

**Functional Fitness (Cont.)**

**Squat** - Basic movements like standing up helps to strengthen your big muscles in your legs - quadriceps, hamstrings and your buttocks. One way to do this safely in your home is by doing chair sit-to-stands. Use a firm chair backed up to a wall or counter to keep it from sliding. Slowly stand-up and sit down from the chair. Do 3 sets of 10. Once you can do that, you can increase the reps or you can hold a small hand weight (i.e. dumbbell, can of food or full water bottle)

**Seated/Standing Rows** - This exercise helps you to build strength in muscles that are needed for pulling and lifting, opening a heavy door or carrying your groceries to the car. Start in a seated position with hands down at your side with palms faced back. Lift your arms up against your sides until your elbows are parallel to your shoulders. Do 3 sets of 10. Once you are able to do this easily, you can add small weights or try standing up.

**Incline Wall Push-ups** - Building strength in your chest muscles helps to create ease in putting something on the top shelf, lifting something up off the ground, or propping yourself up in bed. Start by facing the wall with hands a little more than shoulder width apart. Tighten your core, slowly bend your elbows lowering yourself to the wall. Pause, then pushing through your hands, straighten your elbows. That is one rep, building up to 3 sets of 10 reps. Once the wall press becomes easy, using the same position, you can use the edge of your countertop for a challenge.

**Woodchop** - This helps strengthen your ability to put on your belt, buckle your seat belt or play pickle ball/ping pong. If you experience any back problems, remember to check with your doctor before engaging in this exercise. Start in a seated position at the edge of your chair with feet firmly on the floor. As you inhale rotate both hands to the outside of your left knee. As you exhale rotate bringing your hands diagonally across your body to the right above your head. Do this in a controlled movement vs. with momentum. Imagine you are chopping wood. Do 3 sets of 10 reps, then switch sides. Once this is an easy movement you can move to a standing position - with feet shoulder width apart and knees slightly bent or you can use a TheraBand.

These are just a few exercises you can do at home to improve your functional fitness. As we move through the month of May and M4W, I hope you will add some of these exercises to your purposeful movement. If you have any questions or would like a specific workout routine created for your functional fitness goals, please reach out to Yanasa Williams, Health Fitness Specialist or Dante Griffith-Johnson, personal trainer at Acacia Creek on Monday, Wednesdays and Thursdays in the gym annex.

**Carolee Rodrigo, CTRS, RTC**  
Lifestyles Manager

**Lifestyles of Acacia Creek**



RCFE# 015601302 COA #246

**May 2023**

**Functional Fitness**



**ACACIA CREEK**

(510) 441-3700

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Have you heard of functional fitness? Functional fitness is your physical ability to perform everyday tasks, such as cleaning your home, getting up off the floor, putting your groceries away, reaching for something on the top shelf, changing your bedsheets, etc. The stronger your muscles are and the more endurance you have, the easier it is for you to complete these activities and retain independence. Functional fitness requires moving multiple body parts and muscles at the same time, so it is important to pursue an exercise routine that requires a series of movements.

Remember: exercise isn't only for people who are training to become athletes or body builders. Exercise that improves functional fitness ultimately improves your independence and your quality of life, two values we hold dear at Acacia Creek, on our journey of healthy longevity.

When focused on functional fitness you are strengthening muscles in the same way you would use them. By adding strength-based exercises to your daily routine you reduce the risk of injury. Much of functional fitness focuses on core muscles. As your core becomes stronger you will notice that your balance, endurance and flexibility all improve.

Many people put off adding strength training to their exercise program because they don't go or want to go to the gym. Here is the myth buster—you can do all kinds of functional fitness exercises from your home! Here are a few you can try. As always if you have any major medical conditions, it is best to consult your primary care physician before starting any exercise routine.

**Functional Fitness**  
**Grow strong and feel great!**

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## Revisit How Exercise Improves Dementia

Participating in physical activity is known to focus on getting the body healthy. We all want to be in shape, feel strong and, stay healthy. This month as we participate in Move for Wellness, try and focus on how exercise helps improve our cognitive function especially dementia. With so many people being diagnosed with dementia every year, it is important that we continue to exercise to help prevent or battle dementia.

