

Making the Holiday Season the Most Wonderful Time of the Year

Not obstructions to you, but a sign of humans out and about getting ready to celebrate ... or at the very least a boom to the economy. Self-absorbed sister? A sister is a blessing and someone with whom you shared much. She does have some good qualities as does your crazy uncle. Let's hear it for those who take the path less traveled. Sadness? Of course, we miss those who left our lives. We are sad; however, because they brought so much happiness to us. Remembering those times transforms our memory of them into a positive spiritual practice.

- ◆ **Don't Miss the Holidays.** In traffic? Be there. Observe those around you. Don't judge them, just observe. Fellow humans, just like you, doing the best they can. Really, see the decorations, the lights. Hear the music. Look at the faces of children. Yes, you have a to-do list but you have the list, so don't let your attention be diverted by chattering thoughts about that list. Do the tasks, and in between, wherever you are, be there. It is indeed a wonderful place.
- ◆ **Give the Gift of Compassion.** The Dalai Lama tells us, "Happiness is not ready-made. It comes from our actions." A 2008 experiment published by Harvard Business School professor Michael Norton found that people who spent money on others were happier than if they had spent it on themselves, and the amount was irrelevant. It was simply the act of giving. Even more powerful is the ability to have compassion for those we don't know, or whom we don't particularly like, or even for those who criticize us. Those last two are not easy, but they're probably the most potent of all stress reducers. I have friends who looked down on the earth from the Shuttle and were forever changed. We're all inhabitants of a very small planet in a vast universe. How can we not value one another?
- ◆ **Be Grateful.** Research confirms that people who express gratitude are much happier than those who do not. Once again, if we focus on being grateful for what we have rather than what we've lost or what we want, how can we be anything but happy? Make it a practice, perhaps when you wake up, or when you look at your neighbor's new convertible, or when someone dents your bumper.
- ◆ **Choose the High Road.** In Andrew Newberg and Mark Robert Waldman's book, *Words Can Change Your Brain*, they write, "The more you stay focused on negative words and thoughts, the more you can actually damage key structures that regulate your memory, feelings, and emotions. You may disrupt your sleep, your appetite, and the way your brain regulates happiness, longevity and health. That's how powerful a single word can be." So at the fork in the road during the many times you speak during the day, choose the high road ... the positive word, expression or idea. Change "The holidays were incredibly hectic and crazy, and I'm glad they're over" to "The most wonderful time of the year."

I know, some of these things sound hokey, but for me, I'll choose a little hokey over depressing, stressful and sad. Live long, live well, and celebrate your life every day!

Lifestyles of Acacia Creek



RCFE# 015601302 COA #246

December 2022



ACACIA CREEK

(510) 441-3700

Inside This Issue:

Ways to Speed Up Metabolism	2
Looking Back on a Year Well Spent	3
Special Events, Outings & Trips	4, 5
Weekend Entertainment	6
Continued Articles	7, 8
Lifestyles Monthly & Recurring Calendar	Insert



Making the Holiday Season the Most Wonderful Time of the Year

By: Dr. Roger Landry

President and Chief Content Officer of Masterpiece

If you were to believe the 1963 song made popular by Andy Williams, the holiday season should be the "Most Wonderful Time of the Year." If that were true, then how is it possible that a recent survey found that the end of year holiday season is the sixth most stressful life event, taking a backseat only to divorce, moving and starting a new job? Wonderful?

Maybe it's the to-do list that consumes us. Maybe the traffic. Perhaps it's holidays past that ended badly. Or the thoughts of the soon-to-come drama from your self-absorbed sister or crazy uncle. A very common cause of stress is the intense sadness with memories of lost loved ones. The end of the calendar year seems also to cause us to look at the year in review with a focus on the losses rather than the gains.

Do you detect a common thread in the paragraph above? It's focus. "We are what we think. All that we are arises from our thoughts. We make the world." Gautama Siddhartha's quote tells us of a profound but very elusive truth. We choose happiness.

