

A Wedding Experience of a Lifetime (Cont.)

The day of the wedding, the groom and his family travel to the bride's home with six red lacquered trays consisting of fruits, sweets, and tea which are gifts to the bride's family. There are two other red lacquered trays with items used in the ceremony at the bride's home. One tray has alcohol in a decorative serving bottle and two small decorative cups, and the other tray has betel leaves and areca nuts. The trays are carried by eight men on the groom's side with the trays containing the alcohol first in line and the tray with betel leaves and areca nuts right after. Once the ceremony starts, the trays are handed to eight women on the bride's side. The bride and groom are then led to the main area where the bride's family have their family altar. The elders of the two families are seated in front of the altar to witness the ceremony. The bride and groom must bow to the ancestor for their blessing and acceptance of the marriage. The couple bows to each other as a sign of respect to each other. The couple bows to the parents out of respect and asking for their blessing. Once again, the bride and groom must serve the alcohol to their elders in exchange for the word of blessing. The tray of betel leaves and areca nuts is opened and the groom and bride must make a grab for the betel leaves. Whoever picks up the most leaves will be considered the one with the most authority in the marriage.

After the ceremony, the couple and all the family members travel to the groom's home where the reception is hosted. The elders and parents of the couple once again are led to the main hall where the groom's ancestor's altar where another ceremony is hosted. The couple once again must bow to the ancestor and parents. Once that is done, the party begins, and the couple must visit each table to receive their blessings. The reception I attended started from the time we arrived back from the bride's home till 2:00 p.m.

I will be presenting the wedding photos, videos, and my experiences on **Friday, September 23rd at 2 :00 p.m. in the Boardroom.**

Nancy Nguyen, CTRS
Lifestyles Coordinator



RCFE# 015601302 COA #246

Lifestyles of Acacia Creek

September 2022



ACACIA CREEK

(510) 441-3700

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A Wedding Experience of a Lifetime

Weddings are a spectacular event in Vietnam! In July, I was invited to my cousin Sang's wedding. The wedding was set for July 23 to the 24th in the city of Vinh Long, Vietnam. Each wedding celebration is different in Vietnam based on the region, religious beliefs, and family preferences. I experienced the wedding as a participating family member on the groom's side.

I landed in Vietnam on Thursday and immediately the next day, we traveled from Thu Duc to Vinh Long. My family and relatives converged at my uncle's home that Friday and immediately started prepping our outfits for the wedding ceremony and party. It was utter chaos but the most exciting family reunion ever. A company was hired to set up my uncle's front yard with canopies, a flower arch at the entrance, tables, and a stage.

Saturday afternoon the groom is sent to the bride's family to participate in a small celebration with the bride's family and close neighbors. The groom family is also hosting a small celebration with the immediate family and close neighbors. There was a meal served and singing karaoke throughout the night. Once the groom returns from the bride's side, there is a ceremony where the immediate family gifts the groom with their well wishes and money in an envelope. Each well-wisher must drink from a small cup of alcohol poured by the groom.

Before the wedding, the bride and groom family had sought out a fortune teller and determined the best date and auspicious time to have the wedding ceremony based on the birthdates of the marrying couple. The date chosen was Sunday, July 24th at 5:00 a.m.

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Exercise and Cell Turnover

Exercise is known to help us look and feel better; it improves our sleep, maintains our strength, boosts our immunity, improves our mood, and serves as waste management for our bodies. What scientists are now discovering is that exercise can affect your cells and even restore and revive them, but they are also finding out that certain kinds of exercises help regenerate important cells that normally decline with aging. We have discussed how exercise can fight against “Father Time”, but we are going to dig a little deeper into what happens to our cells as we exercise.

There are a few ways that exercise affects the cells. White blood cells (WBC) are responsible for our body’s immunity. This means they can help us fight off viruses and diseases. As we exercise, these antibodies are free to circulate at a faster rate. This allows WBCs to detect and identify illnesses earlier than in someone who does not exercise. Exercise promotes good blood circulation by spreading these cells to areas of concern. WBCs depend on regular muscle contraction to deliver lymphatic fluid which also stimulates the production of T-cells, which are responsible for the adaptive immune system function. They can kill off the host cells that cause disease and kickstart the other immune cells. Muscle cells begin to change during exercise as well, which causes an incredible increase of blood flow to the brain, and it creates a powerhouse that is filled with oxygen where new and old neurons can thrive. Neurotransmitters are then released and encourage the growth of brain cells along with new neural pathways. A new study suggests exercise improves the health of our muscles by renewing the mitochondria. The mitochondria are the cellular powerhouse that not only converts food into energy, but it is also responsible for good body functioning, overall health and longevity. Lastly, exercise cannot stop the aging process, but it helps activate the equipment needed for DNA repair.

