll see milking herds, guardian dogs, and more. Lunch on your own in downtown Pescadero. / **Cost: \$ 35 / SURB / L**

September 23 at 4:00 p.m. - Spirit of Aloha and Ohana Luau / 5th Floor

Pull out your muumuus and Hawaiian shirts, we are having a luau to celebrate the Spirit of Aloha and Ohana! We look forward to seeing you there!

****September 30 at 9:00 a.m. - National Steinbeck Center / Cost: \$ 13 / SURB / L**

The National Steinbeck Center is dedicated to Steinbeck's creative legacy. Lunch on your own in downtown, Salinas.

Friday,

September 3 at 11:30 a.m. - Labor Day Indoor Picnic / DR

Celebrate Labor Day with a picnic-theme lunch. Lunch will be from 11:30 a.m. - 1:30 p.m., so come when you are ready to celebrate. Open to all residents!

September 10 at 10:00 a.m. - Resident Forum/ Chan. 1-61

September 17 at 7:30 p.m. - Replay of the Resident Forum / Chan. 1-61

Saturday,

September 18 at 8:00 a.m. - Chuck Major First Degree at Alameda Lodge in Fremont / SURB / L

Join Chuck Major as he receives his first Masonic Degree. Open to Mason's only.

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15</p> <p>11a Coffee Klatch / GR</p> <p>2p Chinese Mahjong / MP</p> <p>3p Sudoku with Carole S. / AS</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Mobility & Strength / Chan. 1-62</p> <p>10:15a Needle Arts Group / TS</p> <p>11:30a Exercise for Pain Management / Chan. 1-62</p> <p>12:30p Chair Cardio / Chan. 1-62</p> <p>1p Core Stability / Chan. 1-62</p> <p>2p Chinese Mahjong / MP</p> <p>2p Relax and Color / TR</p> <p>2p Ping Pong / GA</p> <p>7p Bingo / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & HIIT / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Strength and Balance Level 1 / GA</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Bible Study / BR</p> <p>10:45a Body Positioning & Posture / GA</p> <p>11:15a Cogni-Health & Reaction Time Training / GA</p> <p>11:45a Gym Time & One-On-One Gym Machine Training / GA</p> <p>1p AC Singers / MP</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2p Ping Pong / GA</p> <p>2p Practice Qigong / Chan. 1-62</p> <p>2:30p Yoga / Chan. 1-62</p> <p>7p Rummikub / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Sewing for Charity / TS</p> <p>11a Genealogy with Marilyn / MP</p> <p>11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>11:45a Exercise for Pain Management / Chan. 1-62</p> <p>1p Charades Anyone? / TR</p> <p>1p Core Stability / Chan. 1-62</p> <p>2p An Afternoon of 99 / AS</p> <p>2p Dance with Denise / GA</p> <p>3:30p Zoom with Penny / Email pvittoria@acaciacreek.org to register</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & HIIT / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Strength & Balance Level: 1 / GA</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10:45a TED Talks / Chan. 1-62</p> <p>10:45a Body Positioning & Posture / GA</p> <p>11:15a Cogni-Health & Reaction Time Training / GA</p> <p>11:45a Gym Time & One-On-One Gym Machine Training / GA</p> <p>1p Art Class / AS</p> <p>1:30p Hand and Foot / MP</p> <p>7p Mexican Train / AS</p>	<p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Mobility & Strength / Chan. 1-62</p> <p>10:15a Beading with Deborah / TS</p> <p>11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>1p Rummikub / MP</p> <p>2p Ping Pong / GA</p> <p>2p Rick Steves' Europe (2000-2007) / Chan 1-61</p>	<p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>11a Coffee Klatch / GR</p> <p>2p Ping Pong / GA</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>

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

Bolded programs in black are programs focused on fall prevention.