Here are a few life lessons I've learned along my sometimes bumpy way from childhood joy, to Scrooge-like cynicism, and eventually to contented wisdom. Bringing the wonder back into this wonderful time of the year is also a matter of choice.

- ◆ **Control the Context.** Rather than a to-do list, think of your tasks as acts of kindness and giving designed ultimately to make someone else happy. Traffic? **(continued on page 8)**

Ways to Speed Up Metabolism

As you age, you start to notice many changes in your body. One of them is weight gain and not being able to lose it as easily as you did twenty years ago. It is often blamed on having a slower metabolism due to aging, but science is now discovering that may not be true. In fact, according to the journal Science, your metabolism remains stable between the ages of twenty and sixty, only slowing down a little after sixty years old. It's great news to hear that we have not lost total control over what our bodies do, but gaining control over our metabolism involves understanding what exactly is metabolism, how it affects our bodies, and some things we can do to speed it up.

Metabolism is a chemical reaction in the body that converts the food we eat into energy. This energy is needed for everything we do. It is needed for bodily function such as movement, growing, thinking, and even breathing. There are several proteins that are in control of our metabolism's chemical reactions along with a number of hormones that control metabolism rate and direction. The hormone thyroxine—which is released by the thyroid gland—controls the speed of the chemical reactions of the metabolism.

There are things that come into play when it comes to the rate of metabolism, and scientists are finding out that age has very little to do with it. The amount of muscle mass you have, thyroid function, how active you are, and how fast you can lose weight all play a role in your metabolism. Many people feel their metabolism has slowed down because we gain weight and lose muscle. As you may or may not know, fat does not burn as much as muscle does. The real reason one's metabolism slows down is mostly due to people being less active over the years.

Your metabolism is really based off of how many calories a day you burn. How many calories you burn depends on how much exercise you get in one day and the total amount of fat and muscle in your body. This is all determined by your BMR (Basal Metabolic Rate). The Basal Metabolic Rate is a calculation that can measure the amount of calories or energy the body burns at rest. The more muscle you have the more energy you burn, the more fat you have the less energy you burn.

Metabolism and Age - Recent studies have shown that as we age, our muscle mass and strength begin to decline, especially after the age of sixty. We tend to hold onto more fat than usual, and we have trouble losing weight. As muscle declines, weight goes up and the BMR goes down, causing us to burn less calories. To top it off, it is known that people take in way more calories than what we release. It is very important to balance diet and take in fewer calories than you burn as well as be able to absorb, convert, and excrete calories efficiently. The best way to do that is to stay active and eat a balanced diet high in protein.

How to speed up your metabolism - There are some ways you can speed up the metabolism, and yes, exercise is definitely one of them. Resistance training builds muscle and muscle, and metabolism work hand and hand. Remember, muscle weighs more than fat and burns more calories than fat. Keep moving by adding intervals to your training by doing cardio and weight training together to burn maximum calories.

(Continued on page 7)

Ways to Speed Up Metabolism (Cont.)

Another way to speed up metabolism is by losing weight slowly. It is more effective than dropping pounds rapidly because it causes muscle loss as well. This slows everything down because the body needs fewer calories and stresses. The thyroid then kicks into survival mode holding on to the calories instead of releasing them. Diet is also important in speeding up metabolism. Try eating a high protein diet to fuel your muscles. Metabolism needs enzymes to encourage chemical reactions, and without protein, your body is forced to break down muscle to save reactions. For older adults 1.2 - 1.5 grams of protein per kilogram of body weight is recommended daily.

A sufficient amount of sleep is crucial for speeding up metabolism. Lack of sleep causes the hormone cortisol to be released in the belly making food metabolize slower and giving us those fatty food cravings. It is essential to get seven or more hours of sleep a night to release the leptin hormone which helps curb cravings and hunger. Another remedy to help speed metabolism is breakfast. It is important to eat breakfast in the morning to start burning calories throughout the day. Skipping breakfast slows down metabolism as your body conserves calories for energy so you can get through the day.

