

Fending off Falls (Cont.)

If you are new to exercise or it has been a long time since you have moved, not to worry: Yanasa and Dante are skilled in helping you improve your strength at your pace. To make exercise routine successful it needs to be consistent, have some variety, and is something you enjoy!

Have you taken a moment to think about your environment at home or in the community, noting potential fall hazards? There are many situations that can cause a fall, ranging from being distracted to not being able to see the terrain you are walking on properly. Take measures to modify your environment, such as removing clutter around your home, using an assisted device and ensuring your space has proper lighting. Exercise alone can dramatically reduce your risks of falling.

Knowing what internal risk factors you may face is another area to take time to consider. Internal risks factors include things such as chronic health conditions, vision issues and medications. To a certain degree, there are several steps you can take to decrease the chances of these areas causing a fall. Working closely with your primary care physician is very important. Let them know your thoughts about falls and ask them to be an active part of your prevention plan. The first step is to openly talk with them about concerns you have so it is on their radar. One thing they can help manage is medications you may be taking that have side effects that may cause falls.

Being mindful of your behavior is another area that is in your control to modify to fend off a fall. Be aware of how often you become distracted when moving. Just the simple step of slowing down can go a long way. Also if you use an assisted device such as a cane, walker or power chair; be mindful of how you use it. For instance, be mindful where you park your walker so that it won't be a tripping hazard. Also make sure you use it when you need it! Remember using an assisted device increases your independence so you are able to do things and do it safely.

There are so many things to take into account when thinking about fending off falls. **On Oct. 21**, please join me in the board room at 2 p.m. to discuss this topic in further detail. Once aware of what you can do to fend off a fall, you can take small steps today to fend off a big fall tomorrow.

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



Lifestyles of Acacia Creek

October 2022



ACACIA CREEK

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Fending Off Falls!

As the Fall season begins with cooler days and the changing of leaves, it invites many public health organizations to hold fall awareness events to educate people on the myths around falling and the many ways in which one can prevent falls.

The number one myth is that falls are a normal part of aging. According to the Center for Disease Control and Prevention (CDC), falls are the leading cause of injury and death among people 65 and older. One in four adults will fall this year, making this a concern we should all pay attention to. The CDC also busts this myth by stating that falls are indeed NOT a normal part of aging. Preventing a fall in your future is in your control!

Advanced age alone is not a predictor at all for falling. When falls are investigated, more often than not, the fall occurred for a reason that could be controlled, at least to a certain degree. This is true for falls occurring for people of all ages from children to older adults. Let's take a look at a few things we can control.

One of the best preventative ways to fend off falls is to keep moving. Research shows that exercise is one of the most effective ways in which we can prevent falls. Doing exercises that improve balance and strength are one of the best things you can do, not only to fend off falls, but the benefits reach across many other areas of overall health. We have a wonderful resource here at Acacia Creek that is available to all residents. Acacia Creek's health fitness specialist Yanasa and Dante, can meet with you one on one to assess and create a personal fitness plan focused on goals you want to meet.

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How to Benefit From Days of Rest

Exercising daily is known to produce plenty of health benefits, but what about our recovery rest days? Those are just as important as workout days. Exactly what does a recovery rest day actually mean? How does it benefit our bodies, and how many rest days should we take? Let's take our recovery rest days to a whole new level by learning about active and passive recovery and how you can incorporate both styles of recovery into your days of rest.

The truth of the matter is, the better your rest days are, the harder you will train the next day. Meaning the better your results will be. To get the best benefits out of your recovery days, consider these elements that will help you: sleep, diet, and stress management. There are many other factors as well, but let's tap into these three.

Passive Recovery days are rest days where you do nothing at all. These days are days of rest, staying still, and complete inactivity. For days like this, your main focus should be on meditation, stress management, hydration, sleep, and massages.