Dementia disease is a chronic condition that affects memory, thinking, and social abilities so severe that it affects daily lives. It limits people's abilities to function and do daily activities. Dementia is an illness that deteriorates cognitive function that is associated with aging. It affects the cortical functions as well as memory, learning, complex attention, executive function, language, motor perception, and social cognition. According to the Centers for Disease Control, in 2020, 5.8 million Americans were living with Alzheimer's disease which is the most common type of dementia. Even though it is associated with age, younger people can also get dementia as well, but it is less common.

### Exercise Studies

Out of all of the lifestyle changes that have been scientifically studied over time, nothing seems to work better than exercise when it comes to dementia. It is one of the best solutions to prevent the risk of getting dementia. A study done in Wales followed 2,000 men for 35 years. They analyzed five of their lifestyle behaviors such as regular exercise, not smoking, moderate alcohol, healthy body weight and a healthy diet. Out of the five, exercise played the best role in reducing dementia making them 60% less likely to get the disease. Scientists have done several other studies in older adults who exercised during their midlife years and have concluded that it reduced their risk by 30%. For Alzheimer's specifically it was reduced by 45%. In another trial, exercising for just a month has shown to improve memory, attention, and processing speed.

### What exactly does exercise do?

Exercise helps improve hippocampus function by decreasing the number of stress receptors which minimize the effect stress plays on the brain. The hippocampus is responsible for short term memory, learning, and processing information and decreases in size as we age. Exercise increases the volume of the hippocampus by 2%. Though it is not fully understood, physical activity also releases increased levels of a protein serum in the brain called BDNF (brain derived neurotrophic factor). This serum not only helps with cognitive function but it also is known to help improve symptoms of depression and anxiety. Scientists are still unsure as to how this BDNF protein gets released into the brain due to exercise.

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## Revisit How Exercise Improves Dementia (Cont.)

### So what kinds of exercises are most effective?

You should always aim for at least 150 minutes a week of physical activity. Doing moderate intensity exercises such as brisk walking, riding a bicycle, or an aerobics class is always beneficial, but doing more intense exercises such as a HIIT (High Intensity Interval Training) workout, power walking, running, or exercising on the elliptical, seems to improve memory even more.

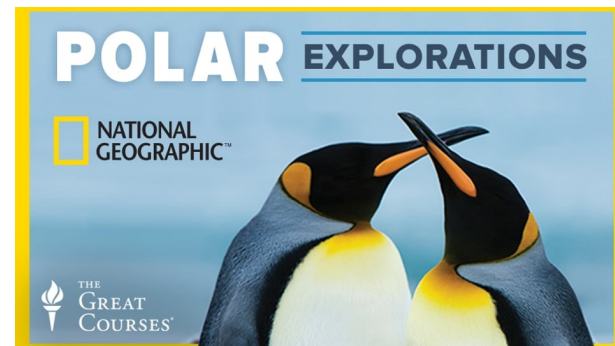
Take this Move For Wellness month and not only focus on the body but also exercise and focus on the aging brain. If you would like to know more about what exercises would be good for memory, please feel free to stop by in the gym to put together exercises that would best fit your lifestyle and needs.

**Yanasa Williams, Health Fitness Specialist**

## Move 4 Wellness

## Weekend Entertainment

Sunday at 7:00 p.m. on Channel 1-61,



### National Geographic Polar Explorations

Although fewer than a half-million in number, Arctic dwellers are comprised of approximately 40 different ethnic groups. Learn how the Nenets of Russia, the Inuit of North America, and other communities survive, and how industrialization and other factors are altering traditional ways of life.

### May 7 - Indigenous Peoples of the Arctic

Over the centuries, hundreds of people have perished trying to find their way through the Northwest Passage and to the North Pole, while hundreds more have spent months or years trapped on ships in Arctic sea ice. Discover how explorers such as Henry Hudson, Sir John Franklin, and Roald Amundsen opened up this polar region to the world.