Acacia Creek Lifestyles September 2021 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<p>Legend</p> <p>AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) GR = Game Room (5th Floor)</p> <p>Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3rd Floor) P = Pool (Wellness Center) PBC = Pickleball Court S = Siminoff Center</p> <p>SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441)</p>						
			1 11:30a AC Block Party BBQ - 1st Floor East Wing / By Invite Only / PBC	2 10a Great Courses - A History of European Art: Piero della Francesca in Arezzo / Chan. 1-62 10a Culinary Meeting / BR 3:30p Meet and Greet with New Residents / By Invite Only / TR	3 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR or Chan. 1-61 11:30a Labor Day Indoor Picnic / DR	4 10a Kick off Fall Prevention Month with Carolee / TR 10a America's National Park - Yellowstone / Chan. 1-61
5 2p Trivia with Penny / TR 7p Sunday Theatre: Matthew Bourne's Cinderella / Chan. 1-61	6 Labor Day 4:30p TGIF (Thank God it's a Fundraiser) End of Summer Beach Party / TR	7 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Courtroom Drama / Chan. 1-62 11:30a AC Block Party BBQ - Make-Up / By Invite Only / PBC	8 4p Chat with Chuck / TR or Chan. 1-61 7p Recorded Chat with Chuck / Chan 1-61	9 10a Safeway Grocery Shopping / SURB / L 10a Great Courses - A History of European Art: Sandro Botticelli / Chan. 1-62 2p Importance of Good Foot Solutions in Better Health / Zoom and Chan 1-61	10 10a Resident Forum: Meet the Candidates / Chan. 1-61	11 10a America's National Park - Saguaro / Chan. 1-61 1:15p Knitting with Mina / TS
12 2p Ping Pong with Madelane / GA 7p Sunday Theatre: Cyrano de Bergerac / Chan. 1-61	13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Gay and Lesbian Mystery and Suspense / Chan. 1-62	14 9:30a Walking Trip: Garretson Point Trail / SURB / L 1p Fitness Talk with Yanasa - Topic: Simple Ways To Improve Balance / GA 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	15 9a Costco: Automall / SURB / L	16 9:30a Harley Farm Goat Dairy / SURB / \$35 / L 10a Great Courses - A History of European Art: Andrea Mantegna and Giovanni Bellini / Chan. 1-62	17	18 10a America's National Park - Grand Canyon / Chan. 1-61 10a Learn To Make a DYI MERV 13 Air Filter with Thys / TR
19 2p Dance with Denise / GA 7p Sunday Theatre: Disney - Annie / Chan. 1-61	20 10a Lucky's Grocery Shopping / SURB / L 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Adapting the Multimedia Mystery / Chan. 1-62	21 9a Roaring Camp Redwood Forest Steam Train / \$33 / SURB / L 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	22 9:15a Pop-up Gym Day Begins / See Dailies for locations 10a Trader Joe's / SURB / L	23 10a Great Courses - A History of European Art: High Renaissance Painting in Venice / Chan. 1-62 11a Wild Hawaii: Land of Fire / Chan. 1-62 2p Wild Hawaii: Secrets of the Deep / Chan. 1-62 4p Spirit of Aloha and Ohana Luau / TR	24 9:30a Pulp Fashion: The Art of Isabelle de Borchgrave Slideshow by Roger Murray / on Loop for 24 Hours / Chan. 1-61	25 10a America's National Park - Great Smoky Mountains / Chan. 1-61 1p Spelling Bee Contest with Chef Fernando / TR
26 7p Sunday Theatre: Disney - Into the Woods / Chan. 1-61	27 10a Raley's Grocery Shopping / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Mysterious Experiments / Chan. 1-62 3p Zumba with Pinkie / L	28 10a Marina Food & Daiso / SURB / L 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	29 10a Walmart & Target on Whipple / SURB / L 2:30p Blood Pressure Check with Mina / MP	30 9a National Steinbeck Center / SURB / \$13 / L 10a Great Courses - A History of European Art: The High Renaissance - Raphael / Chan. 1-62		