Last, you should eat an anti-inflammatory diet because inflammation slows down metabolism. Foods such as colorful fruits and vegetables are packed with natural vitamins and minerals. There you have seven remedies to help speed up metabolism, if you would like to know more about speeding up your metabolism, diet, exercise, or if you would like me to calculate your BMR (Basal Metabolic Rate) please come to my Personal Training: 1-On-1 class Monday and Wednesday at 11:45 am and Thursday at 11:30 am.

Yanasa Williams, Health Fitness Specialist

Team Member Appreciation Fund Thank You

Team members are extremely grateful to all residents who donated or hosted events to raise funds for the Team Member Appreciation fund. Thank you for making our holiday so much brighter. We deeply appreciate your kindness and care for all team members.



Weekend Entertainment

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

December 3 - Saturday Classics: The Barkleys of Broadway

Astaire and Rogers play a pair of married musical comedy stars at the apex of their careers until an unexpected opportunity threatens to tear them apart.

December 10 - Saturday Classics: Shall We Dance

A ballet dancer and a showgirl fake their marriage for publicity purposes before falling in love for real in this delightful musical comedy.

December 17 - Saturday Classics: The Band Wagon

Ego's clash between a movie star, his ballerina co-star, and their effete director, causing their show to bomb in out-of-town tryouts. The initial failure convinces the stars to work together – but can they turn their show into a Broadway hit?

December 24 - Saturday Classics: A Christmas Carol

During a Christmas Eve dream, embittered and miserly Scrooge is visited by three Christmas Ghosts: Past, Present, and Future, who show him the life he has lived and the future consequences of that life.

December 31 - Saturday Classics: Finian's Rainbow

An Irishman named Finian McLonergan journeys across the sea with his daughter and a stolen pot of gold, swindled from a leprechaun, intending to bury it in a magic plot of soil where his wealth will supposedly multiply.

Sunday on Channel 1-61,

December 4 at 7:00 p.m. - Hershey Felder: Hershey Felder: Chopin & Liszt

Explore Paris in 1849, 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.

December 11 at 7:00 p.m. - Great Courses - The Surprising Origins of Christmas Traditions: Christmas in Victorian Britain

Many of the elements of Christmas that we take for granted today were not associated with the holiday until the Victorian era. For example: gift giving, trees, singing carols, Christmas dinner, and more.

December 18 at 7:00 p.m. - Hershey Felder: A Musical Surprise for Holiday Time

By popular demand, enjoy a musical presentation and analysis of Stephen Sondheim's work as a composer.

December 25 at 7:00 p.m. - Great Courses - The Surprising Origins of Christmas Traditions: Christmas in Victorian America

From noisy and dangerous parades held in Philadelphia and New York to a tradition that involved cracking whips at children while they tried to collect candy, Christmas practices in America have undergone several evolutions.

Looking Back on a Year Well Spent

Living a fulfilling life where we experience happiness is something that everyone wants. This is a great time of the year to look back and appreciate all the happy moments we've experienced; think about the qualities and factors that made those times enjoyable. Was it being with certain people, going to a special place, or doing specific things? Taking time to reflect allows us to create more of those quality moments. This is not only a way to make our lives richer and more rewarding, but it's also a way to help us maintain our health.

Throughout our life, our purpose and what brings us joy changes. Our health and happiness are intertwined, so identifying what brings us joy and purpose is good for our healthy longevity. As a resident reminded me, we may not be the same as before the pandemic, but we are still a community where we give and receive social support, which is a good foundation for cultivating joy and feeling a sense of purpose.

When thinking about what brings us joy, it's easy to identify the big things; a new baby in the family, a wedding, or a special party. If we look for the things that bring us joy on a daily basis, they are often the smallest pleasures or the simple things we experience every day. The more we recognize the small joyful moments, the more we are able to increase our happiness and contentment.

