

### Mid-Autumn Festival (Cont.)

The festival goes by many different names as the purpose for the celebration varies. I will focus on how Vietnamese celebrate this diverse festival. In Vietnam, it is mainly called Tet Trung Thu, which translates to Mid-Autumn festival. As Vietnam has a large farming community, Tet Trung Thu celebrates the bountiful harvest and the product of all the hard labor that was put into the fields during the summer months. It is also known as Tet Thieu Nhi, meaning Children Festival. It is a time for children to receive small toys, lanterns, masks, and more. Kids will have parades with their lanterns after it gets dark and sing and dance under the full moon. Another name is Tet Hoa Dang, which is the lantern festival in which lanterns are lit and hung everywhere as decoration. Tet Trung Thu is also known as Tet Doan Vien, meaning a time to reunite. It is when the fieldwork is done, and parents can spend more time with their children. These days, in Vietnam, people who work and live in the cities will take time off to visit their parents in their hometown.

A specialty that is served or given during the celebration is Banh Trung Thu or Mooncake. Most people know of mooncake because it is eaten during the Lunar New Year but it is really made for the Mid-Autumn Festival as seen in the name. Banh Trung Thu literally translates to the middle of Autumn cake or pastry. In Vietnam, there are two main variations of the mooncake which is the classic baked kind and a sticky rice kind. The fillings can vary from mung bean, lotus seed, salted egg yolk, red bean, mixed nuts, and more depending on the region where the mooncakes are produced. Mooncakes are best eaten with a good tea that will compliment the taste of the pastry. The sweeter mooncake is usually served with a strong bitter tea, while the more fragrant and almost savory mooncake is served with a mild tea such as green tea. The mooncakes also come in many shapes and sizes with fancy designs pressed into the cakes or made into the shape of animals.

Celebrate the **Mid-Autumn Festival Social on Friday, September 29 at 4:00 PM in the Turkey Roost**. We will host fun games with prizes and decorate the Turkey Roost with lanterns. Come try the variety of mooncake that will be served during the social. Have a delicious cocktail or mocktail or a drink at the Turkey Roost bar.

**Nancy Nguyen, CTRS**  
Lifestyles Coordinator



# Lifestyles of Acacia Creek



RCFE# 015601302 COA #246

## September 2023



ACACIA CREEK

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## Mid-Autumn Festival

The Mid-Autumn festival, like the Lunar New Year, is one of the most important and largest celebrations observed in many Asian countries. The festival originated in China and has been celebrated for over 2000 years. It is celebrated on the 15th day of the 8th month on the lunar calendar when the moon is at its fullest which is between September and October. Coincidentally, this is also known as the harvest moon in the farmer's almanac, which is important to farmers as it is when they can utilize the extra light of the full moon to harvest their crops.

During the Mid-Autumn Festival in Vietnam or in Vietnamese communities around the world, celebrants would host a festival for the children with games booths, small toys, mooncakes, and performances. During my childhood, I remember my church, a Vietnamese congregation, would host fairs for the children to play games and receive lanterns. The children would proceed to parade around the playground waving their new pretty lanterns. The bigger Vietnamese community in San Jose would have big festivals, featuring famous Vietnamese performers, games for the children, food, and more. Kids would be given lanterns and adults would receive mooncakes.

(continued on page 8)

## The Importance of Exercise with Parkinson's: Exercises that give the Most Benefits

According to the Center for Disease Control (CDC), Parkinson's is a progressive disorder that affects the nervous system and parts of the body controlled by nerves. There are almost a million people living with Parkinson's Disease in the United States. It seems to be common in men and people over the age of 60. The cause is still unknown, but as with other illnesses, genes, environment and lifestyle seem to play a significant role. The neurons in the brain break down over time and die. This loss of brain cells make the brain unable to produce dopamine which is a chemical that sends messages in your brain. This causes irregular activity in the brain making movement difficult.

There are no known proven ways to prevent Parkinson's because the cause is unknown. However, scientific research is showing that engaging in regular aerobic activity may decrease the risk. Let's discuss what kinds of aerobic exercise is most beneficial. It is important to have a well-rounded full complete exercise program that includes cardiovascular, strengthening, balance and stretching exercises.

