

**Embracing Opportunities in the New Year (Cont.)**

The Japanese philosophy of “Kaizen” emphasizes the power of small, incremental steps to improve habits. Each small change we make today shapes our future significantly, contributing to a fulfilling and successful aging process.

When facing the unknown, it is natural to feel fear. However, studies suggest that the fear of the unknown often outweighs the fear of known failure. Our minds tend to create negative scenarios, but in reality, engaging in new activities can lead to positive and enjoyable experiences. It’s about changing our perspective and embracing the unknown with a sense of curiosity and openness. Sometimes, trying something new challenges our deeply held beliefs. The thought, “I am too old to start lifting weights,” can be reframed as, “I am NOT too old to start lifting weights.” Age should not limit our potential for growth and exploration. A change in our mindset and perspective might be precisely the catalyst we require to jump start us into action.

Research emphasizes that those who challenge themselves lead more fulfilling lives, regardless of age. So, let’s make a collective commitment to move beyond our comfort zones, try something new, and experience the joy that comes with embracing new opportunities.

Here’s to a year filled with growth, exploration and the thrill of new experiences!

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

**AC Drive-In Movie: The Sound of Music Sing Along**



**Wednesday, Jan. 24th**  
**4:30 PM**  
**Dining Room**

Drive-In Movie Dinner: Join us for a night of nostalgia while we transform the dining room into a drive-in movie theater. The doors and concession stand open at 4:30pm and the movie will run during dinner.

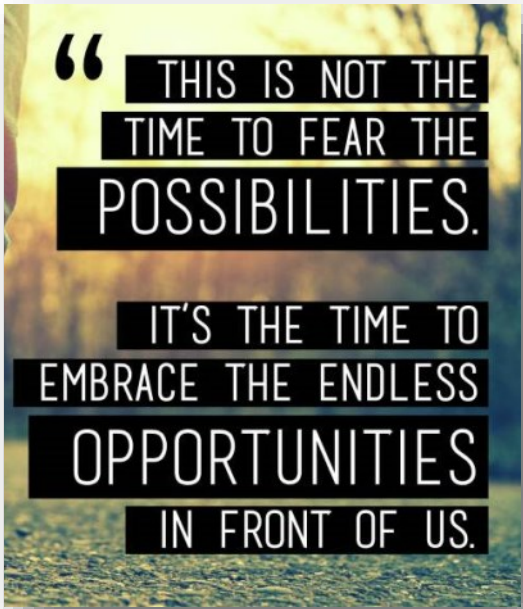


**January 2024**



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**Embracing Opportunities in the New Year.**

Happy New Year! As we stand at the beginning of a fresh year, let’s embrace the opportunities that await us. The brink of a new year often brings a sense of renewal, and with it, the chance to grow and make positive changes in our lives.

The culture here at Acacia Creek is truly inspiring. Every day, I witness residents taking the lead and creating new groups based on their passions. It’s heartening to see residents stepping out of their comfort zones, trying something new and embracing the vibrant community spirit.

A resident once shared with me, “I moved here because of all the things to do. I want to learn and try new things - some I will like and some I won’t, but at least I tried and now I know.” These words still resonate deeply with me. At Acacia Creek, we believe anyone at any age has the ability to learn and grow. Fear should not hold us back from exploring new possibilities. The willingness to try, even if success is uncertain, opens the door to discovery and personal growth.

Research consistently highlights how successful aging involves challenging ourselves in new ways. Stepping out of our comfort zones and trying novel experiences are keys to keeping our minds and bodies active and engaged. Remember, perfection is not the goal; the simple act of trying brings its own rewards.

**(continued on page 8)**

## Full Body Training vs. Split Training

The new year is always exciting because it gives us an opportunity to start all over again. Get rid of the old ways and habits and bring on the new. For many of us fitness and exercise enthusiasts, it gives us a chance to create health and fitness goals, as well as looking into ways to get fit. Throughout 2023, we put a lot of focus on isolated muscles. Which means we focused more on split training. For 2024, I would like to continue to focus more on split training; but first I will explain both split training and full body training, so that way you can decide which one is best for you.

