

Benefits of Playing Games (Cont.)

3.) You get to practice patience and concentration: When playing games, you are zeroed in on what is happening in the game. You need to have patience, so you don't make a rushed decision that may backfire on your strategy. When waiting to make your next move, you need to concentrate on what others are doing so you know how to re-strategize.

4.) Playing games is a stress reliever: While you are concentrating on the game and laughing with your friends, it leaves little room for you to worry about life stressors. Your mind can really only do one thing at a time, so if you are concentrating on the game it eases your mind. It is doing something pleasurable that brings relief from your stressors.

5.) Playing games keeps the mind sharp: Most games require strategy and problem solving, some may even have you doing simple math. When engaging in these elements of the game, you are again building and strengthening neuropathways. When learning a new game, you are using new cognitive skills and working on boosting your memory.

6.) You improve social connections: Along with the cognitive benefits of playing games, there are also social ones too. Remember back when you were a kid: playing games is how you learned social skills and made new friends. This is true at any age. Now you may be engaged in friendly competition or working with a partner strategy, you get the opportunity to meet and chat new people.

These benefits of playing games are just the tip of the iceberg, but the most important benefit is that you are having fun! There are many games available to play here at Acacia Creek. They range from easy ones such as An Afternoon of 99 to complex ones such as bridge; and everything in-between. Check out the recurring calendar for days and times of the games offered here. If you don't see a game you like to play and would like to introduce it to the community, let us know and we can assist in making it happen. If you have any questions, please reach out to myself or Nancy. We will be more than happy to get you connected with your next fun game!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



Lifestyles of Acacia Creek

April 2022



ACACIA CREEK

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Benefits of Playing Games

There are many benefits to having a sense of playfulness and enjoyment. In fact, having fun and playing games - such as card games, playing or watching sports, cookoffs, trivia, etc.—is one of the best things you can do for your wellness. There are so many benefits to playing games it is hard to describe them all here.

Research shows that playing at all ages is essential to holistic health. Studies show that school-age children who attend schools with little curriculum revolved around play have deficits in their social skills, large and fine motor movement, and cognitive skills. Same results are found in studies involving adults who have a lack of recreation or leisure pursuits.

Somewhere along the way it has become a taboo for adults to play as it is viewed as being lazy, unproductive or wasting time. However, when retirement comes, it is hard for many people in their seventies to pick up a hobby as it has not been a normal part of their lifestyle. Here are a few great benefits of playing games.

1.) You learn new skills: Learning a new game will create new neuropathways in your brain, building cognitive reserve you can draw on later in life. Even if you have played a game for years, you will never play the same game twice. Always a new twist or strategy to consider!

2.) Playing games boosts mental health: Games are a very low risk leisure pursuit filled with fun and conversation. After playing, you have a little spike of dopamine in the brain which leaves you feeling happy and fulfilled.

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The Benefits of Recovery Stretching

As we move into the month of April, I would like to introduce to you the importance of regular recovery stretching. It's a good way to give your body a break from the strenuous exercises or movements you put it through as well as a great form of active recovery.

According to the American Council on Exercise, stretching can be beneficial to your body in several different ways.

Better posture - Stretching can help improve how upright you stand by stretching the shoulders, chest, and the back. These muscles can help support the spine for proper alignment.

Decreased back pain - When you have better posture you tend to have less back pain. The more flexible the body is, the less strain you put on the areas of the body. By stretching the quadriceps, hamstrings, hips, and pelvis you release the tension in the lower back.

Improved circulation - When you get a good stretch in for the body, it allows the blood to flow easier in the joints and muscles. This delivers nutrients in the blood and throughout the body.

Better body function - Stretching improves the flexibility of the joints and muscles making daily activities easier to perform. This is because it gives the muscles a wider range of motion.

Workout recovery - Stretching is a great way to recover after a difficult workout. After a workout, muscles can become stiff, sore, and tight. Stretching loosens them up so they will not be so sore.

Lower risk of injury - Although this belief has yet to be scientifically proven, scientists continue to hold onto the idea that stretching can reduce injuries. The theory is if a muscle is properly stretched, it can handle unexpected movements without straining.

Relaxed muscles - When a muscle is relaxed, it is getting the proper oxygen and nutrients it needs to build back up after muscle breakdown from a workout.