### Aerobic Exercises

Walking, jogging, swimming, water aerobics, cycling and biking are great exercises to help with Parkinson's disease. There have been studies that have shown that by doing 30-45 minutes of moderate to vigorous aerobic exercises at least three times a week had the same effect on people as several Parkinson's drugs.

### Strength Training

Having strong muscles makes doing day to day activities easier. It also reduces your chances of having an injury and builds muscle mass. Exercise individual muscles at a time by doing strength training exercises such as bicep curls, push-ups (standard or assisted) and squats.

### Balance Exercises

By working on your balance at least two to three times a week you can reduce the risk of falling. Balance classes will not only improve your balance, but it will allow you to be able to catch yourself before you fall. Dance classes, tai chi, boxing, and balance classes are good exercises to improve balance.

### Coordination Exercises

Parkinson's makes it difficult to coordinate complex movements. It is important to work on activities that challenge your agility and improve the size and speed of your body movements. This can improve your walking gait and maintain motor skills. Exercises like cycling and no-contact boxing are great ways to work on coordination.

If you are interested in working on any of these exercises feel free to come down to the gym, and Dante and I can create an exercise program that best fits your needs.

**Yanasa Williams, Health Fitness Specialist**

## Fall Prevention and You

September is here and with it brings Fall and fall prevention. Over the years, fall prevention programs have changed and evolved. The more research that is done, the better the prevention practices have become.

Fall prevention used to only focus on the physical aspect, which of course is very important; but one also needs to look at the holistic self. One third of people over the age of 65 who have falls, find their lives changed due to injuries from falls. Most often these falls are preventable. In fact, 80 percent of chronic disease is caused by inactivity. Chronic disease is a big contributor to fall risk and can be prevented or managed with healthy lifestyle choices.

There are several questions one can ask or steps one can take to prevent falls and strengthen the whole self. Here are a few:

1.) **What is my attitude about my health/strength/mobility?** If you think "I can't do much . . . I am too old . . .too weak . . .I will fall. . . , or it's too hard to get started . . ."; chances are you won't succeed. Simply put, if you think you can't do something, you won't. If you find yourself with these negative thoughts it will affect your attitude. Change your attitude to change your life!

2.) **Know your fall risks.** Do you have a fear of falling, medications that can lead to falls, vision impairments, use of assisted devices, environmental hazards, poor sleeping habits? These are just a few common risks. Consult with your physician about these risks to see what could be beneficial for you.

3.) **Know your mobility strengths and weaknesses.** The Mobility Review through Masterpiece measures upper and lower body strength, flexibility, gait, agility, fall risk and general mobility. Penny, Acacia Creek's successful aging coach, will work with you to complete the assessment with a report at the end highlighting your strengths and identifying areas of weakness you may want to focus on. Yanasa, Acacia Creek's health fitness specialist, is a wonderful resource also. Through her vast knowledge, she can support you in setting up an exercise plan that meets your needs based on your motivation for improving mobility and the Mobility Review report.

4.) **Push yourself out of your comfort zone.** If you have been inactive for a while, you may have to push yourself outside your comfort zone which will be hard at first. Muscles maybe sore, you may need to create a new routine for yourself; or you may have to overcome your excuse-of-the-day that makes you **not** want to get up and move. Remember your motivation and change your attitude to change your life!

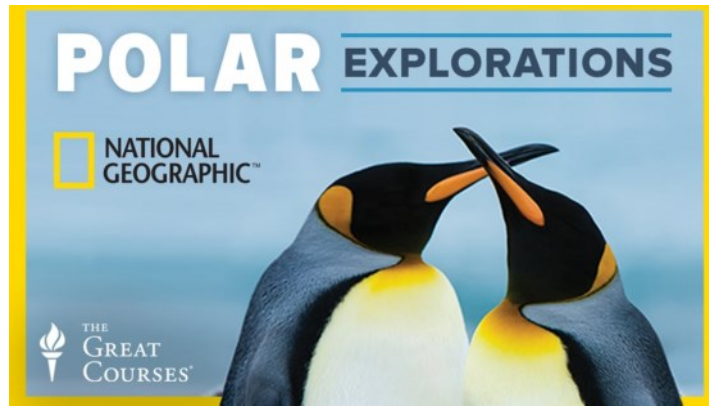
Join us on **Thursday, Sept. 7th at 2 p.m. in the Dining Room** as Alisa Curry, PT DPT from Washington Hospital discusses ways to recognize fall potential, decrease fall risk, and recovery strategies if you fall.

