

Shake Up Your Walk (Cont.)

2.) **Do a fartlek walk** - A fartlek - which means speedy play in Swedish - walk uses intervals of increased and decreased speeds. This method is often used by runners, but has the same benefits when used by walkers. Studies show that interval training for 10 minutes can lower risk of diabetes or stroke the same as working out at a continuous pace for 50 minutes! To incorporate this, try walking at an increased pace for three minutes, slow down for two minutes, then repeat. As always start slow and build yourself up to the three minutes of increased pace.

3.) **Wear a walking tracking device** - Wearing a pedometer can be an easy way to create a challenge for you. You can easily see how far you are walking each day. Other devices such as a Fitbit can help track not only your steps, but also how many calories burned, distance walked, heart rate or your heart rate zone minutes. For me this is a great incentive. I have even set my Fitbit to remind me to get up and walk when I have sat at my desk too long!

4.) **Hiking** - This word may turn people away who may picture hiking up a mountain! But hiking can be a low intensity way of reconnecting with nature and exploring new terrains. There are so many easy hiking trails in the East Bay Park system. Plus the monthly walking group often visits new venues that are easy to explore.

5.) **Mindful walking** - This is a great way to meditate while moving. The idea is to focus on your 5 senses: what smells do you smell, how does the breeze feel on your face, how does the sun feel on your skin, what sounds do you hear around you?

6.) **Walking backwards** - This is great to incorporate at any walking level. If you are a beginner walker or have unsteady balance, it is important to start off slow and have something to hold onto such as the handrail in the hallway. Walking backwards requires you to put unfamiliar low-impact demands on your body which increases leg muscle and aerobic capacity more rapidly. It also increases neuropath ways as this is not a “normal” exercise you are doing, so your brain needs to concentrate more to coordinate the movements. Again if you haven’t done this before, it maybe beneficial to meet with Yanasa (the health fitness specialist in the gym) to help build a safe routine for you.

As we gear up for Move 4 Wellness, it is time for us to think about purposeful movement - what we are doing, how we want to improve our movements and how we need to shake it up. If you are someone who wants to shake up your movement, try these six things. Walking is a great way to add purposeful movement into your day for great outcomes!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



Lifestyles of Acacia Creek

May 2022



ACACIA CREEK

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Shake Up Your Walk

One of the most popular and accessible forms of exercise for people over 65 is walking. It doesn’t require any equipment or special skills and can be done almost anywhere.

There are many great benefits of walking. Top of list is cardio fitness which helps maintain a balanced weight and manage chronic diseases such as diabetes, high blood pressure and heart disease. As you increase your endurance, walking also strengthens your bones and builds muscle. If you haven’t exercised in a long time, walking is a great way to start. You can start off slow, and in a short time, build up your distance and stamina. It is a low-impact exercise which makes it exercise friendly for most people. The Center for Disease Control recommends walking for 30 minutes or 10,000 steps a day. If both of these sound overwhelming if you are just beginning, but remember Kaizen - set small goals each day until you are up to the 30 minutes or 10,000 steps.

Now with all the great things to be said about walking it can at times become monotonous; walking everyday, the same route, the same time, the same intensity. If you were a regular walker or are a walker getting bored with your routine, maybe it is time to shake up your walk!

There are quite a few easy steps you can take to shake up your daily walk.

1.) **Find a Friend** - People who work out together have a higher rate of staying committed to their fitness regimen and have higher rates of life satisfaction and health benefits. The idea of having someone to keep you accountable and encourage you on is very powerful. Plus you just might be that person for who you are walking with. A win-win!

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The Power of Muscle

Everything we do requires muscle to put movement into action. It contracts and generates movement which allows us to move our limbs, jump, smile, chew our food, move food throughout the gut, and keep the heart pumping. So let's look at how muscles actually work, how they respond to exercise and why we should move them.