Stress reliever - Let's just admit it, stretching after a workout feels good. It allows you to take the time out to focus on your body. It's a form of relaxing and meditating.

Now that we've gone over the benefits of recovery stretching, make sure you try to incorporate a full body stretch that includes the quadriceps, hamstrings, gastrocnemius (calf), back, torso, triceps, chest and neck. Hold each stretch between 10-30 seconds.

If you would like to start or add a recovery stretching program to your routine we have great news! Starting Monday, April 4th, the Wellness Center will be offering a full body posture and stretching class every Monday and Wednesday at 11:15 am and every Thursday at 11:00 am. Hope you will join us!

Yanasa Williams (Health Fitness Specialist)

Move for Wellness (M4W)

Move for Wellness will officially begin on May 3rd, but we have a few events happening in April to prepare.

M4W Sign-ups: Sign up on the sheets that will be located outside the dining room entrance to participate in M4W by April 13. When you sign up let us know if you want a t-shirt and give us your top three color choices. We will do our best to accommodate everyone's first choice. This year we are offering men's and women's styles. As we found out last year, the women sizes run smaller than the men sizes, so order accordingly.

M4W Logo Design Voting: Voting for the logo design will take place on Wednesday, April 15 on the 5th Floor. Stop by and cast your vote 11:15 -12:15pm or 3:00-6:00pm.

T-Shirt Distribution Party: The M4W T-Shirt distribution party will be on Thursday, April 28 at 4:00pm. Come and enjoy a M4W inspired cocktail or mocktail! We will be distributing information sheets, so come even if you don't order a t-shirt, all are welcome!



All Movement is Good Movement (Cont.)

We can't stop the aging process, but we can make choices that will improve our ability to maintain an active life, doing the things we enjoy, and spending time with people we appreciate. Get moving and discover how a fitness routine will positively impact your well-being!

Penny Vittoria, Successful Aging Coach

Weekend Entertainment

Every Saturday at 10:00 a.m. on Channel 1-61,

April 2 at 10:00 a.m. - The New Air Force One Flying Fortress (2021)

A documentary following the new presidential aircraft's creation, diving into how it was transformed into a top-secret command center.

April 9 at 10:00 a.m. - Photo Ark: Go Big or Go Home

National Geographic photographer Joel Sartore showcases species in the Amazon rainforest.

April 16 at 10:00 a.m. - Photo Ark: Monkey Business / Chan. 1-61

National Geographic photographer Joel Sartore photographs Indonesia's endangered species.

April 23 at 10:00 a.m. - Clotilda: Last American Slave Ship

In July 1860, on a bet, 110 African captives came to Alabama on board the schooner Clotilda. For the first time, archaeologists will explore the sunken wreck of the last American slave ship.

April 30 at 10:00 a.m. - The Real Black Panther

Saya is the only black panther in the entire Kabini Forest, and he's got one thing on his mind, to take over this leopard paradise.

Every Sunday at 7:00 p.m. on Channel 1-61,

April 3 at 7:00 p.m. - Hershey Felder: A Paris Love Story

Virtuoso Hershey Felder takes us on a personal journey as he explores the life and music of Impressionist composer Claude Debussy.

April 10 at 7:00 p.m. - Sunday Theatre: Hairspray Live!

The inspiring story of Tracy Turnblad, a teen in 1962 Baltimore who wins a spot on a local TV dance program and ignites a campaign to integrate the show.

April 17 at 7:00 p.m. - Sunday Theatre: The Great San Francisco Earthquake

In the early 1900s, San Francisco stood as a proud and flourishing symbol of America's recent conquest of the once-wild west. But on April 18, 1906, the city would experience an awesome reminder of the uncontrollable forces lying dormant just beneath the splendors of its cosmopolitan surface. DVD is provided by resident Ollie Guinn.

April 24 at 7:00 p.m. - Hershey Felder: Nicholas, Anna & Sergei

Taking place as a memory play in the house in which the Russian Rachmaninoff died in Beverly Hills, this is the story of a very strange meeting between Rachmaninoff and Anna Anderson, the woman who claimed to be the sole surviving member of the Romanov Dynasty, the Princess Anastasia. Featuring Rachmaninoff's most beloved melodies and music.