### Split Training

Split training is a weight training program that focuses more on isolating specific muscles. Usually it divides the workouts by body regions. Most commonly separated by doing lower body training one time and then upper body training another time. For example, you might work on the lower body on Mondays and Wednesdays and then work on the upper body Tuesdays and Thursdays. It is more common to work on legs and glutes on certain days and then arms, back and chest on other days. Abdominal training can be done on any of these days. Bodybuilders and fitness trainers like the split training approach, but Olympic trainers generally do not use this type of training.

### Benefits of Split Training

Split training is good because it allows you to really focus on specific muscles. You are able to work on these individual muscle groups more intensively. This type of training can stimulate muscle repair, leading to better muscle buildup.

### Cons of Split Training

Split training can be very time consuming in order to make sure you target every muscle group. So it requires a lot of dedication and time because you have to give specific attention to each muscle group which can affect the frequency of the exercise. This also means you end up only working muscles maybe once a week.

### Full Body Training

This workout technique works on all of the muscle groups which really encourages calorie expenditure and muscle growth. Including both upper and lower body regions can really give you more “bang for your buck”. It works on all of your muscles including the core muscles as well as giving you an anaerobic workout.

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## Full Body Training vs. Split Training (Cont.)

### Benefits Of Full Body Training

Full body training is more time-efficient because it is less time consuming. By doing an isolated split training workout you may end up working out 5 days a week in order to target every muscle, but with full body training you may only need to exercise 3 days a week. An example of a full body workout class here at Acacia Creek would be HIIT, Health, and Hustle. In this class you get a full body workout in just 30 minutes.

This training style is great for people with a very busy lifestyle or for those who do not want to devote so much time in the gym. Full body exercises combine cardio and strength because you're using the entire body. This type of training can be considered anaerobic because you are using many different muscle groups to power through the movement. That is where your cardiovascular conditioning comes into play because the movements are explosive and done in short intervals. As you continue doing these types of exercises, you will begin to see improvement in your balance, flexibility, strength, endurance, and form.

Full body exercises burn more calories because they require your entire body to power through the movement instead of just using a couple of muscles like in split training. So a full body workout can have a much greater calorie expenditure. Just imagine an exercise such as a squat press kickout where you work your quads, hamstrings, glutes, back, arms, hips, and endurance. This is more powerful workout and uses a lot of calorie output versus when someone is only doing a shoulder press move using just the arms and shoulders. These moves can make you exhausted, but they are very efficient.

Now you know the difference between Split training and Full body training. If you are looking for a way to spice up your workout and get out of a fitness plateau, consider doing a full body workout. Still not sure what to do, feel free to come to my HIIT, Health and Hustle class every Monday, Wednesday and Thursday at 9:15 am. If you don't want to work out in a class setting, feel free to come to my Open Gym: Q&R class so I can design a personalized full body training program for you that best fits your goals.

**Yanasa Williams, Health Fitness Specialist**



Smoothing Out Our Rough Edges in the New Year  
(cont.)

As a symbol of hope and abundance, we have a special treat this year. We will bring some color into the community by hanging up the origami residents made along with the notes of gratitude many of you filled out. This display is our way of recognizing the abundance of good that is around us, as well as our hopes for good fortune, growth, and happiness for everyone in the new year.

We have so much available to us here in the community. To help us see the broad range of opportunities available to us we have created an event - **Do More In 2024: Games, friends and much more!** Please join us at the **Masonic Homes' Auditorium, Thursday, January 25 at 2:00pm** for this campus-wide event which reminds us that when we pool our resources, we can do so much more.