So, what kinds of exercises produce the best cell turnover? Scientists are still researching the effects of running on cell repair. They have discovered that it repairs certain kinds of brain damage. Also, aerobic exercise—like high intensity interval training when biking and walking—increases the cells’ ability to make proteins for the energy-producing mitochondria and protein-building ribosomes. This has been proven to slow down cellular aging. Aerobic exercise affects muscle stem cells and tissue repair. Aerobic exercise also restores levels of a protein called Cyclin D1 which lays dormant in stem cells. It releases enough levels of this protein to restore stem cells back to youthful levels which increases muscle stem cell regeneration.

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Exercise and Cell Turnover (Cont.)

Aerobic exercises include walking, bicycling, jogging, water aerobics, and exercise classes such as **Cardio Sit and Circuit, which is aired on channel 1-62 every Tuesday at 11:45 am.** If you would like to begin an aerobic exercise routine and are not sure what to do, please come to my **Personal Training class every Monday and Wednesday at 11:45 am and every Thursday at 11:30 am.**

Yanasa Williams, Health Fitness Specialist

Promoting Civility (Cont.)

- We presume decency in others.
- The Masonic tenets of Brotherly Love, Relief, and Truth are good guides for how we treat one another.
- The 4 Cardinal Virtues of Masonry, Temperance, Fortitude, Prudence and Justice are good reminders for how we handle ourselves.
- Each of us maintains trust by being truthful, honest, and transparent; showing respect; and maintaining confidentiality. We respect the limitations under HIPAA and other confidentiality laws.
- We will gently and privately admonish each other of our errors; and in the most friendly manner, attempt to bring about a reformation.
- All voices deserve to be heard; people with dissenting views have a responsibility to speak them.
- When we don’t agree, we will disagree respectfully.
- We will not talk over or at the same time as another.
- I will ask for help when I need it.
- Be curious.
- Each of us will keep the best interest of our community in mind, recognizing we each bring our own perspective and points of view to the situation. We will work to understand, and to be understood.

Penny Vittoria, Successful Aging Coach

Weekend Entertainment

Saturday at 2:00 p.m. on Channel 1-61,

September 3 - Hershey Felder: Musical Tales of the Venetian Jewish Ghetto

Felder and an international group of close friends gathered in Venice before the Jewish festival of Shavuot to talk about their Jewish identities, tell the story of Venice's Jewish ghettos, sing and play Jewish music and celebrate Shabbat dinner together.

September 10 - Hershey Felder: Violetta

In 1853, in Venice Italy, Giuseppe Verdi on his way to becoming Italy's most beloved and famous composer, premiered his opera, LA TRAVIATA (The Fallen Woman). It is the emotional story of a young courtesan who finally finds love with one man but is riddled with an illness that will soon take her life.

September 17 - Hershey Felder: Mozart and Figaro

The world first heard and saw "The Marriage of Figaro" in Vienna in 1786. This opera, considered by many the first and perhaps only perfect opera, was borne of a staggering collaboration between Wolfgang Amadeus Mozart and Lorenzo da Ponte – a Jew, a Priest and a Brothel owner all rolled into one.

September 24 - Hershey Felder: Backstory

The story behind the creation of "Berlin," Bernstein," and " Gershwin."

Sunday on Channel 1-61,

September 4 at 7:00 p.m. - Hershey Felder: Irving Berlin

Hershey Felder brings to life the remarkable story of Irving Berlin, "America's Composer." From the depths of anti-Semitism in Czarist Russia, to New York's Lower East Side, and ultimately all of America and the world, Berlin's story epitomizes the American dream.