### May 14 - Greenland and Arctic Islands

Delve into the past, present, and future of three of the most notable islands in the Arctic and sub-Arctic: Iceland, one of the world's most geologically active areas; Greenland, which dwarfs all other Arctic islands in size; and the Svalbard archipelago, home to The Global Seed Vault.

### May 21 - Terrestrial Mammals in the Changing Arctic

Now that Arctic sea ice is retreating, what will become of the polar bear? Will it survive and, if so, in what numbers? Learn how changes to the ecosystem are affecting the polar bears and the other remarkable animals that call the Arctic home, from the lemming to the Arctic fox.

### May 28 - Seabirds of the Arctic and Antarctic

Discover the astonishing array of avian life—primarily consisting of seabirds—that live in, breed in, and migrate to the planet's polar regions, including the albatross, the skua, the giant petrel, and the extraordinary Arctic tern, which carries out the longest annual migration of any living thing.

## Empowerment

Empowerment is one of our building blocks of successful aging and it is related to having a growth mindset. It involves making positive choices, taking action to evolve, and confidently making decisions. Empowered people focus on what they can do, not on what they can't do. They have the self-awareness to recognize their strengths and weaknesses and are motivated to learn and grow. They are able to ask for what they need; this includes being able to set and maintain healthy boundaries in their relationships.

Empowered people see that their choices are what controls their destiny, not luck or fate. Because of this, they are more likely to take charge of their future. They understand that a positive outlook is what fuels their successes and allows them to overcome challenges. They trust in their abilities and do their best without self-judgment. They know that being vulnerable takes strength and asking for help isn't a sign of weakness.

People who are empowered consciously decide to exercise control over the things they can change and accept what they can't change. They are often happier, more fulfilled, and more satisfied with their relationships. They pursue their passions and make self-care a priority. This includes any activity that you do for yourself to feel happy and healthy. It can include everything from eating right and exercising to treating yourself to a spa treatment. Scheduling time to relax and rejuvenate will make you more productive. Additionally, being kind to yourself can help you be confident in your ability to address and overcome challenges.

Remember, empowerment is believing that you can improve your life either by changing your attitude or lifestyle or both. After all, our attitude and actions are what brought us to our current situation, and if we are going to change our current situation, we must change our attitude. Keep an open mind, stay flexible, and explore possibilities that will help you create new actions that bring more fulfillment and satisfaction to your life. You are part of a community that is here to support you in doing whatever you want to do. It is inspirational how much progress we've made since the COVID restrictions were lifted. It's exciting to imagine what's next for us!

**Penny Vittoria, Successful Aging Coach**

**Ext. 3716**

### Special Events, Outings & Trips

#### Monday,

**\*\*May 1 at 10:00a - Safeway Grocery Shopping / SURB / L**

**\*\*May 8 at 10:00a - Raley's Grocery Shopping / SURB / L**

**\*\*May 15 at 10:00a - Walmart (Fremont) / SURB / L**

**\*\*May 22 at 10:00a - Trader Joes & Safeway (Fremont) / SURB / L**

#### Tuesday,

**May 16 at 2:00p - Finance Committee Meeting / AS**

#### Wednesday,

**May 10 at 1:00p - Fitness Talk with Yanasa / L**

Join fitness health specialist Yanasa as she discusses how exercise improves Dementia.

**May 10 at 4:00p - Chat with Chuck / TR or Chan. 1-61**

Chuck shares recent community news and updates. Replay at 7:00p on Ch.1-61. Beverages at the Turkey Roost are free during the chat.

**\*\*May 17 at 9:00a - Costco: Automall / SURB / L**

**\*\*May 24 at 9:00a - Silicon Valley Advanced Water Purification Center Tour / SURB / L**

Join us for a guided tour of a water purification center in Santa Clara County. Tour waivers are required to be signed to participate. Please see flyer for detail.