All Movement is Good Movement

Each May residents and team members of Acacia Creek participate in Move for Wellness (M4W). This campaign is extra important this year as many of us continue to work toward getting back to our pre-pandemic sense of well-being. Physical activity can help us improve every aspect of our wellness. As we get older and our physiology changes, being sedentary has more adverse effects on our health. Do what you can to engage in regular moderate physical activity. This can help maintain a healthy weight, lower risk of heart disease, improve digestion and prevent constipation. When we do weight-bearing exercises, such as walking, climbing stairs and weight training it's helps build strong bones and slow bone loss.

Regular physical activity is also good for our cognitive and emotional health. It increases blood flow to the entire body, including our brain. It can also reduce stress and depression. Both are factors that affect memory. Exercise is a mood regulator. It releases endorphins, the body's natural painkillers and mood elevators, and reduces stress hormones. Physical activity also boosts our creativity and problem-solving skills. Sometimes when looking for a solution to a problem or an idea for an event, a walk in the hills or exercising in the pool helps me come up with creative solutions and innovative ideas.

At Acacia Creek we have our exercise physiologist, Yanasa and trainer Dante who are here to provide you with a variety of fitness classes to maintain and improve your physical health. Check out their new classes or work one on one with them to focus on what is important to you. We also have our beautiful swimming pool and classes throughout the week. Water exercise is ideal for those with balance issues or joint pain. Exercising in the water gives you resistance, so you get some strength training without lifting weights. It's also a lot of fun being in the water. Getting in the pool reduces my stress and is the highlight of my day.

Getting outside to walk helps us get our vitamin D. Walking the hills on campus is a great cardio workout and gives us the opportunity to connect with nature, which is good for our well-being. Studies show time in nature can lower blood pressure and stress hormone levels, elevate our mood and rate of healing. Being in nature has a calming affect on us and it reduces feeling of isolation.

Let's get physical! Sign up for M4W at the dining room entrance before April 13! This will be our 12th year participating in the Masterpiece campaign. We keep doing it because it brings the community together and gives us the opportunity to support each other in maintaining and improving our physical well-being. M4W isn't a competition to see who moves the most, it is a way to join in the fun and maybe challenge yourself to go beyond what you normally do. Challenging ourselves to do better and feel better is how we improve. Some of you already do this, but many of us need to push ourselves to stay committed to a fitness routine.

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Special Events, Outings & Trips

Monday,

****April 4 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

****April 11 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

April 18 at 10:00 a.m. to 12:00 p.m. - Paper Bag Donation Drive / L

Paper bags must be neatly stacked inside one paper bag and brought to the lobby. No plastic bags.

****April 25 at 8:30 a.m. and 1:30 p.m. - Washington Jewelry Sale / SURB / L**

Purses, jewelry, clothes, tools and more. A great place to shop for gifts and usual everyday items. The event is a fundraiser for the Washington Hospital.

****April 25 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Tuesday,

****April 5 at 10:00 a.m. - Hobby Lobby / SURB / L**

****April 12 at 10:00 a.m. - Walking Trip: Sycamore Grove / SURB / L**

April 26 at 3:30 p.m. - Meet and Greet with New Residents / TR

New residents will have an opportunity to meet with the leadership team for a Q&A session. This is by invitation only.

Wednesday,

April 6 at 10:00 a.m. - Goodwill Donation / L

Bring your gently used clothing and small household kitchen ware to the Lobby to be taken to donation.

April 6, 13, 20 and 27 at 2 p.m. Ease the Stress / MP

In these four 30 - minute sessions, Penny will explore positive ways to respond to stress and ways to bring more ease to your life. Wednesdays in April at 2:00pm in the Multipurpose Room.

April 7 at 10:00 a.m. - Culinary Meeting / BR

Recording will play at 7:00 p.m. on channel 1-61.

April 13 at 1:00 p.m. - Fitness Talk with Yanasa: / GA

Join Yanasa, health fitness specialist, as she discusses the benefits of recovery stretching.

April 13 at 4:00 p.m. - Chat with Chuck / Chan. 1-61 or TR

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

****April 20 at 9:00 a.m. - Costco: Hesperian / SURB / L**

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Wednesday (cont.),

April 20 at 3:00 p.m. - Lifestyles Meeting / GR

Join Carolee and Nancy to discuss new ideas for outings, trips, programs, and events. They will also answer questions and share new information or updates regarding outings, trips, programs, and events.