September 11 at 7:00 p.m. - Hershey Felder: Beethoven

Hershey Felder brings Ludwig van Beethoven to life through the eyes of the Viennese Doctor Breuning who spent his boyhood by the Maestro's side.

September 18 at 7:00 p.m. - Hershey Felder: The Assembly

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.

September 25 at 7:00 p.m. - Hershey Felder: Before Fiddler

Decades before the beloved musical Fiddler on the Roof first delighted worldwide audiences, there was Sholem Aleichem and his beloved character of "Tevye the Milkman." When Aleichem was only 24 years old, he published his first story, "Tsvey Shteyner" ("Two Stones"), and by 1890, he had become a central figure in Yiddish literature. Aleichem was known as the "Jewish Mark Twain" for his similar writing style and pen name usage. Felder will play Sholem Aleichem himself – giving audiences the true story of what happened before Fiddler.

Promoting Civility

Being neighbors to a Masonic community, the tenets of brotherly love, relief, and truth are also values Acacia Creek strives for. Along with these tenets, we follow our successful aging mission to "build and maintain a positive atmosphere of growth for residents and team members" and to create a supportive family environment. In my 30+ years of working in senior living, I have never seen a community that matches what Acacia Creek has achieved. We continually evolve as new residents and team members join the community and others leave us.

We saw this three years ago when residents worked together with Russ Charvonia—Past Grand Master and author of the book *Civility Mosaic*—to create a set of civility standards to bring our community even closer together. These standards remind us of our core values of respect and affinity for all. They aid us in the growth of our community and deepen our fellowship. By working to promote civility in our community, we help to create better understanding in our greater community/society.

Residents were all given a copy of the civility standards and I keep a copy at my desk to reference. The standard that has stood out to me is that we presume decency in others. It reminds me to stay curious and non-judgmental about people. When we presume decency, it reminds us that there is a difference between a person's character and their behavior. When we are upset, we are not at our best and can display uncivil behavior. Rather than reacting to the upset and matching the uncivil behavior, try asking questions to deescalate situations. Asking clarifying questions such as: who, what, when, where, how, in order to understand more about the person we are talking to, gives us a better understanding of what they are trying to communicate.

Being mindful of building better communication and understanding keeps our community strong and allows us to be civility role models.

Below are our community civility standards for you to reference and share as you see fit.

- Acacia Creek is our home, and we all have the same rights, privileges, and responsibilities.
- Acacia Creek is a safe environment, both physically and emotionally.
- We continue to grow as individuals and as a community.
- We are grateful to be part of this community.
- We treat everyone—residents and team members—with dignity and respect.

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Special Events, Outings & Trips

Sunday,

****September 11 at 10:30 a.m. - Hershey Felder as Monsieur Chopin / SURB / L**
Actor/pianist Hershey Felder creates Fryderyk Chopin, the "Poet of the Piano."
Maestro Chopin hosts an intimate evening of enthralling music, sharing secrets of his little-known romances, and intense vision of the art of the piano.

Monday,

****September 12 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

****September 19 at 10:00 a.m. - Goodwill / L**

Items must be gently used and undamaged. Dropoff items from 9:00 - 10:00 a.m. outside the lobby doors. Limit 2 bags per household.

****September 26 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Tuesday,

****September 13 at 10:00 a.m. - Walking Trip: The Gardens at Palmdale / SURB / L**

Mission San Jose area. 5-acre meditation garden with easy paved path that meanders through trees, ponds, statues and grottos. No restrooms on site.

September 20 at 2:00 p.m. - League of Women Voters Election Presentation / DR

A representative from the Fremont/ Newark / Union City League will do a pro /con presentation on the seven propositions on the ballot for the November 8th election. The League is non-partisan which means it does not endorse candidates or support a political party.

Wednesday,

****September 7 at 11:00 a.m. - Lunch Bunch: Baby Café Hong Kong Bistro / SURB / L**

Come and enjoy a great Hong Kong cuisine lunch with fellow residents .

September 7 at 3:00 p.m. - Science and Engineering Discussion Group / BR

Guest Speaker Kevin Wheeler Presents "Silicon Valley – Yesterday, Today and Tomorrow."

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

Join fitness health specialist Yanasa as she discusses exercise and cell turnover.

