

**New Traditions (Cont.)**

When on the journey of creating a new tradition, it is easy to set lofty expectations. However, it is important to give yourself permission to set manageable expectations for yourself. A tradition should be something you eagerly anticipate each year, and not an obligation. Traditions exist to strengthen bonds with friends and family, providing something reliable and enjoyable to look forward to annually.

Consider these lighthearted and fairly simple ideas to share with your friends: host a secret Santa, gather to string popcorn and cranberry garlands, watch a football game together, organize a hot cocoa and eggnog happy hour (with everyone bringing their own drink), participate in a cookie exchange, decorate a gingerbread house, or host a potluck either in your apartment or one of the community spaces at Acacia Creek.

Acacia Creek itself has established traditions that you and your new friends can embrace as well, such as:

- \*Dec. 1 - Neighborhood Holiday Tree Trimming Party
- \*Dec. 8 - Hanukkah Celebration
- \*Dec. 13 - Resident Holiday Party
- \*Dec.16 - Grace Cathedral Performance
- \*Dec. 17 - Bay Philharmonic Holiday Show
- \*Dec. 21 - 4th Annual Winter Light Festival
- \*Dec. 31 - New Year’s Eve Party (see calendar for more details)

Most importantly, this is a time to create something special and meaningful for yourself. In moments of feeling overwhelmed, take a moment to count your blessings; there is much to be thankful for this holiday season, regardless of the new traditions you choose to adopt.

On behalf of everyone in the Lifestyles and Concierge Teams, we wish you all a joyous holiday season and the very best that 2024 has to offer!



Carolee Rodrigo, CTRS, RTC  
Lifestyles Manager



**December 2023**



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**New Traditions**

The swift pace of December, from Thanksgiving to New Year's Day, can often feel like a whirlwind. With so much to do, places to be, and loved ones to connect with, it's a time that can be both exciting, but also potentially overwhelming. For those who have recently joined the Acacia Creek community, there may be a sense of concern or even loss as familiar traditions undergo change or seem absent.

Some of us may still be mourning the traditions we had before moving in, and this season might bring a unique set of challenges. I spoke with a resident who shared that her children and grandchildren would be away during the holidays, and she wouldn't be seeing them. Despite this, she expressed gratitude for being at Acacia Creek, emphasizing the joy of not being alone during this time. In the year she has been here, she has formed new friendships and is eagerly anticipating the opportunity to create fresh traditions with her newfound companions.

If you find yourself in a similar situation this holiday season, it's an excellent opportunity to forge new traditions. The prospect can be both exciting and daunting, so where do you begin?

**(continued on page 8)**



## Controlling Diabetes and Diabetic-Related Conditions with Diet and Exercise

Diabetes can be a very dangerous disease and should be taken seriously. According to the CDC (Centers for Disease Control), more than 37 million Americans suffer from diabetes and the most concerning part is that only 1 in 5 people even know they are diabetic. More than a 1/3 of Americans are prediabetic and 80% don't know it. Diabetes can cause a list of other difficult medical conditions like kidney failure, permanent vision loss, nerve damage due to poor blood circulation which causes neuropathy in the feet, and even death. However, all is not lost, you can control diabetes and diabetic related conditions through diet and exercise.

Diabetes is a disease that affects and alters the body's ability to use glucose. A diabetic person's pancreas is either not producing enough insulin or the existing insulin isn't practical. This causes way too much sugar in the blood which causes diabetes. There are several different types of diabetes but we are only going to focus on Type 2 Diabetes because it is the most common and is considered the "Adult-Onset" diabetes. Type 2 Diabetes is caused by reduced insulin production to maintain correct blood sugar levels, or the insulin is not working properly making one insulin resistant.

A balanced healthy diet is a great start to control Type 2 diabetes. Foods high in fiber, low fat foods like fruits, vegetables, and whole grains help control your blood sugar levels. Foods that contain a lot of fiber have a low glycemic index. You should avoid foods with a high glycemic index, which includes foods such as animal products, processed foods, and excessive sugar that can cause your blood sugar levels to quickly and significantly rise.