Stress Management should be a huge focus on days of rest. The autonomic nervous system (ANS) has two branches called the parasympathetic and sympathetic nervous systems. The ANS systems control the body. The parasympathetic system is for resting and digesting and the sympathetic is your "fight or flight" mode. These systems work opposite of each other and when you're on rest days it is crucial to keep your body in parasympathetic mode to encourage recovery. The problem is due to daily life stressors; our bodies stay too often in a sympathetic state which causes high stress levels. Deep breathing exercises are a great way to manage some stress. Try breathing deeply right after a workout and on days of rest. It will help you recover faster as well as sleep better on rest days as well.

Meditation is always a great way to recover. It is good for the brain, overall mind, body, and a great way to come down from tough training. Meditating can be just sitting and thinking in a quiet place or focusing on some breathing techniques. These are some non-traditional meditation techniques. If you want something more structured you can always look into some form of guided meditation. Hydration is important for every day of your life whether you're training or resting. The body needs hydration for optimal performance and recovery. A good way to check your hydration is to look at your urine...I know gross right, but it can help you. The darker your urine is, the less hydrated you are.

Sleep is another very important component in your recovery. Overnight sleeping is good but it is also important to take naps. Make sure not to nap too close to your normal bedtime, and it's best not to nap any longer than 30 minutes so you don't become overly fatigued for the rest of the day.

Massages are great ways to recover. They help manage stress and boost your recovery and adaptation. Massages help distribute blood throughout the muscles and help with any delayed onset muscle pain.

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How to Benefit From Days of Rest (Cont.)

Active recovery is a way to perform activities with no intensity involved. These are considered "light training days" which can benefit better than resting completely. This could mean performing cardio at a lesser intensity or lifting a much lighter load for strength training. On lighter days you may focus more on the technique at lower weight. This type of recovery adds benefit because you are focusing on perfecting the skill part of it instead of the load or intensity.

Another active recovery strategy is to take that day and focus on mobility and flexibility. If you feel like you just can't rest completely, it is good to focus on some range of motion exercises and some stretches to keep joints and muscles moving. If you want to do some type of cardio on recovery days, you should pick something you really enjoy. If you love to dance, then dance on that day. If you love to ride your bike, then go for a bike ride. Just keep it light and laid back.

In conclusion, a full exercise program should always include rest and recovery. It is essential to helping you reach your fitness goals and remain strong and mobile. You can rest anywhere from 1-3 days a week so that way your muscles can repair and be ready for the next round.

If you have any questions about the different types of recovery rest, please feel free to come down to my Personal Training: 1-On-1 every Monday and Wednesday at 11:45 a.m. and Thursday at 11:30 a.m.

Yanasa Williams, Health Fitness Specialist

What are the Masterpiece Reviews & Why Should you Take Them? (Cont.)

You have the option of going over the printout with me to help interpret the data and explore areas you might want to address. The mobility data highlights areas of strength and areas where you may want to improve. We also have one-on-one personal training time with Yanasa and Dante where you can explore more strategies to improve specific aspects of your mobility. To take the mobility review, or if you have questions, call me/Penny at extension 3716.

We can't control our chronological aging, but we can control how we see ourselves and what we are willing to do to live a better life. Believing that growth and change are possible at any age, is the key to finding ways to adapt and improve one's wellbeing. Acacia Creek supports residents by continually assessing and striving to improve our programs and resources. We want residents to have the opportunity and resources to maintain their optimal wellness and live their best life.

Penny Vittoria, Successful Aging Coach

Ext 3716

Weekend Entertainment

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

October 1 - 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.

October 8 - Hershey Felder: Puccini

A young musician in love with the world of opera, and in particular Giacomo Puccini's La bohème, Tosca, and Madama Butterfly. Through a series of unusual circumstances, the young musician meets the musical master himself.

October 22 - 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.

October 29 - 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.

Sunday on Channel 1-61,

October 2 at 7:00 p.m. - Hershey Felder: Chopin & Liszt

1849 in Paris, shortly after the Polish composer has died at age 39, and those who knew him best are dealing with the aftermath. Their combined actions would eventually shape how much, or how little, we know about Chopin today..