**Carolee Rodrigo, CTRS, RTC**

**Lifestyles Manager**

## Weekend Entertainment

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



### September 3 - The Icy Heart of Polar Seas

Virtually every living thing in polar waters—from single-celled phytoplankton to whales—has evolved in a world dominated by sea ice. Study how Arctic and Antarctic marine ecosystems work, and consider what happens to a sea ice-dependent marine ecosystem when the sea ice begins to disappear.

### September 10 - Geology of the Arctic Circle

Zoom in for a closer look at the unique geologic characteristics of the North Pole and surrounding Arctic Circle. First, take a brief geologic tour of the Arctic regions, then examine how the ocean, atmosphere, and surface geology all interact, and how this region has changed geologically over time.

### September 17 - Science and Spirits of the Arctic Sky

Constellations were vital to the early Inuits' survival, as they used the daily, monthly, and annual motions of the stars for timekeeping, navigation, and tracking the seasons. Explore this tradition and how it differs from Western astronomy, then investigate what causes the breathtaking aurora borealis.

### September 24 - Indigenous Peoples of the Arctic

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.

## Practice Mindfulness

Mindfulness is a practice that everyone can use. Being mindful means focusing on what you are doing presently in an intentionally calm way. When we are mindful, we do one thing at a time. Our brains are not efficient multitaskers. If you want to be more productive and organized, focus on one task at a time and look for ways to create more ease.

When we are mindful, we notice where we put things; so we can later locate them rather than mindlessly leaving things in random places. If you struggle with misplaced items in your home, practice putting things in the same place every day. You can even say aloud where you put things to help register it in your memory.

If you have clutter in your home, it can make it difficult to organize. Think about prioritizing what you need and keep those things around you. With gratitude and appreciation let go of things from the past that you no longer need. Sometimes hanging onto too many things prevents us from having ease and joy in our life at the moment. When dealing with paperwork, try dividing your stuff between "important, file or deal with now" and set aside the rest for future review; sometimes the future review is far enough downstream that you can simply dump it later. For your convenience, we have a shredder in the admin area for paperwork that you do not need.

Part of being organized is being mindful about what we want to accomplish in our day. When we prioritize what is important to us and minimize distractions we are more likely to follow through with healthy choices. Most of us have good intentions about making healthy choices, but in the moment when presented with something easier or more pleasurable, we can disregard our healthy choices to do what's easiest. Mindfulness helps us follow through with what we really want for ourselves and what we know is best for our own well-being.

If you tend to worry, mindfulness practices can help us realize how our worries take us out of living in the moment of what's happening now and take us far down the road of "what if" and "I (they) should have". We should always learn from past mistakes, but when we dwell on the past and are hard on ourselves, it is not helpful. Nobody is perfect and no one is expected to be perfect. People who demand perfection from themselves and those around them live under a lot of pressure. Being mindful of doing our best and being open to improving on things empowers us to create more of what we want for ourselves. People who do this have stronger social connections and are more resilient.

Remember, we can't change our past. We can only change how we live today and create a better foundation for our future. By being mindful of living in the present moment, and being grateful for all that we have, we take our mind off of what we can't change and focus on creating things that will make us feel good and bring more joy into our life.

Penny Vittoria, Successful Aging Coach

ext. 3716

## Special Events, Outings & Trips

### Sunday,

**\*\*September 10 at 9:30a - Oakland Aviation Museum / SURB / L**  
Come learn about the rich history of aviation in Oakland. The Liberty Masonic Lodge No. 299 is hosting a BBQ to raise fund for the lodge so come have lunch and support.