There are three different types of muscle in the body. There's cardiac muscles which are muscle of the heart, smooth muscle which is involuntary and found in the walls of our internal organs, and skeletal muscles. We will focus mostly on skeletal muscle which is voluntary and responsible for body movements. However, you will soon see how all three muscle types work together and how exercise benefits all three.

Skeletal muscle consists of thousands of fibers that are as long as the muscle itself. Imagine you can have over 100,000 fibers in just your tricep. There are even smaller fibers inside called myofibrils that consist of even smaller myofilaments in them called actin and myosin. Muscles are attached to bones by tendons and can only perform the action of pulling, not pushing. This means muscles must work together in pairs to get a joint to move. This works by one muscle contracting and pulling a joint one way and another muscle pulling a joint another way. This process of muscle movement is called the mechanism of muscle contraction. This process begins when a message is sent through the nervous system generating a signal and creating an impulse called action potential. Your brain makes the decision which muscle is needed for movement to happen. This triggers chemical reactions via the spinal cord which then travel to the muscle fibers and rearrange them to shorten causing a muscle contraction. Now the movement is in process and the brain relies on feedback mechanisms so it can monitor the body's movement. This gives us a sense of location of our body parts and where we are placed in a certain space. The chemical signal from the nervous system then disappears causing the chemical process to then go into reverse. Muscle fibers rearrange once more making the muscle go into relaxation. This amazing process happens at a rapid pace over and over again.

During exercise, energy is directed to your muscles which benefits other systems in the body by allowing them to focus on helping your muscles as well. Exercising helps the cardiac muscle by allowing it to beat faster and distribute more blood to the muscles. It also provides more oxygen and nutrients to the muscle and even slows down the digestive system saving energy needed to fuel the body throughout daily life. Endurance exercises such as aerobic training, jogging or intense walking makes muscles stronger and less tired.

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The Power of Muscle (Cont.)

It benefits the heart by pumping more blood throughout the body, increases lung capacity to breathe in more oxygen, improves digestion, coordination and helps metabolism become more efficient. Resistance training forces the muscle to contract as hard as possible which increases the number of contractile filaments inside muscle cells causing them to grow. A great example of a good activity would be swimming. It builds your stamina and strength by forcing you to push your way through the weight of the water.

We are in the month of May and most of us are participating in Move 4 Wellness. Let's take this time to focus on meaningful movement to strengthen our muscles, improve coordination, stability and balance, build durable denser bones, prevent disease, and improve our minds, body's and spirits. Join us down in the gym and figure out what activities you don't like while discovering new activities you enjoy. Not sure what activities to do? Come see me during my personal training class on Mondays and Wednesdays at 11:45 am and Thursdays at 11:30 am.

Yanasa Williams, Health Fitness Specialist

Move For Wellness T-Shirt Tracking Thursdays

Wear your M4W t-shirt every Thursday and turn in your M4W tracking sheet to the Concierge by noon. All are invited to join the fun listed below!
May 12: Pop-Up Gym Day - Yanasa and Dante will run pop-up fitness programs in different locations around the building and give raffle tickets to all participants. Meet at the front entrance for a group walk around the building at 1:30pm. After the walk there will be refreshments, and a variety of games for all to enjoy at the front entrance. The raffle will be at 2:00pm.

May 19: AC M4W Water Volleyball Game - Residents and team members will be getting in the water at 2:00pm for a friendly game of volleyball. Come watch the fun or let Penny know if you want to play!

May 26: Scavenger Hunt - Come to the Turkey Roost at 10:00am for info on how to participate. Everyone is invited to meet at the front entrance for a group walk around the building at 1:30pm. After the walk, enjoy refreshments, music and dancing at the front entrance. The hunt officially concludes at 2:00pm, prizes will be awarded then.

June 2: Event's Center Extravaganza - Save the date! At 1:30pm meet at the front entrance to either take a shuttle to the Events Center or walk up with the group. We will be playing bocce, having a golf putting competition and other games. Snow cones will be served, and the view can't be beat!