October 9 at 7:00 p.m. - Hershey Felder: Dante & Beatrice in Florence

Florence is also the city where the piano was invented. When a modern pianist in the city encounters the ghost of the 700 year old poet of love, Dante - mystical things happen.

October 16 at 5:00 p.m. - Hershey Felder: The Crazy Widow (of Moses de Leon)

In the 13th century, the medieval walled city of Avila, Spain, was home to hundreds of Jewish Mystics, among them Moses de Leon, author of The Zohar—the work of literature upon which the Kabbalah—Jewish Mysticism—is based.

October 23 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.

October 30 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.

What are the Masterpiece Reviews & Why Should you Take Them?

At Acacia Creek we are proud to be partnered with Masterpiece, the leaders in successful aging. Masterpiece was founded on the data from the 10-year MacArthur Foundation Study which showed that 70% of how we age physically depends on our lifestyle choices. In other words, healthy longevity isn't about getting lucky, it's about staying active, socially, physically, intellectually and having peace and fulfillment.

In 2016 we became a Masterpiece Certified Center for Successful Aging. For five years we worked on the criteria, focusing on making Acacia Creek an environment where people could live their best life. This certification was a joint effort of residents and leadership. It reflects our commitment to building a social community, where residents can grow by engaging in meaningful and purposeful pursuits. What makes us different from other communities is likely why each of you chose to move to Acacia Creek.

What also makes us different is no other community in California has a Successful Aging Coach nor offers the annual Masterpiece reviews. We know that knowledge is power, and these optional reviews give you information about your overall wellness. During the height of the pandemic the reviews were put on hold, but over 50% of you have taken the lifestyle review in the last 20 months.

Masterpiece recently updated the lifestyle review. In the past you filled out 71 questions and returned them to me to enter into the computer. Now you can take this confidential review on your computer or tablet, using either your email address or a dummy address. Email addresses are not shared with anyone. If you don't have a device, I will have one you can use to take the review. There are just 46 questions about your wellbeing. Once you complete them, have ongoing access to articles and videos that are continually added to that can support you in your healthy longevity journey. You can take this review at the Lifestyle Review Root Beer Float Social, October 20, 2pm, in the Turkey Roost!

Here are the three reasons why we ask you to take the lifestyle review. First, it allows you to gauge your areas of strength and opportunities for improvement. After all it's never too late to enhance your wellness. Second, annually the AC Board and Leadership Team look at the aggregate data as if it was a wellness survey. We identify areas where we need to improve our offerings and gauge the results of the previous year's efforts. To get the best picture of our community, the Board would like us to get back to at least 70% participation in the lifestyle review. The Third reason is that Masterpiece uses the aggregate data to impact public policy and contribute to the greater good, making our society a better place to age.

The other review we offer is the in-person mobility review. This optional review allows you to compare your balance, endurance, strength, and flexibility to that of peers in your age bracket. You receive a printout that shows the results of the first year you took the review, the last year, and the current year.

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Special Events, Outings & Trips

Monday,

****Oct. 3 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

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

Oct. 17 at 2:00 p.m. - Everything you want to know about Lorber Skilled Nursing / DR

Join Maria Elena (Pinky) Lorenzana, admissions and marketing at Lorber, as she gives a brief introduction to Lorber Skilled Nursing, who are eligible for admission, the different benefits for Acacia Creek residents who are Masons and non-Masons and why, services offered, and types of insurance coverage accepted.

****Oct. 24 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Oct. 31 at 4:00 p.m. - Halloween Social / TR

Have a spooktacular time with us! We are having an individual or group costume contest. The groups' costume must have a theme or match in some way. Don't worry if you don't have a costume, come up for a spooky cocktail / mocktail and creepy appetizers and watch as the monsters parade around.

Tuesday,

****Oct. 4 at 10:00 a.m. - Hobby Lobby / SURB / L**

Oct. 4 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.

****Oct. 11 at 10:00 a.m. - Walking Trip: Lake Chabot / SURB / L**

The path is paved with area to sit and restrooms are available on site.