Regular exercise can definitely help improve Type 2 diabetic symptoms. Participating in 30 minutes of aerobic exercise a day can really help control sugar levels. Adding a strength training routine to your aerobic workout is even better for controlling your sugar levels. Exercise draws on reserved sugar stored in the muscles and liver and then takes your sugar from your blood. The more intense your workout is, the longer your blood sugar will continue to benefit. This benefit can even start just 8 hours after a workout. Exercise can also help with diabetic related conditions such as neuropathy. According to the ADA (American Diabetes Association), exercise helps improve blood flow to your hands and feet because it improves nerve health.

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## Controlling Diabetes and Diabetic-Related Conditions with Diet and Exercise (Cont.)

One can control diabetes with diet, exercise, and also by being under a physician's care. Some people have been able to reverse their diabetes and get off of their medications, but people are different and this isn't always the case for everyone. So just continue to do the best you can to put in the effort and the dedication to help improve your health and well being.

Exercise classes such as HIIT, Health & Hustle, Whole Body Sit & Be Fit, Sit & Get Fit: Bike & Box, and Exercise for Neuropathy & Sciatica are great exercise classes to help with diabetes and diabetic-related health conditions. If you are not comfortable working with an exercise group, you can always come to my Open Gym: Q&R for more one-on-one personal training and we can build an exercise program that best fits your needs.

**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.

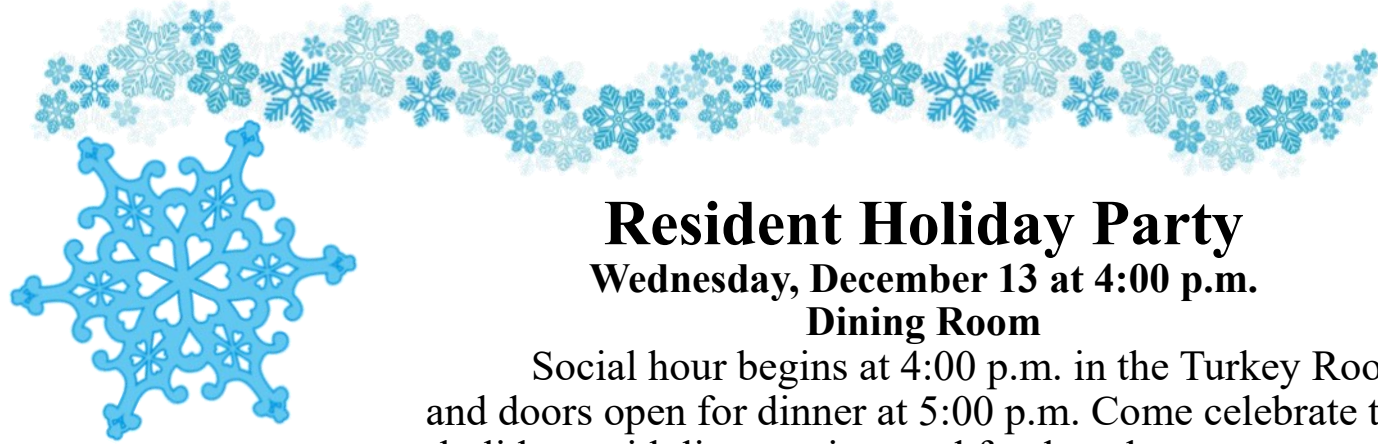


### Neighborhood Holiday Tree Trimming Party

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

Starting on the 2nd Floor and continues up 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.



### Resident Holiday Party

Wednesday, December 13 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. Come celebrate the holidays with live music, good food, and great company.



### 4th Annual Winter Light Festival

Thursday, December 21 at 4:00 p.m.– 5:00 p.m.

Celebrate our 4th 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.



### New Year's Eve Party

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

Dining Room

Happy New Year! Celebrate a new beginning with a party. A live band will play during dinner. 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. pm.



### Be BOLD

One of the things I appreciate about Acacia Creek is when residents discuss various ideas and concepts with me. Linda O'Brien was recently talking to me about the importance of being **BOLD** as you get older. It was in the context of bidding big when you have a good hand in bridge, as well as believing you can stretch yourself and manifest something new, regardless of your age or physical condition. It is not necessarily about succeeding. Fearlessly trying and not letting self-doubt or limitations stop you from challenging yourself is **BOLD**.