****September 21 at 9:00 a.m. - Costco: Automall / SURB / L**

September 21 at 3:00 p.m. - Lifestyles Meeting / GR

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

September 21 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.

****September 28 at 9:30 a.m. - Walk Across the Golden Gate Bridge / SURB / L**

Take an estimated two mile stroll across the iconic San Francisco Golden Gate Bridge or ride the bus and enjoy the view. Lunch will be on your own in Sausalito.

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Thursday,

September 1 at 10:00 a.m. - Culinary Meeting / BR

September 1 at 2:00 p.m. - Honor Flight Presentation / DR

Judy Petray and Carolyn Wong of the Honor Flight Bay Area Foundation will be here to share with us about this wonderful foundation mission to salute America's veterans by providing them a three day trip our nation's memorials in Washington DC.

****September 8 at 10:00 a.m. - The Modern Jewish Museum / SURB / L**

Check out the exhibit "Oz is for Oznowicz: A Puppet Family's History."

Frank Oz originated and performed many iconic Muppet characters, including Miss Piggy, Fozzie Bear, and Cookie Monster, as well as Yoda in the Star Wars films.

September 15 at 4:00 p.m. - Autumn Faire Social / TR

Welcome fall with a cider cocktail or mocktail. Remember throwing ping pong balls to win a goldfish or knocking over a pyramid of cans? Come play our faire games!

****September 22 at 9:00 a.m. - Red and White Fleet: Golden Gate Bay Cruise / SURB / L**

Take a one hour scenic voyage – Cruise between Pier 43.5 and Fisherman's Wharf while transiting along San Francisco's breathtaking waterfront, passing under the Golden Gate and around Alcatraz! Learn the history of San Francisco Bay in an open-air museum setting and observe local marine life such as sea lions, pelicans, whales and more.

September 29th at 4:30 p.m. - Oktoberfest Celebration / DR

Join us for an Oktoberfest celebration with German music, food and beer! Beer garden and dinner open at 4:30 p.m. and German music with the Alpine Trio will be from 5-6:30 p.m. in the dining room.

Friday,

September 2 at 11:30 a.m. - Labor Day BBQ / L

Celebrate Labor Day with a complementary BBQ. Enjoy a hamburger or hot dog on the grill. 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 9 at 10:00 A.m. - Resident Forum / DR

Meet the Candidates for Resident Council for 2023.

****September 16 at 10:00 a.m. - Walmart / SURB / L**

****September 23 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

****September 30 at 10:00 a.m. - Ikea / SURB / L**

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15 11a Coffee Klatch / GR 2p Chinese Mahjong / MP 3p Bananagrams / GR	9a Water Dancing / P 9:15a Sit, Stand & Circuit Train / GA 9:50a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:25a Balance Level: 2 / GA 11:15a Posture & Recovery Stretching / GA 11:45a Personal Training One-On-One / GA 1:30p Hand and Foot / MP 2p Chinese Mahjong / MP 2p Relax and Color / TR 2:30p Ping Pong / GA 7p Bingo / MP	9a Water Dancing / P 9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10a Water Walking / P 10:15a Exercise for Pain Management / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 11a Exercise for Blood Flow, Neuropathy, & Fine Motor Skills / Chan. 1-62 11:45a Cardio Sit & Circuit / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Charades Anyone? / 5th Fl L 2:30p Ping Pong / GA 7p Rummikub / MP	9a Water Dancing / P 9:15a Sit, Stand & Circuit Train / GA 9:50a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10:15a Sewing for Charity / TS 10:25a Balance Level: 2 / GA 11:15a Posture & Recovery Stretching / GA 11:45a Personal Training One-On-One / GA 1p Bridge / MP 2p An Afternoon of 99 / AS 7p Poker / GR	9a Water Dancing / P 9:15a Sit, Stand & Circuit Train / GA 9:50a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10a Water Walking / P 10:25a Balance: Assess & Strength / GA 10:30a Water Aerobics / P 11a Posture & Recovery Stretching / GA 11:30a Personal Training One-On-One: Assess & Recharge / GA 1p Art Class / AS 1:30p AC Singers Sing Along / TR	9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10:15a Exercise for Pain Management / Chan. 1-62 10:15a Beading with Deborah / TS 10:45a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62 1p Rummikub / MP 1p Mexican Train / AS 1:30p Hand and Foot / MP 2:30p Ping Pong / GA	10a Coffee Klatch / GR 10a Water Walking / P 10:30a Water Aerobics / P 2:30p Ping Pong / GA 7:30p Saturday Night Movie / Chan. 1-61

Bolded weekly recurring programs are either new programs or updated.