Having a sense of purpose is an important part of our successful aging journeys. We are all unique in the essence of who we are, what makes us happy, and what we contribute to our family, friends and community. At any age, having a project or hobby that we enjoy or even a close group of friends gives us a sense of purpose which improves our wellbeing. It can be anything big or small; just as long as it is something important to you and look forward to doing.

Asking these types of questions can help us uncover strategies for improving our health and happiness. We may not immediately have the answers, but it is worth taking time to think about, and possibly discuss it with someone close. Remember, our health and happiness are linked together; if you want to stay healthy, take a regular inventory of what gives you joy and you purpose. Next month, we will talk about taking action to reengage or discover our passions and purpose which in turn create joy and contentment.

Penny Vittoria, Successful Aging Coach

Ext. 3716

Special Events, Outings & Trips

Sunday,

****Dec. 11 at 1:30 p.m. - Grace Cathedral Choir of Men and Boys / SURB / L**
The choir is accompanied by a full orchestra and will transport you with their exquisite performances. The performance is 90 minutes with no intermission.

Monday,

****Dec. 5 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

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

****Dec. 19 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Tuesday,

****Dec. 6 at 10:00 a.m. - Stoneridge Mall / SURB / L**

Dec. 6 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."

****Dec. 13 at 10:00 a.m. - Walking Trip: Lake Elizabeth / SURB / L**

****Dec. 20 at 10:00 a.m. - Fremont HUB - Target & Daiso / SURB / L**

Wednesday,

Dec. 7 at 4:00 p.m. - Meet with Martin / Chan. 1-61 or TR

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

Dec. 14 at 1:00 p.m. - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses ways to speed up metabolism.

****Dec. 21 at 9:00 a.m. - Costco: Hesperian / SURB / L**

Dec. 21 at 3:00 p.m. - Lifestyles Monthly Update Meeting / GR

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

Dec. 28 at 4:30 p.m. - Bon voyage Cocktail Party for Martha Crawford / TR

Thursday,

****Dec. 8 at 11:00 a.m. - Lunch Bunch: New Yong Kang Seafood Restaurant / SURB / L**

Enjoy a variety of Chinese seafood and other dishes with fellow residents.

****Dec. 15 at 3:00 p.m. - Christmas Light Drive in Brentwood / SURB / L**

Enjoy a variety of dinner choices in Concord before a scenic drive to enjoy the Christmas lights in Brentwood.

****Dec. 22 at 10:00 a.m. - Hillsdale Shopping Center / SURB / L**

Friday,

****Dec. 9 at 10:00 a.m. - Nut Tree Plaza / SURB / L**

Saturday,

****Dec. 17 at TBA - Bay Philharmonic (Formerly Fremont Symphony) : Holiday Concert / SURB / L**

A celebration to be shared by all, the evening features choruses and dancers from the community, guest vocal soloists, and many special holiday surprises.



Neighborhood Holiday Tree Trimming Party

Friday, December 2 starting at 1:30 p.m.

Starting on the 4th Floor and continues down to all other floors

Join your neighbors on your floor to decorate your neighborhood Christmas tree. We will have ornaments, lights, and eggnog. Come for some holiday fun with your neighbors.



3rd Annual Winter Light Festival

Thursday, December 8 at 4:00 p.m.– 5:00 p.m.

Celebrate our 3rd annual Winter Light Festival outside our front entrance. There will be live holiday music playing to sing along to. Festive drinks and snacks will be served. A visit from someone special to signal when the five cypress trees will be lit up. Each department will create a decorative scene on each floor by the main elevators. You can vote for your favorite at the festival. If you want to add to the holiday cheer, we encourage you to put lights on your balcony. We are also encouraging residents and team members to decorate outside their doors to spread holiday spirit throughout the community. To spread that spirit to the greater community, please bring canned food that has not expired, and new unwrapped toys that will be donated to those in need in the Tri City area. We will reward your generosity by giving tickets for prize drawing!



Resident Holiday Party

Wednesday, December 14 at 4:00 p.m.