### Monday,

**\*\* September 18 at 10a Safeway & Trader Joe's (Fremont) / SURB / L**  
**September 18 at 3pm—Back in the Day, Sharing Life's Adventures... / TR**  
**\*\*September 25 at 10a - Raleys Grocery Shopping / SURB / L**

### Tuesday,

**\*\*September 5 at 10a - Safeway Grocery Shopping / SURB / L**  
**\*\*September 12 at 10a - Walking Trip: Lake Elizabeth / SURB / L**  
**\*\*September 26 at 11a - Lunch Bunch: Garam Mirchi / SURB / L**  
Enjoy authentic Northwest Indian cuisine in Fremont. Experience the ambiance and the flavorful food.

### Wednesday,

**\*\*September 6 at 10a - Walmart / SURB / L**  
**September 13 at 1p - Fitness Talk with Yanasa / L**  
Join fitness health specialist Yanasa as she discusses the Importance of Exercise with Parkinson's: Exercises that Give the most Benefits.  
**September 13 at 4p - Chat with Chuck / TR or Chan. 1-61**  
Chuck shares recent community news and updates. Replay at 7:00p on Ch.1-61. Come early for the best seats and grab a drink. Beverages at the Turkey Roost are free during the chat.  
**\*\*September 20 at 9a - Costco: Automall / SURB / L**  
**September 20 at 3p - Lifestyles Monthly Q&A Session / TR**  
Join Carolee and Nancy in a Q&A Session! Have questions, concerns, or suggestions for programs, outing, trips, or events? Come share them with the Lifestyles team. We will gladly share what is happening in Lifestyles and give you sneak peaks of what is being planned.

### Thursday,

**September 7 at 2p - Marketing Event - Staying Active as You Age" with Alisa Curry, MPT Washington Hospital—DR**  
Join Alisa Curry as she discusses ways to recognize fall potential, decrease fall risk, and recovery strategies if you fall.  
**September 7 at 2p - Acacia Creek Genealogy / MP**  
**September 14 at 2p - Marketing Event - Guest Speaker Sam Olson - Medicare - "What you need to know about your Benefits" / DR**  
Local Medicare expert Sam Olson will discuss the basics of Medicare, the latest changes, and how to avoid unfortunate scams and cost-saving tips during enrollment. This presentation will be in lieu of the September resident forum.

## Special Events, Outings & Trips (Cont.)

### Thursday (cont.)

**\*\* September 21 at 9a - Walk Across the Golden Gate Bridge / SURB/ L**  
Enjoy a nice walk across the Golden Gate Bridge or ride the bus and enjoy the view. Lunch on your own in Sausalito.  
**\*\* September 28 at 10a - Devil's Slide and Half Moon Bay / SURB / L**  
Residents will have the option of walking the Devil's Slide Trail or remaining on the bus to enjoy the scenic drive.

### Friday,

**September 1 at 11:30a -Labor Day Picnic for Residents and Team Members/ L**  
Celebrate Labor Day with a complementary BBQ. Enjoy a hot dog on the grill with all the fixin's. 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 8 at 10a - Raleys Grocery Shopping / SURB / L**  
**September 8 at 10a - Wai Dan Gong / GA**  
Join Joan in Wai Dan Gong, a peaceful martial art type of exercise. Students who have attended Joan's classes have reported feelings of serenity and well being.  
**September 15 at 3p -Science and Engineering Group / BR**  
Guest Tim Maloney Presents "Tom Swift Saves the Kansas City Hyatt Skywalk From Collapse, 1981." The Kansas City Hyatt Skywalk Collapse of 1981 was an engineering disaster that could have been avoided with some attention to basic mechanics.  
**September 22 at 1:30p - Oktoberfest Celebration / MHA**  
Join our friends at the Masonic Homes Auditorium for German music, German beer, German food and German Fun. Shuttles will start at 1:30p at AC Lobby.

### Saturday,



**September 9 at 2p - Celebrate Grandparenthood with a Milkshake / TR**  
Join Carolee in enjoying a milkshake and celebrating all the wonderful things about being a grandparent.  
**September 16 at 11a -TED Talk Viewing Followed by Discussion with Nancy/ BR**  
Come watch a TED talk on why change is so scary and how to unlock its potential followed by a discussion on the topic.  
**September 23 at 4:30p -Classical Music Recital and Mooncake Demonstration with the Eternity Band / TR**  
Come and support the young musical talents as they impress us with their skills on the piano and more. The band members' parents will host a demonstration on how to make mooncake. Donations will be appreciated. All donations will go to the Audacity Music Foundation which support local public school music teachers and library music programs. For more detail, go to [www.goaudacity.com/projects](http://www.goaudacity.com/projects).