#### Thursday,

**May 4 at 2:00p - Acacia Creek Genealogy / MP**

**May 11 at 2:00p - Finders Keepers Rock Painting / AS**

Come to the Art Studio to paint rocks that will be placed around the community for others to find. For questions—contact Carolee at ext. 3738. Everyone is welcome!

**\*\*May 18 at 9:00a - De Young Museum / SURB / L**

See the gorgeous exhibit "Ansel Adams in Our Time".

**\*\*May 25 at 11:00a - Lunch Bunch: Joyheart Cafe / SURB / L**

Enjoy a healthy variety of Taiwanese vegetarian dishes.

**May 25 at 4:00p - Hats off to Spring Social / TR**

Wear your funniest, brightest, and most extravagant hat to celebrate Spring. Don't have a hat? Come and decorate one! There will be a contest for the best hats.

#### Friday,

**May 12 at 10:00a - Resident Forum / DR**

Guest speaker Joan Malloy, City Manager of Union City will discuss what happens when 911 is called. This will include information on what to expect from emergency services and what information the caller needs to tell the 911 operator.

#### Saturday,

**May 6 at 2:30p - Kentucky Derby Day Social / TR**

Join us for the Running of the Roses! The races begins at 3:45p so come root for your favorite horse while sipping on a Mint Julep.

### Move 4 Wellness (M4W) Events

#### Monday,

**May 22 at 2:00p - Staying Active to Manage Diabetes / DR**

In honor of Move 4 Wellness, we have invited guest speaker Lina Huang, PharmD, Clinical Manager of Washington Hospital Diabetes Program to discuss how staying active can help manage blood sugar, as well as easy ways to get active.

#### Tuesday,

**May 2 at 3:30p - M4W T-Shirt Distribution Party / 5th Fl Lobby**

Pick up your shirt, tracking/info sheet and enjoy refreshments with your friends. If you would like to participate without a t-shirt, this is your last chance to sign up

**\*\*May 9 at 10:00a - M4W Walking Trip: Sycamore Grove / SURB / L**

Take a relaxing walk through this 847 acre of open space in Livermore. It is a flat dirt path.

**May 9 at 2:00p - M4W Group Photo and Farmers Market / Outside Lobby**

Gather in the lobby by 2pm and we will let you know when it's time to come outside and line up for the photo. After the photo, enjoy a frozen lemonade and try a game.

For every game you try, you will win a ticket for the farmers market!

#### Wednesday,

**May 17 at 2:00p - M4W Walk and Roll / Lobby**

Join us for a walk that will end with refreshments and fun. We will offer walks of different lengths and difficulty – something for everyone!

**\*\*May 31 at 9:00a - M4W Japanese Tea Garden / SURB / L**

Stretch your legs and take a walk with us while enjoying the serene Japanese tea garden in Golden Gate Park, San Francisco.

#### Thursday,

**May 4 at 2:00p - M4W Starting Line Party / Event Center**

Join us as we kick off M4W with a party with our Masonic Home neighbors. Starting at 1:30pm shuttles and walking groups will start making their way to the Event Center where you can enjoy the view and a snow cone. We will also be playing, bocce, horseshoes and doing golf putting.

#### Friday,

**May 12 at 3:00p - M4W Water Volleyball / P**

Get in the water or sit on the sidelines. Come down and enjoy a game of water volleyball!

**May 26 at 4:00p - M4W Bar Game Social / 5th Floor**

Calling all people who like to play games and have fun with friends! Enjoy complementary wine, beer and soda and try one of our bar games.

#### Saturday,

**May 27 at 3:00p - M4W Football Toss with Nancy / GA**

Join Nancy in tossing an lightweight football at a target.