Weekend Entertainment

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

May 7 at 10:00 a.m. - The Lost Tomb of Alexander the Great

In this gripping investigation, archaeologist Pepi Papakosta is on a hunt for Alexander the Great's lost tomb, and she makes an extraordinary discovery .

May 14 at 10:00 a.m. - The Lost City of Machu Picchu

High in the Peruvian Andes lies the ancient city of Machu Picchu, a lost city of doorways and passages that hint at the ghost of its past. Who were the mysterious people who built it and why?

May 21 at 10:00 a.m. - Lost Temple of the Inca

An environmental scientist discovers ancient artifacts submerged beneath the headwaters of the Amazon, saving the landscape from mining devastation.

May 28 at 10:00 a.m. - Petra: Secrets of the Ancient Builders

In the heart of the Jordanian desert, the ancient city of Petra is full of mysteries.

Sunday on Channel 1-61,

May 1 at 7:00 p.m. - Sunday Theatre: Jesus Christ Superstar

Jesus Christ Superstar traces the last seven days of the life of Christ as seen through the eyes of Judas Iscariot.

May 8 at 7:00 p.m. - Sunday Theatre: Jane Eyre (1997)

Jane Eyre is hired to care for young Adele, the daughter of the brooding Mr. Rochester. After much trepidation, Eyre and Rochester begin a romantic relationship, but dark secrets surrounding Rochester threaten to destroy the couple's love.

May 15 at 7:00 p.m. - Sunday Theatre: Lucky Stiff

A down-on-his-luck English shoe salesman unexpectedly inherits \$6 million from an American uncle. However, he'll have to deal with his uncle's unusual will terms and all the other people after his money.

May 22 at 7:00 p.m. - Sunday Theatre: Great Expectations

Great Expectations follows the childhood and young adult years of Pip, a blacksmith's apprentice in a country village. He suddenly comes into a large fortune (his great expectations) from a mysterious benefactor and moves to London where he enters high society.

May 29 at 5:00 p.m. - Hershey Felder: The Assembly (Live Performance)

The true story of Holocaust Survivor Eva Libitzky who spent her post-war life in America visiting primary and secondary schools throughout the United States to tell her story.

Practicing Mindfulness

A few months ago, someone told me, “We mustn’t let our thoughts control us because the mind is a great worker, but it’s a terrible manager.” This saying felt revolutionary to me, and as I reflected on it more, I saw it as a reminder to stay mindful and to focus on the present and to not let thoughts based on past experiences obscure what is happening in each moment of the day.

When we are mindful, we are appreciating what is in front of us rather than dwelling on past experiences or worrying about what might happen in the future. Living in the moment means being aware of our thoughts without acting rashly; thinking then acting, rather than reacting. Mindfulness gives us more control over our thoughts. It is what gives us a sense of control over our life and gives us a sense of balance.

Becoming mindful takes practice and discipline, but the benefits are great! It reduces stress, blood pressure, and pain levels while boosting our immune system and happiness levels. Mindful people have less depression and more satisfying relationships. When we practice mindfulness, we are more likely to have a positive outlook, see possibilities, and be more confident. I discovered this in my life. Practicing mindfulness helped me become more positive and gave me more control over my life. Being mindful becomes easier with time and practice, but life’s challenges constantly test us. The effort is worth it when a sense of wellbeing is the outcome.

Being mindful about what we want for ourselves is an important step in determining how we want to live. We can discover what motivates us and what we want to ultimately achieve. For many, it is maintaining the wellness we have for as long as possible. We do this by being mindful about the choices we make throughout the day; to exercise or not, to eat dessert or have fruit, to go to a program or watch cable news.

Move 4 Wellness is a great opportunity to practice mindfulness. Tracking the time we are physically active throughout the week gives us a clear picture of how much we are really moving. We all choose what’s important to us and how we want to live. Why not make those choices mindfully?