\*\* Indicates Outings or Trips

# Lifestyles Weekly Recurring Programs

# Please Keep for Future Reference

Revised: September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM Start of Shuttle Service to Siminoff Chapel / L  10:00 AM Worship Service / Siminoff Chapel & Chan. 1-15  10a Coffee Klatch / GR  2p Chinese Mahjong / MP	9a Water Dancing / P  9:15a HIIT, Health & Hustle / GA  9:45a Whole Body Sit & Be Fit / GA  10a Coffee Klatch / GR  10:15a Needle Arts Group / TS  <b>10:30a Balance, Pace, Power / GA</b>  <b>11:15a Posture &amp; Pose / GA</b>  <b>11:45a Open Gym Q&amp;R / GA</b>  1:30p Hand and Foot / MP  2p Chinese Mahjong / MP  <b>2:30p WaiDanGong / GA</b>  7p Bingo / MP   <b>ACACIA CREEK</b> (510) 441-3700	9a Water Dancing / P  9:15a Whole Body Sit & Be Fit / Chan. 1-62  <b>9:50a Exercise For Neuropathy &amp; Sciatica / Chan. 1-62</b>  10a Coffee Klatch / GR  10a Water Walking / P  <b>10:25a Physiofusion / Chan. 1-62</b>  10:30a Water Aerobics / P  10:30a Acacia Creek Bible Study / BR  <b>11:00a Core Connection / Chan. 1-62</b>  2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15  2:30p Ping Pong / GA  	9a Water Dancing / P  9:15a HIIT, Health & Hustle / GA  9:45a Whole Body Sit & Be Fit / GA  10a Coffee Klatch / GR  <b>10:30a Balance, Pace, Power / GA</b>  <b>11:25a Fine Motor Fitness / MP</b>  <b>11:55a Cardio Sit &amp; Glo / MP</b>  1p Rummikub / MP  1:30p Bridge / AS  2p An Afternoon of 99 / AS  2p Dancing with Denise / GA	9a Water Dancing / P  9:15a HIIT, Health & Hustle / GA  9:45a Whole Body Sit & Be Fit / GA  10a Coffee Klatch / GR  10a Water Walking / P  10:30a Water Aerobics / P  <b>10:35a Balance, Pace, Power / GA</b>  <b>11:05a Posture &amp; Pose / GA</b>  <b>11:45a Brain &amp; Memory Fitness / GA</b>  2p Relax and Create / AS  2:30p Ping Pong / GA  4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	9:15a Physiofusion / Chan. 1-62  <b>9:50a Core Connection / Chan. 1-62</b>  10a Coffee Klatch / GR  10:15a Art & Crafts with Deborah / TS  <b>10:20a Reset &amp; Recovery / Chan. 1-62</b>  1p Rummikub / MP  1:30p Hand and Foot / MP  <b>2:30p WaiDanGong / GA</b>	10a Coffee Klatch / GR  10a Water Walking / P  10:30a Water Aerobics / P  2:30p Ping Pong / GA  4p Girls' & Guys' Night Out / TR  7:30p Saturday Night Movie / Chan. 1-61