Dining Room

Social hour begins at 4:00 p.m. in the Turkey Roost and doors open for dinner at 5:00 p.m.



New Year's Eve Social

Saturday, December 31, at 4:30 p.m.

Dining Room

Have a glass of champagne and toast in the New Year. Doors open for dinner at 4:30 p.m., with live music and dancing from 5:00 to 6:30.



Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: December 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 1:30p 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)
---	--	--	---

Acacia Creek Lifestyles December 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
 ACACIA CREEK (510) 441-3700				1 10a Great Courses - The Roman Empire: Echoes of Rome / Chan. 1-62 2p Acacia Creek Genealogy / MP 5p Masonic Home Annual Christmas Tree Lighting / MHA	2 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR 10a Masonic Home Tour with Penny/ Call Penny x3716 to RSVP 1:30p Neighborhood Holiday Tree Trimming Party / Starts on 4th Floor	3 10a Saturday Classics: The Barkleys of Broadway / Chan. 1-61
4 2p Caroling with Carol H. and Carolee with Shirley M. on the Piano / TR 7p Hershey Felder: Chopin & Liszt / Chan. 1-61	5 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: "Town Air Makes You Free" / Chan. 1-62	6 10a Stoneridge Mall / SURB / L 2p Masonic Home Tour with Penny / Call Penny x3716 to RSVP 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	7 10a Talk Back with Barrett Hoover, Executive Director of the Bay Philharmonic (Formerly Known as the Fremont Symphony) / DR 4p Meet with Martin / TR or Chan. 1-61 7p Replay of Meet with Martin / Chan 1-61	8 10a Great Courses - Music as a Mirror of History: Handel: Water Music (1714) / Chan. 1-62 11a Lunch Bunch: New Yong Kang Seafood Restaurant / SURB / L 4p Winter Light Festival / L 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	9 10a Nut Tree Plaza / SURB / L	10 10a Saturday Classics: Shall We Dance / Chan. 1-61
11 1:30p Grace Cathedral Choir of Men and Boys / SURB / L 7p Great Courses - The Surprising Origins of Christmas Traditions: Christmas in Victorian Britain / Chan. 1-61	12 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Guilds and the Rise of Organized Labor / Chan. 1-62	13 10a Walking Trip: Lake Elizabeth / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	14 1p Fitness Talk with Yanasa - Topic: Ways to Speed up Metabolism / L 4p Resident Holiday Party / DR	15 10a Great Courses - Music as a Mirror of History: Mozart: The Abduction from the Harem (1782) / Chan. 1-62 3p Christmas Light Drive in Brentwood / SURB / L	16	17 10a Saturday Classics: The Band Wagon / Chan. 1-61 TBA Fremont Symphony: Holiday Concert / SURB / L
18 5p Hershey Felder: A Musical Surprise for Holiday Time / Chan. 1-61	19 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Rise of the Rule of Law / Chan. 1-62 2p Hanukkah Celebration / L	20 10a Fremont HUB - Target & Daiso / SURB / L 10a Hershey Felder: A Musical Surprise for Holiday Time / 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	21 9a Costco: Hesperian / SURB / L 3p Lifestyles Monthly Update Meeting / GR	22 10a Hillsdale Shopping Center / SURB / L 10a Great Courses - Music as a Mirror of History: Haydn: Mass in the Time of War (1797) / Chan. 1-62	23	24 10a Saturday Classics: A Christmas Carol / Chan. 1-61
25 7p Great Courses - The Surprising Origins of Christmas Traditions: Christmas in Victorian America / Chan. 1-61	26	27	28 2:30p Blood Pressure Check with Mina / TR 4:30p Bon Voyage Cocktail Party for Martha Crawford / TR	29 10a Great Courses - Music as a Mirror of History: Beethoven: The Farewell Sonata (1810) / Chan. 1-62	30	31 10a Saturday Classics: Finian's Rainbow / Chan. 1-61 4:30p New Year's Eve Social / DR