At every age it is empowering to get out of your comfort zone to explore new experiences and discover what we are capable of. Being **BOLD** is using what didn't work in the past to teach you what to do next. Life is too short to relive past mistakes or what you should have done. Use your energy to create something new today and don't let the word **BOLD** be intimidating. Simply have the courage to be your perfectly imperfect, wonderful self and do whatever is fun, interesting, and adventuresome to you.

Being **BOLD** is about embracing our experiences, wisdom, and unique perspectives to pursue our passions, make a difference, and experience life to the fullest. To help you identify what being **BOLD** looks like for you, look at what you appreciate and are grateful for. That will help you identify what you value most. Then ask yourself what is really important to you, what do you want more of and what gives you a sense of purpose. Try to clearly identify your passions, values, and aspirations, then try new things. This is how we can create a life that aligns with our true desires.

Being **BOLD** will look different for everyone. Some of us enjoy leading programs and events, so being **BOLD** might be starting something new. For others being **BOLD** is quietly attending a new program or asking questions. Both leaders and attendees are necessary for the community to thrive. We just want you to be satisfied with how you choose to participate. Please think about programs or events you would like to create or participate in. We are working with Masonic Home to create new programs and events in 2024. You can be **BOLD** and try new things at both communities!

Remember to always look beyond your age and physical condition and identify what you want for yourself. This is an ongoing process, not a one-time event. As we grow and change, our desires and priorities may change. Be **BOLD** and embrace the journey of self-discovery and continuously seek opportunities to learn and grow.

Penny Vittoria, Successful Aging Coach

ext. 3716

### Special Events, Outings & Trips

#### Sunday,

**\*\*Dec. 17 at 1:45p - Bay Philharmonic: A Holiday Spectacular! /SURB/L**  
Celebrate the holiday season with music! Jung-Ho Pak will lead dazzling female vocalists along with the Bay Philharmonic in your favorite festive songs.

#### Monday,

**\*\*Dec. 4 at 10a - Safeway Grocery Shopping / SURB / L**

**\*\*Dec. 11 at 10a - Raleys Grocery Shopping / SURB / L**

**\*\*Dec. 18 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

**Dec. 18 at 3p - Back in the Day, Sharing Life's Adventures... / TR**

#### Tuesday,

**Dec. 5 at 2p - Talk Back with Jung Ho Pak / DR**

Jung Ho will share behind the scene insights on the upcoming Holiday Spectacular performance.

**\*\*Dec. 12 at 10a - Walking Trip: Eden Shore Park / SURB / L**

**\*\*Dec. 19 at 11a - Lunch Bunch: Din Ding Dumpling / SURB / L**

Enjoy a variety of delicious dumpling, buns, noodle, and so much more.

**\*\*Dec. 26 at 10a - Raleys Grocery Shopping / SURB / L**

#### Wednesday,

**\*\*Dec. 6 at 10a - San Francisco Union Square / SURB / L**

Explore Union Square in San Francisco! See the famous sugar castle and the beautiful holiday decoration in the storefront windows.

**Dec. 6 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.

**Dec. 13. at 1p - Fitness Talk with Yanasa / L**

Join fitness health specialist Yanasa as she discusses controlling diabetes and diabetic related conditions with diet and exercise.

**\*\*Dec. 20 at 9a - Costco: Hesperian / SURB / L**

**Dec. 20 at 3p - Lifestyles Q&A Session / TR**

Carolee and Nancy will answer all your questions and take suggestions regarding outings, programs, trips, events, and more.

#### Thursday,

**Dec. 7 at 2p - Acacia Creek Genealogy / MP**

**Dec. 7 at 5:30p - Masonic Homes Tree Lighting / MHA**

All Residents, Team Members and their Families are invited to the Masonic Home Tree Lighting. Come enjoy holiday music, refreshments and Santa!

