

Healthy Body, Healthy Life (Cont.)

Stress - Managing stress is an important area of focus in healthy longevity. You may be feeling stress from things going on in your life (maybe your or your family members' health conditions or a huge life changing move to Acacia Creek) or to stress from outside your life (such as things happening throughout the world, stock market or politics). It is important to be able to identify stress symptoms you are feeling and have tools in place to help decrease your stress levels. It could be something you can do anytime, anywhere, like deep breathing to journaling or painting.

Know your numbers - Knowing your blood pressure, glucose level, cholesterol levels and weight are very important in being able to manage chronic or acute disease. If you have high blood pressure, talking with your primary care physician to put a plan in place to bring those numbers down is a great start. You also want to know if you are at risk for other diseases such as stroke or heart attack and be able to put actions in play to stave off these conditions. On **Wednesday, June 29th at 2:00 p.m. in the dining room**, Acacia Creek will be hosting a session on stroke prevention. A guest speaker from Washington Hospital Township will share with us the signs and systems of stroke and ways we can prevent it.

Although purposeful movement is one of the most important things you can do for yourself for healthy longevity, it is also important to look at other health factors to keep your self feeling good and independent for as long as possible!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

Eternity Band Performance

The Eternity Band was formed in 2018 with 7 students from Challenger School Ardenwood. Today they have four independent bands, formed by dozens of members from different local schools. The students perform volunteer concerts in Union City, Fremont, Newark and Hayward. Not only do they share their talents through their bands, but the members also volunteer in the community through art/academic tutoring and community clean ups. Join us on **June 18th at 2 p.m. in the Dining Room** to hear this wonderful group of teens! Also save the date in July for their return performance - July 24th.



Lifestyles of Acacia Creek

June 2022



ACACIA CREEK

(510) 441-3700

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**EAT
HEALTHY,
SLEEP WELL,
BREATHE
DEEPLY,
ENJOY LIFE.**

Healthy Body, Healthy Life

As we wrap up Move 4 Wellness for another year, we look back on all the purposeful movement and fun we had. As I talked with residents about being mindful about their purposeful movement, they would comment on how Move 4 Wellness always reminded them how much or little they were moving each day. We know a huge part of healthy longevity depends on how much movement we are doing each day. We want to keep using it so we don't lose it! Being active helps us to maintain and in some cases improve our independence. Going forward, the challenge will be to keep up the habit of being conscious about our movement each day.

As moving with purpose is so important for our physical wellbeing, there are other areas we want to make sure we are keeping our focus on. Some of these include:

Sleep - making sure that we are getting good quality sleep is vital to our body and mind. People over the age of 65 should be getting seven to eight hours of sleep every night. It is during this time that the body resets itself, repairs damaged cells and cleans out the waste products in our brains.

Diet - we talked a couple months ago about the importance of a healthy balanced diet. As researchers look at older adults who are aging successfully all over the world, the one thing they have in common is some form of a plant-based diet. If you are not intrigued by a plant-based diet, look at how you can substitute healthier proteins into your diet or increase your fruit and vegetable intake. For example, a small step might be to substitute red meat for chicken or fish, also taking a look at how much and when you are eating, focusing on eating smaller portions through out the day.

(Continued on page 8)

The Aging Man: How Exercise Can Help Slow Down Father Time

Aging is inevitable and as the clock keeps turning, we age with every second. Even if you are aging in good health, your body will still gradually change. This process happens to everyone. This month is Men's Health Awareness month, so this article is dedicated to the aging man.

Changes in the male body can start between the ages of 25-30. Men's average maximum heart rate declines by about one beat per minute per year. The man's heart peak ability to pump blood throughout the body decreases by 5-10% per decade.

The aging man's heart's peak capacity to pump blood as they age:

- 25 yrs. old can pump 2 ½ quarts blood/min.
- 65 yrs. old can pump 1 ½ quarts blood/min.
- 80 yrs. old can pump 1 quart blood/min.