Oct. 11 at 3:00 p.m. - Science and Engineering Discussion Group / BR

Due to high interest guest speaker Kevin Wheeler will repeat his presentation on "Silicon Valley – Yesterday, Today and Tomorrow."

****Oct. 18 at 9:00 a.m. - Oakland Zoo / SURB / L**

Explore the zoo and ride the gondola to the California exhibit. No golf cart tour.

****Oct. 25 at 10:00 a.m. - Stoneridge Mall / SURB / L**

Wednesday,

Oct. 5 at 3:00 p.m. - Science and Engineering Discussion Group / BR

Guest Speaker Ron Adamson on "Radiation, Nuclear Power and You."

Oct. 12 at 1:00 p.m. - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses how to benefit from days of rest.

Oct. 12 at 4:00 p.m. - T.G.I.F / TR

Special Guest, Acacia Creek Board Member, Narbeh Bagdasarian and his friend Johnathan will share their talent on violin & piano with us. You won't want to miss it.

****Oct. 19 at 10:00 a.m. - Fremont HUB / SURB / L**

Oct. 19 at 3:00 p.m. - Lifestyles Monthly Update Meeting / GR

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

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Special Events, Outings & Trips (Cont.)

Wednesday (Cont.),

Oct. 19 at 4:00 p.m. - Chat with Chuck / Chan. 1-61 or TR

Chuck shares recent community news and updates. Replay at 7:00 p.m. on ch. 1-61.

Oct. 26 at 10:00 a.m. - Landscaping Meeting with Bay Pro / TR

Join a representative from Bay Pro as they discuss the landscaping at Acacia Creek.

Thursday,

****Oct. 6 at 12:00 p.m. - USS Potomac: Watch the Blue Angels / SURB / L**

Enjoy the ride on the USS Potomac to watch as the Blue Angels practice.

****Oct. 13 at 9:00 a.m. - Costco: Hesperian / SURB / L**

Oct. 13 at 2:00 p.m. - Working with Parents Presented by Carole S. / BR

Join Carole as she discusses her passion of working with parents during her 44 years of teaching reading.

****Oct. 27 at 9:00 a.m. - Scenic Drive: Bodega Bay / SURB / L**

See the sights as we drive to Bodega Bay and have lunch at the Tides Wharf.

Friday,

Oct. 7 at 2:00 p.m. - Grief, Loss and Self Care / DR

Join JB Goodier, spiritual care coordinator at Washington Hospital, as he discusses different types of grief we face and how to take care of ourselves when feeling loss.

Oct. 14 at 10:00 a.m. - Resident Forum / DR

Chef Fernando will be sharing the ins and outs of managing the kitchen - from staffing, ordering of supplies to preparation of the many meals at Acacia Creek.

Oct. 14 at 11:00 a.m. - Resident and Team Member COVID Booster Shot Clinic / GR

Oct. 21 at 2:00 p.m. - Fending off Falls with Carolee / BR

Join us as we learn about fall prevention and discuss strategies to fend off falls!

****Oct. 28 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.

Saturday

Oct. 1, 8, and 29 at 2:00 p.m. - The Coolest Instrument Series / TR

The Eternity Band's high school students will be introducing what they play, explaining the parts and mechanics involved, and demonstrating special techniques and short pieces. Join us to learn more about the instruments in our band, including the sheng, alto saxophone, violin, and more!

Oct. 15 at 1:00 p.m. - Acacia Creek Street Faire / Outside Lobby

Come and support us to raise money for the Team Member Appreciation Fund.

Attendees can buy tickets to enter multiple drawings to win many great items.

Plants, crafts, popcorn, ice cream and more available for purchase. This event is open to all residents, guests and team members. Cash and checks preferred by most vendors.

****Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15 10a 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 / AS 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	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 Rummikub / MP 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) 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 October 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
						1 10a Hershey Felder: Great American Songs and the Fascinating Stories Behind Them / Chan. 1-61 2p The Coolest Instrument Series: Part 1 / TR
2 7p Hershey Felder: Chopin & Liszt / Chan. 1-61	3 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Discovering the Medieval Legacy / Chan. 1-62	4 10a Hobby Lobby / SURB / L 10a Hershey Felder: Chopin & Liszt / Chan. 1-61 3:30p Meet and Greet with New Residents / By Invitation Only / TR	5 3p Science and Engineering Discussion Group: Guest Speaker Ron Adamson on "Radiation, Nuclear Power and You" / BR	6 10a Culinary Meeting / BR 10a Great Courses - The Roman Empire: Chariot Racing, Spectacles, and Theater / Chan. 1-62 12p USS Potomac: Watch the Blue Angels / SURB / L 2p Acacia Creek Genealogy / MP	7 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR 2p Grief, Loss and Self Care / DR	8 10a Hershey Felder: Puccini / Chan. 1-61 2p The Coolest Instrument Series: Part 2 / TR
9 7p Hershey Felder: Dante & Beatrice in Florence / Chan. 1-61	10 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Birth of the Book / Chan. 1-62	11 10a Walking Trip: Lake Chabot / SURB / L 10a Hershey Felder: Dante & Beatrice in Florence / Chan. 1-61 3p Science and Engineering Discussion Group: "Silicon Valley: Yesterday, Today, and Tomorrow" by Guest Speaker Kevin Wheeler / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	12 1p Fitness Talk with Yanasa - Topic: How to Benefit From Days of Rest / L 4p T.G.I.F. with Special Guest, Acacia Creek Board Member, Narbeh Bagdasarian and his friend Johnathan Playing Violin & Piano / TR	13 9a Costco: Hesperian / SURB / L 10a Great Courses - The Roman Empire: The Roman Army / Chan. 1-62 2p Working with Parents Presented by Carole S. / BR 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	14 10a Resident Forum: Guest Speaker Executive Chef Fernando / DR 11a Resident and Team Member COVID Booster Shot Clinic / GR	15 1p Acacia Creek Street Faire / Outside Lobby
16 5p Hershey Felder: The Crazy Widow (of Moses de Leon) - Live Performance from Italy / Chan. 1-61	17 10:45a Great Courses - The Medieval Legacy: Medieval Innovations in Record Keeping / Chan. 1-62 2p Everything You Want To Know about Lorber Skilled Nursing / DR	18 9a Oakland Zoo / SURB / L 10a Hershey Felder: The Crazy Widow (of Moses de Leon) / 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	19 10a Fremont HUB / SURB / L 3p Lifestyles Monthly Update Meeting / GR 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	20 10a Great Courses - The Roman Empire: Barbarians Overwhelm the Western Empire / Chan. 1-62 2p Lifestyle Review and Root Beer Float Social / TR	21 Annual Communication 2p Fending off Falls with Carolee / BR	22 Annual Communication 10a Hershey Felder: A Paris Love Story / Chan. 1-61
23 Annual Communication 7p Hershey Felder: Nicholas, Anna & Sergei / Chan. 1-61	24 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Beginnings of Orthodoxy and Heresy / Chan. 1-62	25 10a Hershey Felder: Nicholas, Anna & Sergei / Chan. 1-61 10a Stoneridge Mall / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	26 10a Landscaping Meeting with Bay Pro / TR 2:30p Blood Pressure Check with Mina / BR	27 9a Scenic Drive: Bodega Bay / SURB / L 10a Great Courses - The Roman Empire: The Byzantine Empire / Chan. 1-62	28 11a Lunch Bunch: Baby Cafe / SURB / L	29 10a Hershey Felder: George Gershwin Alone / Chan. 1-61 2p The Coolest Instrument Series: Part 3 / TR
30 5p Hershey Felder: The Assembly / Chan. 1-61	31 10:45a Great Courses - The Medieval Legacy: The Beginnings of Orthodoxy and Heresy / Chan. 1-62 4p Halloween Social / TR			 ACACIA CREEK (510) 441-3700		