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

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

# Acacia Creek Lifestyles September 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<p><b>Legend</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p><b>AS</b> = Art Studio (3<sup>rd</sup> Floor)</p> <p><b>BR</b> = Board Room (5<sup>th</sup> Floor)</p> <p><b>DR</b> = Dining Room (5<sup>th</sup> Floor)</p> <p><b>G</b> = Gym (Wellness Center)</p> <p><b>GA</b> = Gym Annex (Wellness Center)</p> </div> <div style="width: 15%;"> <p><b>Center)</b></p> <p><b>GR</b> = Game Room (5<sup>th</sup> Floor )</p> <p><b>L</b> = Lobby (1<sup>st</sup> Floor)</p> <p><b>MHA</b> = Masonic Home Auditorium</p> <p><b>MP</b> = Multi-Purpose Room (3<sup>rd</sup> Floor)</p> </div> <div style="width: 15%;"> <p><b>P</b> = Pool (Wellness Center)</p> <p><b>PBC</b> = Pickleball Court</p> <p><b>S</b> = Siminoff Center</p> <p><b>SURB</b> = Signup in Recreation Binder (Mailroom)</p> <p><b>SUC</b> = Signup at Concierge</p> </div> <div style="width: 15%;"> <p><b>SUMB</b> = Signup in Masonic Binder (Mailroom)</p> <p><b>TR</b> = Turkey Roost (5<sup>th</sup> Floor Lounge)</p> <p><b>TS</b> = The Studio (Apt. 1441)</p> </div> </div>						
					1 8a Mason's Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR <b>11:30a Labor Day Picnic for Residents and Team Members / L</b>	2
3 7p National Geographic Polar Explorations: The Icy Heart of Polar Seas / Chan. 1-61	4 <b>Labor Day</b>	5 10a Safeway Grocery Shopping / SURB / L	6 10a Walmart / SURB / L	7 10a Culinary Meeting / BR 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, I / Chan. 1-62 2p Acacia Creek Genealogy / MP <b>2p Marketing Event - "Staying Active as You Age" with Alisa Curry, MPT Washington Hospital / DR</b>	8 10a Raley's Grocery Shopping / SURB / L 10a Wai Dan Gong with Joan / GA <b>11:30a Block Party BBQ / Make up BBQ / By Invite Only / Pool Patio</b>	9 <b>2p Celebrate Grandparenthood with a Milkshake / TR</b>
10 <b>9:30a Oakland Aviation Museum / SURB / L</b> 1:30p Classical Music Recital with Ryan Lu / TR 7p National Geographic Polar Explorations: Geology of the Arctic Circle / Chan. 1-61	11 10:45a Great Courses - Tibet: History, Culture, and Religion: Christians, Muslims, and Bonpos of Tibet / Chan. 1-62	12 <b>10a Walking Trip: Lake Elizabeth / SURB / L</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 1p Fitness Talk with Yanasa - Topic: The Importance of Exercise with Parkinson's: Exercises That Give the Most Benefits / L <b>4p Chat with Chuck / TR or Chan. 1-61</b> <b>7p Replay of Chat with Chuck / Chan 1-61</b>	14 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, II / Chan. 1-62 <b>2p Marketing Summer Series - Guest Speaker Sam Olson - Medicare - "What you Need to Know About your Benefits" / DR</b>	15 11:30a Block Party BBQ / Make up BBQ / By Invite Only / Pool Patio <b>3p Science and Engineering Group: Guest Tim Maloney Presents "Tom Swift Saves the Kansas City Hyatt Skywalk from Collapse, 1981" / BR</b> 4p TGIF / TR	16 <b>11a TED Talk Viewing Followed by Discussion with Nancy: Why Change is so Scary and How to Unlock its Potential / BR</b>
17 1:30p Classical Music Recital with Ryan Lu / TR <b>4:00p Pub Trivia with Penny / TR</b> 7p National Geographic Polar Explorations: Science and Spirits of the Arctic Sky / Chan. 1-61	18 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: Tibetan Tantra and Taboo / Chan. 1-62 <b>3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors / TR</b>	19 <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	20 9a Costco: Automall / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Monthly Q&A Session / TR	21 <b>9a Walk Across the Golden Gate Bridge / SURB/ L</b> 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, III / Chan. 1-62	22 <b>1:30p Oktoberfest Celebration / MHA</b>	23 <b>4:30p Classical Music Recital and Mooncake Demonstration with the Eternity Band / TR</b>
24 1:30p Classical Music Recital with Ryan Lu / TR 7p National Geographic Polar Explorations: Indigenous Peoples of the Arctic / Chan. 1-61	25 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: The Good Eating and Fun of Tibetan Cuisine / Chan. 1-62	26 <b>11a Lunch Bunch: Garam Mirchi / SURB / L</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	27 2:30p Blood Pressure Check with Mina / TR	28 <b>10a Devil's Slide and Half Moon Bay / SURB / L</b> 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, IV / Chan. 1-62	29 <b>4p Mid-Autumn Festival Social / TR</b>	30