****April 27 at 10:00 a.m. - Nut Tree Plaza / SURB / L**

Enjoy lunch and shopping on your own at the Nut Tree Plaza in Vacaville.

Thursday,

****April 14 at 9:00 a.m. - Oakland Zoo / SURB / L**

Have a fun day at the Oakland Zoo and take a ride on the gondola to see the California Trail. No golf cart tour. Lunch at the zoo.

April 21 at 4:00 p.m. - Treasured Memories Social / SURB / L

Celebrate your treasure memories with us! Come for a specialty cocktail or mocktail. See flyer for more information.

April 28 at 4:00 p.m. - Move For Wellness T-shirt distribution Party / 5th Fl Lobby

If you have signed up for M4W come up to the 5th floor lobby, enjoy a skinny cocktail/mocktail and get your M4W T-shirt.

Friday,

April 1 at 10:00 a.m. - Resident Council Meeting / BR or Chan. 1-61

Recording will play at 7:00 p.m. on channel 1-61.

April 8 at 10:00 a.m. - Resident Forum / DR or Chan. 1-61

Andy Cameron, General Counsel for the Masonic Homes of CA, presents on the shared services. Recording will replay at 7:00 p.m. on channel 1-61.

****April 15 at 10:00 a.m. - Fremont HUB - Target & Daiso / SURB / L**

****April 22 at 10:00 a.m. - Ease the Stress Outing with Penny to Half Moon Bay / SURB / L**

Feel yourself destress in nature as the negative ions purify the air. We will stop downtown to pick up lunch and go to Francis Beach to eat at the picnic tables. Sit and enjoy the view, take a walk on the paved path along the cliffs, or put your toes in the sand and connect with the earth.

Saturday,

****April 2 at 1:00 p.m. - Chuck Major 2nd Degree / SURB / L**

Sign up in the Lifestyles Binder to attend, open to Masons only.

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: April 2022

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, Stand & Circuit Train / GA</p> <p>9:50a Sit & Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Needle Arts Group / TS</p> <p>10:25a Balance Level: 1 / GA</p> <p>11:15a Posture & Recovery Stretching / GA</p> <p>11:45a Personal Training One-On-One / GA</p> <p>1:30p Hand and Foot / MP</p> <p>2p Chinese Mahjong / MP</p> <p>2p Relax and Color / TR</p> <p>2:30p Ping Pong / GA</p> <p>7p Bingo / 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>10a Water Walking / P</p> <p>10:15a Exercise for Pain Management / Chan. 1-62</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Bible Study / BR</p> <p>11a Exercise for Blood Flow, Neuropathy, & Fine Motor Skills / Chan. 1-62</p> <p>11:45a Cardio Sit & Circuit / Chan. 1-62</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2p Charades Anyone? / 5th Fl L</p> <p>2:30p Ping Pong / GA</p> <p>7p Rummikub / MP</p> <p>7:30p Pinochle / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit, Stand & Circuit Train / GA</p> <p>9:50a Sit & Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Sewing for Charity / TS</p> <p>10:25a Balance Level: 1 / GA</p> <p>11:15a Posture & Recovery Stretching / GA</p> <p>11:45a Personal Training One-On-One / GA</p> <p>1p Bridge / MP</p> <p>2p An Afternoon of 99 / AS</p> <p>2p Dance with Denise / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit, Stand & Circuit Train / GA</p> <p>9:50a Sit & Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:25a Balance: Assess & Strength / GA</p> <p>10:30a Water Aerobics / P</p> <p>11a Posture & Recovery Stretching / GA</p> <p>11:30a Personal Training One-On-One: Assess & Recharge / GA</p> <p>1p Art Class / AS</p> <p>1:30p AC Singers Sing Along / TR</p>	<p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Exercise for Pain Management / 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>1:30p Hand and Foot / MP</p> <p>1p Mexican Train / AS</p> <p>2:30p Ping Pong / GA</p>	<p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>11a Practice Qigong / Chan. 1-62</p> <p>2:30p Ping Pong / GA</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>

Bolded weekly recurring programs are either new programs or updated.