**\*\*Dec. 14 at 10a - Fremont HUB - Target & Daiso / SURB / L**

**\*\* Indicates Outings or Trips**

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

#### Friday

**Dec. 1 at 10a - Resident Council Meeting / BR & Chan. 1-61**

**Dec. 1 at 6:30p A Holiday Choral Sing-Along with Valérie Sainte-Agathe and the San Francisco Girls Chorus / TR**

Start the holidays in style with a sing along!!! This is a live streaming event hosted by the Amateur Music Network and the San Francisco Girls Chorus.

The program will be streamed on the T.V. in the Turkey Roost. Artistic director, Valérie Sainte-Agathe will lead us in the sing along. Come sing or just listen and enjoy the holiday music. Music books will be provided.

**Dec. 8 at 10a - Residents Forum / DR**

Chuck Major will discuss the result of the 2023 Residents' Satisfaction Survey.

**Dec. 8 at 2p - Hanukkah Celebration / L**

Join us for a Hanukkah celebration. Phyllis Glueck will share the origins of Hanukkah along with the lighting of the second night Menorah Candle.

Refreshments will be served. Everyone is welcome.

**Dec. 15 at 10a - Park Lane Jewelry Sale / L**

Katherine Chrisman will be here with the newest collections for sale. Stop by between 10a and 3p.

**\*\*Dec. 15 at 6p - Mamma Mia! / SURB / L**

Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back.

#### Saturday,

**Dec. 2, 9, 16 at 4p - Classical Music Recital with Ryan Lu / TR**

Come support a young pianist's love and passion for playing classical pieces on the piano. Ryan Lu truly loves to play the piano! Be ready to be impressed by Ryan's talent and passion for music.

**\*\*Dec. 16 at 1:30p - Grace Cathedral Performance / SURB / L**

In the grand tradition of the great cathedrals of Europe, the Choir of Men and Boys accompanied by full orchestra and organ will transport you with their exquisite performances of favorite carols and holiday masterpieces.

**\*\*Dec. 30 at 12:30p - Shen Yun / SURB / L**

The gong resounds, the curtain opens, and a heavenly scene is right before your eyes. Fairies emerge from a sea of billowing clouds. Mongolians ride on horseback across grasslands as vast as the sky. Classic stories of love and loss, of humor and heroic deeds, come to life. You will be amazed by how vibrant, exciting, and profound classical Chinese culture can be.

# Lifestyles Weekly Recurring Programs

# Please Keep for Future Reference

Revised: December 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	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:25a Balance, Pace, Power / GA 11a Posture & Pose / GA 11:30a Open Gym Q&R / GA 1:30p Hand and Foot / MP 2p Chinese Mahjong / MP 2:30p Qigong / GA 7p Bingo / MP	9:15a Whole Body Sit & Be Fit / Chan. 1-62 9:50a Exercise For Neuropathy & Sciatica / Chan. 1-62 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:25a Physiofusion / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 11:00a Core Connection / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2:30p Ping Pong / GA	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:25a Balance, Pace, Power / GA 11:05a Fine Motor Fitness / MP 11:35a Sit & Get Fit: Bike & Box / MP 1p Rummikub / MP 1p Bridge / AS 2p An Afternoon of 99 / AS 2p Dancing with Denise / GA	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:25a Balance, Pace, Power / GA 10:30a Water Aerobics / P 11:30a Exercise for Neuropathy & Sciatica / GA 11:45a Brain & Memory Fitness / GA 2p Relax and Create / AS 2:30p Ping Pong / GA 4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	9:15a Physiofusion / Chan. 1-62 9:50a Core Connection / Chan. 1-62 10a Coffee Klatch / GR 10:15a Art & Crafts with Deborah / TS 10:20a Reset & Recovery / Chan. 1-62 1p Rummikub / MP 1:30p Hand and Foot / MP 2:30p Qigong / GA	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2:30p Ping Pong / GA 3p Girls' & Guys' Night Out / TR