This decline can even occur in a healthy aging man and can cause fatigue and shortness of breath when performing simple daily tasks. With age, men's blood vessels become stiff and have a difficult time pumping blood. Blood pressure rises and a decrease in the amount of oxygen-carrying red blood cells occurs. As you age, you gain weight and lose muscle mass by up to 50%. The ligaments are stiff and you become more open to bone fractures increasing your risk for falls. Men do not have a high risk for developing osteoporosis but due to calcium loss they can break bones as a result of the aging man not producing enough testosterone. They lose muscle mass and bone density as well. A man loses 1% testosterone levels per year after the age of 40. With the loss of muscle and weight gain there can be a rise in LDL (BAD) cholesterol and a decrease in the HDL (GOOD) cholesterol. Like the domino effect, blood sugar levels elevate by 6 points per decade making many older adult males at risk for type 2 diabetes. To make matters even worse, changes begin to occur in the nervous system where you suffer from slow reflexes, bad coordination, and memory lapses. Such a decline can affect one's spirit, but there is light at the end of the tunnel, and you have a lot more to do with the body's aging process than you think. We are no match for Father Time, but scientists are discovering that the male aging process has more to do with inactivity.

**“Exercise thy lasting youth defends”
-British Poet John Gay-**

The Aging Man: How Exercise Can Help Slow Down Father Time (Cont.)

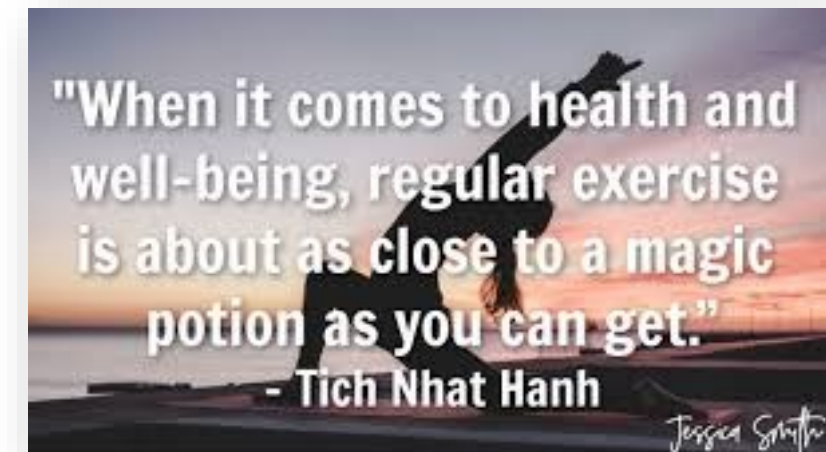
The Dallas Bed Rest Study

In 1966, the University of Texas Southern Medical School took five men in their 20s and put them on bed rest for three weeks. Afterwards, they discovered that their resting heart rate increased, they had a higher systolic blood pressure, decreased heart rate maximum pumping capacity, increased body fat, and a decline in muscle strength. These 20-year-old men aged physiologically more than men twice their age in just three weeks due to inactivity. Those same five men were then put on an eight-week exercise program and they were able to reverse the deterioration of their health. This study changed the game in exercise science by showing just how dangerous a sedentary lifestyle can be. It also showed that how you age has a lot to do with your lifestyle.

Through diet and exercise, you can fight off the neurological and physiological changes of aging. Endurance training protects the body's metabolism from the effects of aging by reducing body fat. It also sensitizes the body's tissues to insulin, improves cholesterol levels, boosts mood, decreases blood sugar levels, improves reflexes, and fights off age-related memory loss. Men should include resistance training because it increases muscle mass and saves bone calcium. Lastly, men should always incorporate some flexibility and balance training into their programs. This will allow you to move more freely, avoid injuries and prevent falls.

The take-home message to all of this is that exercise will keep you moving and youthful. If you would like to have an exercise program created to match your personal fitness goals come to my **Personal Training: 1-On-1 sessions on Monday and Wednesday at 11:45 am and Thursday at 11:30 am.**

Yanasa Williams, Health Fitness Specialist



Weekend Entertainment

Saturday on Channel 1-61,

June 4 at 10:00 a.m. - Rocky Mountain Animal Rescue: Duck & Cover

A duck is in danger, a Chihuahua faces surgery, and a pack of Yorkies need rescue.

June 11 at 10:00 a.m. - Rocky Mountain Animal Rescue: Lights Out

A dog is severely injured after falling three stories, and a Pitbull struggles for breath.

June 18 at 10:00 a.m. - Rocky Mountain Animal Rescue: Fowl Play

Lightning-fast peacocks invade a hemp farm, and two kittens face severe eye infections.

June 25 at 10:00 a.m. - Rocky Mountain Animal Rescue: Hit & Run

A canine crash victim fights for life, aggressive dogs get loose, and a dove needs risky surgery.