Penny Vittoria, Successful Aging Coach

Special Events, Outings & Trips

Monday,

- **May 2 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**
- **May 9 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**
- **May 16 at 10:00 a.m. - 99 Ranch Market - Warm Springs Plaza / SURB / L**
- May 16 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.
- **May 23 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Tuesday,

- May 3 at 1:45 p.m. - Move for Wellness Group Photo and Starting Line Party.**
Wear your Move for Wellness T-shirt and join us in the lobby at 1:30 p.m. for the group photo. Right after the photo we will walk to the Wellness Center for games, refreshments and a farmer's market.
- **May 10 at 10:00 a.m. - Walking Trip: Sabercat Park / SURB / L**
- **May 24 at 10:00 a.m. - Walmart / SURB / L**

Wednesday,

- **May 4 at 11:00 a.m. - Lunch Bunch: Joyheart Café / SURB / L**
Enjoy a Taiwanese vegetarian meal for lunch.
- May 11 at 1:00 p.m. - Fitness Talk with Yanasa / GA**
Join fitness health specialist Yanasa as she discusses the power of muscles.
- May 11 at 4:00 p.m. - Meet with Martin / Chan. 1-61 or TR**
Martin shares recent community news and updates. Recording will play at 7:00 p.m. on channel 1-61.
- **May 18 at 9:00 a.m. - Costco: Automall / SURB / L**
- May 18 at 2:00 p.m. - Washington Hospital presentation on POLST, Advanced Directives and Medicare open enrollment / DR**
Join Kristi Caracappa, health insurance information coordinator from Washington Hospital, as she shares information regarding Medicare open enrollment, Medicare coverage options, Part D drug plan and advance health care directives.
- May 18 at 3:00 p.m. - Lifestyles Meeting / GR**
Join Carolee and Nancy to discuss new ideas for outings, trips, programs and events.
- **May 25 at 10:00 a.m. - Ease the Stress Outing with Penny to Half Moon Bay / SURB / L**
Feel yourself de-stress 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.

** Indicates Outings or Trips

Special Events, Outings & Trips (Cont.)

Thursday,

- May 5 at 10:00 a.m. - Culinary Meeting / BR**
Recording will play at 7:00 p.m. on channel 1-61.
- May 5 at 4:30 p.m. - Cinco de Mayo Celebration / DR**
Celebrate Cinco de Mayo this year in the dining room with a delicious Mexican meal and margaritas made by yours truly Chuck Major. Come up to the dining room at your normal dinner time and join in the fun.
- **May 12 at 9:00 a.m. - Japanese Tea Garden and Ferris Wheel / \$7/ SURB / L**
Experience the natural beauty, tranquility, and harmony of a Japanese-style garden in the heart of San Francisco's Golden Gate Park.
Optional: Check out the Skystar Ferris wheel located between the De Young and the Cal Academy. Tickets are only \$12 and can be purchased at the entrance.
- May 12 at 10:30 a.m. - Resident Forum / Chan. 1-61**
Guest Speaker Gary Charland, President and CEO of Masonic Homes will give an update on the Masonic Home construction. Recording will replay at 7:00 p.m. on channel 1-61.
- May 19 at 4:00 p.m. - AC Family Game Night Social / BR**
Join us for a family game night! Bar Trivia, Poker, Sudoku and more! Drinks (wine, beer, and soda) from the bar are on the house from 4:00 to 5:00 p.m.
- **May 26 at 9:30 a.m. - Filoli / \$22/ SURB / L**
Come see the flowers in bloom at this historical site.

Friday,

- May 6 at 10:00 a.m. - Resident Council Meeting / BR or Chan. 1-61**
- **May 20 at 11:00 a.m. - San Jose Historical Park/ SURB / L**
Enjoy lunch in Little Saigon San Jose before exploring San Jose Historical Park on your own.
- May 27 at 11:30 a.m. - Memorial Day Picnic / SURB / Outside Lobby**
Join us outside in celebration of Memorial Day with a picnic. This is an RSVP event only. Please sign up in the Lifestyles binder by May 13th. Those who attend will be charged a meal credit. We look forward to celebrating with you!