**Lifestyles Weekly Recurring Programs**

**Please Keep for Future Reference**

**Revised: May 2023**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>9:30a Start of Shuttle Service to Siminoff Chapel / L</b></p> <p><b>9:45a Worship Service / Siminoff Chapel &amp; Chan. 1-15</b></p> <p>10a Coffee Klatch / GR</p> <p>2p Chinese Mahjong / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Circuit Training / GA</p> <p>9:45a Sit &amp; Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Needle Arts Group / TS</p> <p>10:20a Balance Level: 2 / GA</p> <p>11:05a Posture &amp; Recovery Stretching / GA</p> <p>11:45a Cardio Sit &amp; Glow / MP</p> <p>1:30p Hand and Foot / MP</p> <p>2p Chinese Mahjong / MP</p> <p>2p Relax and Color / AS</p> <p>2:30p Ping Pong / GA</p> <p>7p Bingo / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit &amp; Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:10a Exercise For Neuropathy &amp; Sciatica / Chan. 1-62</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Acacia Creek Bible Study / BR</p> <p>10:45a Manual Dexterity / Chan. 1-62</p> <p>11:15a Exercise for Pain Management / Chan. 1-62</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2:30p Ping Pong / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Circuit Training / GA</p> <p>9:45a Sit &amp; Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:20a Balance Level: 2 / GA</p> <p>11:15a Manual Dexterity / MP</p> <p>11:45a Cardio Sit &amp; Glow / MP</p> <p>1p Rummikub / MP</p> <p>1:30p Bridge / AS</p> <p>2p An Afternoon of 99 / AS</p> <p>2p Dancing with Denise / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Circuit Training / GA</p> <p>9:45a Sit &amp; Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:20a Fall Prevention / GA</p> <p>10:30a Water Aerobics / P</p> <p>10:55a Posture &amp; Back Strengthening / GA</p> <p>11:30a Recovery Stretching / GA</p> <p>1p Art Class / AS</p> <p>1:30p AC Singers Sing Along / TR</p>	<p>9:15a Sit &amp; Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Exercise For Neuropathy &amp; Sciatica / Chan. 1-62</p> <p>10:15a Art &amp; Crafts with Deborah / TS</p> <p>10:45a Exercise for Pain Management / Chan. 1-62</p> <p>1p Rummikub / MP</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>2:30p Ping Pong / GA</p> <p>4p Girls' &amp; Guys' Night Out / TR</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>