Sunday on Channel 1-61,

June 5 at 7:00 p.m. - Sunday Theatre: Little Women: The Musical

Based on Louisa May Alcott's life, Little Women follows the adventures of sisters, Jo, Meg, Beth and Amy March. Jo is trying to sell her stories for publication, but the publishers are not interested – her friend, Professor Bhaer, tells her that she has to do better and write more from herself. Begrudgingly taking this advice, Jo weaves the story of herself and her sisters and their experience growing up in Civil War America.

June 12 at 7:00 p.m. - Sunday Theatre: The Inspector General

When illiterate clown Georgi is fired from a traveling carnival, he wanders into a town meticulously preparing for a visit by the government inspector general. Mistaken for the official, the town caters to the clueless Georgi's every whim--until the real inspector arrives.

June 19 at 7:00 p.m. - Hershey Felder: George Gershwin Alone

Hershey Felder as George Gershwin Alone is the story of America's great composer, who with the groundbreaking "A Rhapsody in Blue", made a "Lady out of Jazz." For the first time, Hershey Felder will bring George Gershwin to life.

June 26 at 7:00 p.m. - Hershey Felder: Great American Songs and the Fascinating Stories Behind Them

Featuring the music of Berlin, Gershwin, Kern, Rodgers, Sondheim, Darion, Arlen, Guthrie, Rodger & Hart, Lerner & Loewe and more.

Staying Strong During the Pandemic

Recovering from the effects of the pandemic can be a lengthy process that takes many forms. Resilience is a big determining factor in our recovery; focusing on what we have and what is going well helps us move through challenges and bounce back. We can be more resilient when we have meaningful pursuits that we are engaged in, things that give us purpose, engage our passion, and ignite our creativity. Having meaning and purpose empowers us to be more proactive in our lives. This helps us to be more flexible and see that we are not alone in how we feel.

For many, the pandemic has been one of the most difficult events we've endured in our lives. Recovering for me has been fueled by trying new things, visiting new places, and engaging with people in a deeper way. This also included staying in close contact with the people who I feel are most supportive, as well as being more mindful of treating people how I want to be treated. When we are caught up in our emotions, this can be challenging, but I believe we get from others what we put out, so it is worth the effort to give out kindness and understanding.

Quite often, the biggest opportunities for growth come from the biggest challenges we face. I've talked to residents about their personal journeys during the pandemic, and their advice was to focus on what one can control and what makes one happy. The shortages we are facing and the few lingering restrictions are beyond our control. So rather than focusing on them, try keeping your focus on how far we have come and how well we protected ourselves as a community. Our low rates of COVID-19 and how well the community has cooperated at Acacia Creek are something for us all to be proud of.

We see individuals at Acacia Creek taking steps to regain their level of engagement and activity. Those who contribute to the programs, groups, and committees are steadily getting things going to keep things lively and stimulating. Hopefully, the experience of the pandemic has increased our appreciation of our family, friends, and the most important things in life. There is a saying, "the best view comes after the hardest climb." May we all have the wisdom to recognize the joy life presents to us and let go of anything that doesn't serve our greatest good. Together, we got through the last 26 months, and together we will face the future as a united community.

Penny Vittoria, Successful Aging Coach

Special Events, Outings & Trips

Sunday,

****June 19 at 11:00 a.m. - Ragtime / \$40.00 / SURB / L**

"It was the music of something beginning..." Set to the syncopated rhythms of a hopeful new age, this musical masterpiece traces the intersecting lives of an inventive Jewish immigrant, a courageous Black pianist, and a conflicted White mother at the dawn of the 20th century.

Monday,

****June 6 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

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

****June 20 at 10:00 a.m. - Seafood City Grocery Store / SURB / L**

June 20 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.

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

Tuesday,

****June 7 at 10:00 a.m. - Fremont HUB - Target & Daiso / SURB / L**

****June 14 at 10:00 a.m. - Walking Trip: Leo J. Ryan Park / SURB / L**

June 28 at 10:00 a.m. to 11:00 a.m. - Goodwill Donation / L

Wednesday,

****June 1 at 9:00 a.m. - Soquel Vineyard / \$25.00 / SURB / L**

Enjoy a scenic drive to Soquel, California. The price includes wine tasting and pizza for lunch.

June 8 at 1:00 p.m. - Fitness Talk with Yanasa / GA

Join fitness health specialist Yanasa as she discusses "The Aging Man: How Exercise Can Help Slow Down Father Time." Open to everyone.