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

<b>Legend</b> AS = Art Studio (3 <sup>rd</sup> Floor) BR = Board Room (5 <sup>th</sup> Floor) DR = Dining Room (5 <sup>th</sup> Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center)	Center) GR = Game Room (5 <sup>th</sup> Floor ) L = Lobby (1 <sup>st</sup> Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3 <sup>rd</sup> 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 <sup>th</sup> Floor Lounge) TS = The Studio (Apt. 1441)
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# Acacia Creek Lifestyles December 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><b>Legend</b></p> <p><b>AS</b> = Art Studio (3<sup>rd</sup> Floor)  <b>BR</b> = Board Room (5<sup>th</sup> Floor)  <b>DR</b> = Dining Room (5<sup>th</sup> Floor)  <b>G</b> = Gym (Wellness Center)  <b>GA</b> = Gym Annex (Wellness Center)  <b>GR</b> = Game Room (5<sup>th</sup> Floor)  <b>L</b> = Lobby (1<sup>st</sup> Floor)  <b>MHA</b> = Masonic Home Auditorium</p> </div> <div style="width: 30%;"> <p><b>MP</b> = Multi-Purpose Room (3<sup>rd</sup> Floor)  <b>P</b> = Pool (Wellness Center)  <b>PBC</b> = Pickleball Court  <b>S</b> = Siminoff Center  <b>SURB</b> = Signup in Recreation Binder (Mailroom)  <b>SUC</b> = Signup at Concierge  <b>SUMB</b> = Signup in Masonic Binder (Mailroom)  <b>TR</b> = Turkey Roost (5<sup>th</sup> Floor Lounge)  <b>TS</b> = The Studio (Apt. 1441)</p> </div> <div style="width: 30%; text-align: center;">  </div> </div>						
3 <b>4p Pub Trivia with Penny / TR</b>	4 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: World War II, China, and the 14th Dalai Lama / Chan. 1-62	5 <b>2p Talk Back with Jung Ho Pak - Holiday Concert / DR</b>	6 10a San Francisco Union Square / SURB / L <b>4p Chat with Chuck / TR or Chan. 1-61</b> <b>7p Replay of Chat with Chuck / Chan 1-61</b>	7 10a Great Courses - Concert Masterworks: Strauss-Death and Transfiguration, II / Chan. 1-62 2p Acacia Creek Genealogy / MP <b>5:30p Masonic Homes Annual Tree Lighting / MHA</b>	8 <b>10a Resident Forum: Chuck Major, President and CEO Reviews the 2023 Resident Satisfaction Survey / DR</b> <b>2p Hanukkah Celebration / L</b>	9 4p Classical Music Recital with Ryan Lu / TR
10	11 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: Tibetan Diaspora: Hardship and New Realities / Chan. 1-62 <b>4p TGIF: Sweet Adelines / TR</b>	12 10a Walking Trip: Eden Shore Park / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 1p Fitness Talk with Yanasa - Topic: Controlling Diabetes and Diabetic Related Conditions with Diet and Exercise / L <b>4p Resident Holiday Party / DR</b>	14 10a Fremont HUB - Target & Daiso / SURB / L 10a Great Courses - Concert Masterworks: Strauss-Death and Transfiguration, III / Chan. 1-62	15 <b>10a Park Lane Jewelry Sale / L</b> 6p Mamma Mia! / SURB / L	16 1:30p Grace Cathedral Performance / SURB / L 4p Classical Music Recital with Ryan Lu / TR
17 <b>1:45p Bay Philharmonic: A Holiday Spectacular! / SURB / L</b> 2:30p Holiday Brain Games and Beverages with Carolee / TR	18 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: How Tibetan Art Keeps Heart and Soul Alive / Chan. 1-62 3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors / TR	19 10:30a Alameda County Library Book Club / Zoom <b>11a Lunch Bunch: Din Ding Dumpling /SURB / L</b> 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	20 9a Costco: Hesperian / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Q&A Session / TR	21 10a Great Courses - Concert Masterworks: Strauss-Death and Transfiguration, IV / Chan. 1-62 <b>4p 4th Annual Winter Light Festival / L</b>	22 10:15 Snowflake Making with Deborah & Penny / TS	23
24	25 	26 <b>10a Raley's Grocery Shopping / 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 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, I / Chan. 1-62	29	30 12:30p Shen Yun / SURB / L
31 <b>4:30p New Year's Eve Party / DR</b>						