**Bolded weekly recurring programs are either new programs or updated.**

<p><b>Legend</b></p> <p>AS = Art Studio (3<sup>rd</sup> Floor)</p> <p>BR = Board Room (5<sup>th</sup> Floor)</p> <p>DR = Dining Room (5<sup>th</sup> Floor)</p> <p>G = Gym (Wellness Center)</p> <p>GA = Gym Annex (Wellness</p>	<p>Center)</p> <p>GR = Game Room (5<sup>th</sup> Floor )</p> <p>L = Lobby (1<sup>st</sup> Floor)</p> <p>MHA = Masonic Home Auditorium</p> <p>MP = Multi-Purpose Room (3<sup>rd</sup> Floor)</p>	<p>P = Pool (Wellness Center)</p> <p>PBC = Pickleball Court</p> <p>S = Siminoff Center</p> <p>SURB = Signup in Recreation Binder (Mailroom)</p> <p>SUC = Signup at Concierge</p> <p>SUMB = Signup in Masonic Binder</p>	<p>(Mailroom)</p> <p>TR = Turkey Roost (5<sup>th</sup> Floor Lounge)</p> <p>TS = The Studio (Apt. 1441)</p>
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# Acacia Creek Lifestyles May 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	<p>1 <b>8:30a Washington Jewelry Sale / SURB / L</b> 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Artistic Imagination Persists / Chan. 1-62</p>	<p>2 9a Washington Jewelry Sale / SURB / L <b>3:30p M4W T-Shirt Distribution Party / 5th Floor</b></p>	<p>3 11a Plant Sale / TS (appt 1441)</p>	<p>4 10a Culinary Meeting / BR 10a Great Courses - Music as a Mirror of History: Berg: Wozzeck (1922) / Chan. 1-62 2p Acacia Creek Genealogy / MP <b>2p M4W Starting Line Party / Event Center</b></p>	<p>5 8a Mason's Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR</p>	<p>6 2:30p Kentucky Derby Day Social / TR</p>
<p>7 7p National Geographic Polar Explorations: Indigenous Peoples of the Arctic / Chan. 1-61</p>	<p>8 <b>10a Raley's Grocery Shopping / SURB / L</b> 10:45a Great Courses - The Medieval Legacy: The Black Death's Lasting Lessons / Chan. 1-62</p>	<p>9 10a M4W Walking Trip: Sycamore Grove / SURB / L <b>2p M4W Group Photo and Farmers Market / Outside Lobby</b></p>	<p>10 <b>1p Fitness Talk with Yanasa - Topic: How Exercise Improves Dementia / L</b> 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61</p>	<p>11 10a Great Courses - Music as a Mirror of History: Shostakovich: Symphony No. 13 (1962) / Chan. 1-62 <b>2p Finders Keepers Rock Painting / AS</b></p>	<p>12 <b>10a Resident Forum: Joan Malloy, City Manager, Union City Presents "What Happens When You Dial 911?" / DR</b> 2p Fundraising Committee Meeting / GR 3p M4W Water Volleyball / P</p>	<p>13 1:30p Classical Music Recital with Ryan Lu / TR</p>
<p>14 7p National Geographic Polar Explorations: Greenland and Arctic Islands / Chan. 1-61</p>	<p>15 <b>10a Walmart (Fremont) / SURB / L</b> 10:45a Great Courses - The Medieval Legacy: The Medieval Invention of Race? / Chan. 1-62 3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors / TR</p>	<p>16 <b>10:30a Alameda County Library Book Club / Zoom</b> 2p Finance Committee Meeting / AS 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>17 9a Costco: Automall / SURB / L 10:15a Sewing for Charity / TS (apt. 1441) <b>2p M4W Walk and Roll / Lobby</b></p>	<p>18 <b>9a De Young Museum / SURB / L</b> 10a Great Courses - Music as a Mirror of History: Copland: Symphony No. 3 (1946) / Chan. 1-62</p>	<p>19 <b>4p TGIF with Special Guest, Acacia Creek Board Member, Narbeh Bagdasarian and his friend Johnathan / TR</b></p>	<p>20 1:30p Classical Music Recital with Ryan Lu / TR</p>
<p>21 7p National Geographic Polar Explorations: Terrestrial Mammals in the Changing Arctic / Chan. 1-61</p>	<p>22 10a Trader Joes &amp; Safeway (Fremont) / SURB / L 10:45a Great Courses - The Medieval Legacy: Medievalism and Modern Racism / Chan. 1-62 <b>2p Staying Active to Manage Diabetes with Guest Speaker Lina Huang, PharmD, Clinical Manager of Washington Hospital Diabetes Program / DR</b></p>	<p>23 <b>10:30a Walking Tour of Masonic Homes / Sign-up with Penny</b> <b>2p Shuttle Tour of Masonic Homes / Sign up with Penny</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>24 <b>9a Silicon Valley Advanced Water Purification Center Tour / SURB / L</b></p>	<p>25 10a Great Courses - Music as a Mirror of History: Gorecki: Symphony No. 3 (1976) / Chan. 1-62 <b>11a Lunch Bunch: Joyheart Cafe / SURB / L</b> 4p Hats Off to Spring Social Hour / TR</p>	<p>26 <b>4p M4W Bar Game Social / 5th Floor</b></p>	<p>27 1:30p Classical Music Recital with Ryan Lu / TR 3p M4W Football Toss with Nancy / GA</p>
<p>28 7p National Geographic Polar Explorations: Seabirds of the Arctic and Antarctic / Chan. 1-61</p>	<p>29</p> 	<p>30 10a Goodwill Donation / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>31 <b>9a M4W Japanese Tea Garden / SURB / L</b> 2:30p Blood Pressure Check with Mina / TR</p>			 <p>ACACIA CREEK</p> <p>(510) 441-3700</p>