June 8 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.

****June 15 at 9:00 a.m. - Costco: Hesperian / SURB / L**

June 15 at 3:00 p.m. - Lifestyles Meeting / GR

Join Carolee and Nancy to discuss new ideas for outings, trips, programs, and events.

June 22 at 3:00 p.m. - Science and Engineering Discussion Group / BR

AC resident, Dr. Byron Roe will present "The Fundamental Particle and Forces Zoo."

June 29 at 2:00 p.m. - Stroke Awareness Presentation / DR

Join Maria Nunes, stroke program clinical manager at Washington Hospital, as she talks about stroke sign, symptoms and prevention. Everyone is welcome.

Special Events, Outings & Trips (Cont.)

Thursday,

June 2 at 10:00 a.m. - Culinary Meeting / BR

June 2 at 1:30 p.m. - Move 4 Wellness Event Center Extravaganza / EC
Join us at the last M4W event at the Event Center! Enjoy a refreshing flavored shaved ice as you join in a game of bocce ball, putting golf, horseshoes and more! Meet at the lobby at 1:30 to walk with a group up to the event center or catch a bus shuttle up to the fun!

June 9 at 11:30 a.m. - Move 4 Wellness Finish Line BBQ / L

For all M4W participants - join us outside the Acacia Creek lobby to celebrate with good food and fellowship. Tickets are required for this event and you will receive a ticket when you turn in your last tracking sheet. Tickets are not transferable.

June 16 at 4:00 p.m. - Musical Sing - Along Social / BR

Sing along to popular songs from your favorite musicals and movies. Drinks (wine, beer, and soda) from the bar are on the house from 4:00 to 5:00 p.m.

****June 23 at 10:00 a.m. - Stanford Shopping Center / SURB / L**

This is an outdoor shopping plaza to enjoy lunch and shopping.

****June 30 at 9:00 a.m. - De Young Museum / SURB / L**

See the visiting exhibit: The Obama Portraits.

Friday,

June 3 at 10:00 a.m. - Resident Council Meeting / BR

June 10 at 10:00 a.m. - Resident Forum / To Be Announced

****June 17 at 11:00 a.m. - Lunch Bunch: Falafel, etc. / SURB / L**

Come and enjoy a middle eastern inspired meal such as lamb shawarma, falafel, and homemade baklava.

****June 24 at 9:00 a.m. - Ferry Building Tour / SURB / L**

Enjoy the ferry to the ferry building from Alameda. Resident, Sally Ward will give us a tour of the Ferry Building.

Saturday

June 18 at 2:00 p.m. - Eternity Band Performance / DR

Join us as these high school students share their musical talents.

If you have a suggestion for outings, trips,

special events or programs, contact

Nancy at ext. 3719 or email NNguyen@acaciacreek.org

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: June 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 Bananagrams / GR</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: 2 / 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 Acacia Creek 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>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: 2 / 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>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>10:15a Exercise for Pain Management / Chan. 1-62</p> <p>10:15a Beading with Deborah / TS</p> <p>10:45a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>1p Rummikub / MP</p> <p>1p Mexican Train / AS</p> <p>1:30p Hand and Foot / MP</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. 1-61</p> <p>2:30p Ping Pong / GA</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>
<p>Bolded weekly recurring programs are either new programs or updated.</p>	 <p>ACACIA CREEK (510) 441-3700</p> 					