Legend AS = Art Studio (3 rd Floor) BR = Board Room (5 th Floor) DR = Dining Room (5 th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center)	Center) GR = Game Room (5 th Floor) L = Lobby (1 st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3 rd Floor) P = Pool (Wellness Center)	PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mailroom)	TR = Turkey Roost (5 th Floor Lounge) TS = The Studio (Apt. 1441)
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Acacia Creek Lifestyles September 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
 ACACIA CREEK (510) 441-3700				1 10a Culinary Meeting / BR 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Crisis of the 3rd Century / Chan. 1-62 2p Acacia Creek Genealogy / MP 2p Honor Flight Presentation / BR	2 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR 11:30a Labor Day BBQ / Open to all Residents and Team Members / L	3 2p Hershey Felder: Musical Tales of the Venetian Jewish Ghetto / Chan. 1-61
4 2p Labor Day Trivia with Penny / TR 7p Hershey Felder: Irving Berlin / Chan. 1-61	5  LABOR DAY	6 10a Hershey Felder: Irving Berlin / Chan. 1-61	7 11a Lunch Bunch: Baby Café Hong Kong Bistro / SURB / L 11:30a AC Block Party BBQ - Makeup BBQ / By Invite Only / Pickleball Court 3p Science and Engineering Discussion Group: Guest Speaker Kevin Wheeler Presents "Silicon Valley – Yesterday, Today and Tomorrow" / BR	8 10a The Modern Jewish Museum / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Diocletian and Late 3rd-Century Reforms / Chan. 1-62 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	9 10a Resident Forum: Meet the Candidates for Resident Council for 2023 / DR	10 2p Hershey Felder: Violetta / Chan. 1-61
11 10:30a Hershey Felder as Monsieur Chopin / SURB / L 7p Hershey Felder: Beethoven / Chan. 1-61	12 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: The Maya, Ancient and Modern / Chan. 1-62	13 10p Hershey Felder: Beethoven / Chan. 1-61 10a Walking Trip: The Gardens at Palmdale / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	14 1p Fitness Talk with Yanasa - Topic: Exercise and Cell Turnover / GA	15 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Early Christianity and the Rise of Constantine / Chan. 1-62 4p Autumn Faire Social / TR	16 10a Walmart / SURB / L 4p TGIF / TR	17 2p Hershey Felder: Mozart and Figaro / Chan. 1-61
18 7p Hershey Felder: The Assembly / Chan. 1-61	19 10a Goodwill / L 10:45a Great Courses - Peoples and Cultures of the World: Maya Resurgence in Guatemala and Mexico / Chan. 1-62	20 10a Hershey Felder: The Assembly / Chan. 1-61 10a Walmart / SURB / L 10:30a Alameda County Library Book Club / Zoom 2p League of Women Voters Election Presentation / DR 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	21 9a Costco: Automall / SURB / L 3p Lifestyles Monthly Update Meeting / GR 4p Meet with Martin / TR or Chan. 1-61 7p Replay of Meet with Martin / Chan 1-61	22 9a Red and White Fleet: Golden Gate Bay Cruise / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Constantine and His Successors / Chan. 1-62	23 10a Safeway Grocery Shopping / SURB / L 2p A Traditional Vietnamese Wedding Presented by Nancy Nguyen, Lifestyles Coordinator / BR	24 2p Hershey Felder: Backstory / Chan. 1-61
25 7p Hershey Felder: Before Fiddler / Chan. 1-61	26 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: The Janus Face of Globalization / Chan. 1-62	27 10a Hershey Felder: Before Fiddler / Chan. 1-61 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	28 9:30a Walk Across the Golden Gate Bridge / SURB / L 2:30p Blood Pressure Check with Mina / BR	29 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Gladiators and Beast Hunts / Chan. 1-62 4:30 pm Oktoberfest Celebration/ DR	30 10a Ikea / SURB / L 3p Water Volleyball Game / P	