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: May 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>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 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>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>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>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 May 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<p>1 3p Sudoku with Carole S. / AS 7p Sunday Theatre: Jesus Christ Superstar / Chan. 1-61</p>	<p>2 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Languages, Dialects, and Social Categories / Chan. 1-62</p>	<p>3 1:45p M4W Group Photo and Starting Line Party / L</p>	<p>4 11a Lunch Bunch: Joyheart Café / SURB / L</p>	<p>5 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Augustus, the First Emperor / Chan. 1-62 2p Acacia Creek Genealogy / MP 4:30p Cinco de Mayo Celebration / DR</p>	<p>6 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR or Chan. 1-61 7p Replay of Council Meeting / Chan 1-61</p>	<p>7 10a The Lost Tomb of Alexander the Great / Chan. 1-61 2:30p Kentucky Derby with Carolee / TR</p>
<p>8 11a Mother's Day Brunch / DR 7p Sunday Theatre: Jane Eyre (1997) / Chan. 1-61</p>	<p>9 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Language and Thought / Chan. 1-62</p>	<p>10 10a Walking Trip: Sabercat Park / SURB / L</p>	<p>11 1p Fitness Talk with Yanasa - Topic: The Power of Muscles / GA 1:30p Pant Sale / TS (apt. 1441) 4p Meet with Martin / TR or Chan. 1-61 7p Replay of Meet with Martin / Chan 1-61</p>	<p>12 9a Japanese Tea Garden and Ferris Wheel / SURB / L 10:30a Resident Forum: Guest Speaker Gary Charland, President and CEO of Masonic Homes Topic: Update: Masonic Home Construction 1:30p M4W T-shirt Thursdays Walk with Pop-up Gym Raffle / L 7:30p After Dinner Drink and Discussion / TR 7p Replay of the Resident Forum / Chan. 1-61</p>	<p>13 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Tiberius and Caligula / Chan. 1-62</p>	<p>14 10a The Lost City of Machu Picchu / Chan. 1-61</p>
<p>15 7p Sunday Theatre: Lucky Stiff / Chan. 1-61</p>	<p>16 10a 99 Ranch Market - Warms Springs Plaza / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - Peoples and Cultures of the World: Constructing Emotions and Identities / Chan. 1-62</p>	<p>17 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</p>	<p>18 9a Costco: Automall / SURB / L 2p Washington Hospital Presentation on POLST, Advanced Directives and Medicare Open Enrollment / DR 3:00p Lifestyles Monthly Update Meeting / GR</p>	<p>19 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Claudius and Nero / Chan. 1-62 1:30p M4W T-shirt Thursday walk ending at AC Pool for M4W Water Volleyball Game / L 4p AC Family Game Night Social / TR</p>	<p>20 11a San Jose Historical Park / SURB / L 4p TGIF / TR</p>	<p>21 10a Lost Temple of the Inca / 1-61</p>
<p>22 7p Sunday Theatre: Great Expectations / Chan. 1-61</p>	<p>23 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Magic, Religion, and Codes of Conduct / Chan. 1-62</p>	<p>24 10a Walmart / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>25 10a Ease the Stress Outing with Penny to Half Moon Bay / SURB / L 2:30p Blood Pressure Check with Mina / BR</p>	<p>26 9:30a Filoli / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Flavian Emperors and Roman Bath Culture / Chan. 1-62 1:30p M4W T-shirt Thursday walk and conclusion of Scavenger Hunt / L</p>	<p>27 11:30a Memorial Day Picnic / RSVP Event Only / SURB / L</p>	<p>28 10a Petra: Secrets of the Ancient Builders / Chan. 1-61 3p Trivia with Penny / TR</p>
<p>29 5p Hershey Felder: The Assembly (Live Performance) / Chan. 1-61</p>	<p>30 Memorial Day 10:45a Great Courses - Peoples and Cultures of the World: Rights of Passage / Chan. 1-62</p>	<p>31 10a Hershey Felder: The Assembly / Chan. 1-62 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>				