Acacia Creek Lifestyles June 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																										
Special Events:																																
<p>Legend</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 16.6%;">AS = Art Studio (3rd Floor)</td> <td style="width: 16.6%;">Center)</td> <td style="width: 16.6%;">Home Auditorium</td> <td style="width: 16.6%;">SURB = Signup in Recreation Binder (Mailroom)</td> <td style="width: 16.6%;">1</td> <td style="width: 16.6%;">2</td> <td style="width: 16.6%;">3</td> </tr> <tr> <td>BR = Board Room (5th Floor)</td> <td>GA = Gym Annex (Wellness Center)</td> <td>MP = Multi-Purpose Room (3rd Floor)</td> <td>SUC = Signup at Concierge</td> <td rowspan="4">9a Soquel Vineyard / SURB / L</td> <td rowspan="4">10a Culinary Meeting / BR 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Five Good Emperors / Chan. 1-62 1:30p M4W Walk to the Event Center Extravaganza / L 2p Acacia Creek Genealogy / MP</td> <td rowspan="4">8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR</td> </tr> <tr> <td>DR = Dining Room (5th Floor)</td> <td>GR = Game Room (5th Floor)</td> <td>P = Pool (Wellness Center)</td> <td>TR = Turkey Roost (5th Floor Lounge)</td> </tr> <tr> <td>G = Gym (Wellness)</td> <td>L = Lobby (1st Floor)</td> <td>PBC = Pickleball Court</td> <td>TS = The Studio</td> </tr> <tr> <td></td> <td>MHA = Masonic</td> <td>S = Siminoff Center</td> <td></td> </tr> </table>							AS = Art Studio (3 rd Floor)	Center)	Home Auditorium	SURB = Signup in Recreation Binder (Mailroom)	1	2	3	BR = Board Room (5 th Floor)	GA = Gym Annex (Wellness Center)	MP = Multi-Purpose Room (3 rd Floor)	SUC = Signup at Concierge	9a Soquel Vineyard / SURB / L	10a Culinary Meeting / BR 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Five Good Emperors / Chan. 1-62 1:30p M4W Walk to the Event Center Extravaganza / L 2p Acacia Creek Genealogy / MP	8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR	DR = Dining Room (5 th Floor)	GR = Game Room (5 th Floor)	P = Pool (Wellness Center)	TR = Turkey Roost (5 th Floor Lounge)	G = Gym (Wellness)	L = Lobby (1 st Floor)	PBC = Pickleball Court	TS = The Studio		MHA = Masonic	S = Siminoff Center	
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5 3p Sudoku with Carole S. / AS 7p Sunday Theatre: Little Women the Musical / Chan. 1-61	6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Family, Marriage, and Incest / Chan. 1-62	7 10a Fremont HUB - Target & Daiso / SURB / L	8 1p Fitness Talk with Yanasa - Topic: The Aging Man: How Exercise Can Help Slow Down Father Time / GA 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	9 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Hazards of Life in Ancient Rome: The Five Fs / Chan. 1-62 11:30a M4W Finish Line BBQ / Ticket Required / L 7:30p After Dinner Drink and Discussion / TR	10 10a Resident Forum / To Be Announced 4p TGIF / TR	11 10a Rocky Mountain Animal Rescue: Lights Out / Chan. 1-61																										
12 7p Sunday Theatre: The Inspector General / Chan. 1-61	13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Multiple Spouses and Matrilineality / Chan. 1-62	14 10a Walking Trip: Leo J. Ryan Park / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	15 9a Costco: Hesperian / SURB / L 11a AC Block Party BBQ - 1st Odd West & 4th Even East & T Section / By Invite Only / Pickleball Court 3:00p Lifestyles Monthly Update Meeting / GR	16 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Roman Art and Architecture / Chan. 1-62 4p Musical Songs - Along Social / TR	17 11a Lunch Bunch: Falafel, etc. - Middle Eastern Restaurant / SURB / L	18 10a Rocky Mountain Animal Rescue: Fowl Play / Chan. 1-61 2p Eternity Band Performance / DR																										
19 11a Ragtime / SURB / L 7p Hershey Felder: George Gershwin Alone / Chan. 1-61 / Chan. 1-61	20 10a Seafood City Grocery Store / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - Peoples and Cultures of the World: Gatherers and Hunters / Chan. 1-62	21 10a Hershey Felder: George Gershwin Alone / Chan. 1-61 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	22 11a AC Block Party BBQ - 1st Even West & 3rd Even West / By Invite Only / Pickleball Court 3p Science and Engineering Discussion Group: "The Fundamental Particle and Forces Zoo" by AC Resident Dr. Byron Roe / BR	23 10a Stanford Shopping Center / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Roman Literature / Chan. 1-62	24 9a Ferry Building Tour / SURB / L	25 10a Rocky Mountain Animal Rescue: Hit & Run / Chan. 1-61 2p Trivia with Penny / TR																										
26 7p Hershey Felder: Great American Songs and the Fascinating Stories Behind Them / Chan. 1-61	27 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Headmen and Horticulturists / Chan. 1-62	28 10a Goodwill Donation / L 10a Hershey Felder: Great American Songs and the Fascinating Stories Behind Them / Chan. 1-61 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	29 2p Washington Township Hospital Presentation on Stroke Awareness / DR 2:30p Blood Pressure Check with Mina / BR	30 9a De Young Museum / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Ordinary Roman Speaks: Graffiti / Chan. 1-62																												