Acacia Creek Lifestyles April 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<p>Legend</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>AS = Art Studio (3rd Floor)</p> <p>BR = Board Room (5th Floor)</p> <p>DR = Dining Room (5th Floor)</p> <p>G = Gym (Wellness Center)</p> <p>GA = Gym Annex (Wellness Center)</p> </div> <div style="width: 15%;"> <p>Center)</p> <p>GR = Game Room (5th Floor)</p> <p>L = Lobby (1st Floor)</p> <p>MHA = Masonic Home Auditorium</p> <p>MP = Multi-Purpose Room (3rd Floor)</p> </div> <div style="width: 15%;"> <p>P = Pool (Wellness Center)</p> <p>PBC = Pickleball Court</p> <p>S = Siminoff Center</p> <p>SURB = Signup in Recreation Binder (Mailroom)</p> <p>SUC = Signup at Concierge</p> </div> <div style="width: 15%;"> <p>SUMB = Signup in Masonic Binder (Mailroom)</p> <p>TR = Turkey Roost (5th Floor Lounge)</p> <p>TS = The Studio (Apt. 1441)</p> </div> </div>						
3 7p Hershey Felder: A Paris Love Story / Chan. 1-61	4 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: The Four Field of Anthropology / Chan. 1-62	5 10a Hobby Lobby / SURB / L 10a Hershey Felder: A Paris Love Story / Chan. 1-61 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	6 10 Goodwill Donation / L 2p Ease the Stress Part 1 / MP	7 10a Culinary Meeting / BR 10a Great Courses - A History of European Art: Cubism and Early Modern Painting / Chan. 1-62 2p Acacia Greek Genealogy / MP 7p Replay of Culinary Meeting / Chan 1-61	8 10a Resident Forum: <i>Speaker: Andy Cameron, General Counsel, Masonic Homes of CA Presents Shared Services / DR or Chan. 1-61</i> 7p Replay of the Resident Forum / Chan. 1-61	9 10a Photo Ark: Go Big or Go Home / Chan. 1-61
10 7p Sunday Theatre: Hairspray Live! / Chan. 1-61	11 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Culture and Relativity / Chan. 1-62	12 10a Walking Trip: Sycamore Grove / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 11:15a Vote for M4W Logo / 5th Floor Lobby 1p Fitness Talk with Yanasa - The Benefits of Recovery Stretching / GA 2p Ease the Stress Part 2 / MP 3:30p Vote for M4W Logo / 5th Floor Lobby 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	14 9a Oakland Zoo / SURB / L 10a Great Courses - A History of European Art: Modern Sculpture-Rodin and Brancusi / Chan. 1-62 7:30p After-Dinner Drink and Discussion / TR	15 10a Fremont HUB - Target & Daiso / SURB / L 4p TGIF / TR	16 10a Photo Ark: Monkey Business / Chan. 1-61
17 11a Easter Brunch / DR 7p Sunday Theatre: The Great San Francisco Earthquake / Chan. 1-61	18 10a Paper Bag Donation Drive / L 10:45a Great Courses - Peoples and Cultures of the World: Fieldwork and the Anthropological Method / Chan. 1-62	19 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	20 9a Costco: Hesperian / SURB / L 2p Ease the Stress Part 3 / MP 3:00p Lifestyles Monthly Update Meeting / GR	21 10a Great Courses - A History of European Art: Art Between Two Wars-Kandinsky to Picasso / Chan. 1-62 4p Treasured Memories Social / TR	22 10a Ease the Stress Outing with Penny to Half Moon Bay / SURB / L	23 10a Clotilda: Last American Slave Ship / Chan. 1-61
24 2:00p Jazz and Soft Pretzels with Carolee / TR 7p Hershey Felder: Nicholas, Anna & Sergei / Chan. 1-61	25 8:30a Washington Jewelry Sale / SURB / L 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Nature, Nurture, and Human Behavior / Chan. 1-62 1:30p Washington Jewelry Sale / SURB / L	26 10a Hershey Felder: Nicholas, Anna & Sergei / Chan. 1-61 3:30p Meet and Greet with New Residents - By Invitation Only / TR	27 10a Nut Tree Plaza / SURB / L 2p Ease the Stress Part 4 / MP 2:30p Blood Pressure Check with Mina / BR	28 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Dawn of the Roman Empire / Chan. 1-62 4p M4W T-shirt Distribution Party / TR	29	30 10a The Real Black Panther / Chan. 1-61 2p Trivia with Penny / TR