Penny Vittoria, Successful Aging Coach ext. 3716

Two-Minute Mornings

To generate more productivity, ease and positivity in your life, why not try a mindfulness experiment in 2024. It's a simple way to create more positivity. Just start your day by filling in answers to these three sentences:

- 1. "I will let go of..." Naming what we no longer want in our life helps take those things off our mind and reduces feelings like anger, guilt, and shame.
- 2. "I am grateful for..." Practicing gratitude helps us become happier and healthier, but research shows it needs to be specific. Think about specific moments in your day that generate good feelings. Reliving pleasant moments causes a positive reaction in the brain.
- 3. "I will focus on..." Find one thing you want to accomplish in your day. It could be starting a book you've had for a year, returning a phone call, going to a class that you've wanted to try, or booking an appointment you've been putting off.

These are research back prompts that prime the brain for positivity all day. It's just two minutes out of your day, so free yourself from distractions and give it a try! For more information check out **Neil Pasricha** on YouTube.

Smoothing Out Our Rough Edges in the New Year

Accepting yourself as you are and being willing to improve might seem like contradictory concepts, but they are actually deeply intertwined and essential for personal growth. Compassionately accepting yourself involves treating yourself with the same kindness and understanding you would extend to a friend. It means acknowledging your flaws and limitations without judgment or self-criticism. Accepting yourself for who you are provides a solid foundation for growth. Growth is important for everyone; it helps us stay relevant and engaged as we get older. At every stage of life, we can try something new and improve in some way.

The new year is a great time to look at creating new beginnings. People around the world reflect on the past year, let go of what no longer serves them, and then set intentions for the year ahead. Identifying and stating what we want for ourselves is a powerful practice. It represents a commitment to growth and change, and a belief that we can be better versions of ourselves in the coming year. The act of stating our goals and desires can be motivating and setting them signifies a willingness to take responsibility for our own lives and happiness. This aligns with the Freemasonry concept of "smoothing oneself out", suggesting the removal of rough edges, flaws, and prejudices through introspection, self-awareness, and a commitment to ethical conduct. By "smoothing" ourselves out, we become more virtuous and better able to contribute positively to society.

It's important to approach challenges with a willingness to learn from mistakes and setbacks. Nobody is perfect, and it's important to set realistic expectations for ourselves. Holding impossible standards leads to disappointment and frustration. Accepting our limitations allows us to focus on areas where we can effectively make progress with small steps. Putting an emphasis on personal growth and self-improvement helps us clarify our priorities and values. This helps us to make decisions on how to allocate our physical and mental resources in a way that aligns with our goals.

Remember to be patient and persistent. We are all different. and Learning and growing will look different for each of us. Rather than comparing our journey to that of others, celebrate every success you have, no matter how small it is. This helps us to stay motivated and keeps us moving forward. Here at Acacia Creek, we are surrounded by supportive people that work and live here and that can make a big difference when support is needed. So please be sure to ask for help when you feel stuck or if you just need someone to talk to..

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## Special Events, Outings & Trips

### Monday,

**\*\*Jan. 8 at 10a - Raleys Grocery Shopping / SURB / L**

**Jan. 15 at 3p - Back in the Day, Sharing Life's Adventures... / TR**

**\*\*Jan. 22 at 10a - Raleys Grocery Shopping / SURB / L**

**Jan. 29 10:30a Harlan Olson Pianist / TR**

Harlan is just 12 years old and has been playing the piano for 6 years. He currently studies at the San Francisco Conservatory of Music. Come and enjoy this young pianist's talents.

### Tuesday,

**\*\*Jan. 9 at 10a - Walking Trip: Ardenwood (\$3 entry fee) / SURB / L**

**\*\*Jan. 16 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

**\*\*Jan. 23 at 9a - De Young Museum / SURB / L**

See the visiting exhibit "Fashioning San Francisco: A Century of Style."

Explore the history of San Francisco through fashion featuring one of the most iconic collections of 20th- and 21st-century women's clothing in the United States. This exhibition includes 100 collection highlights, along with local loans of high fashion and haute couture.

### Wednesday,

**\*\*Jan. 3 at 10a - Safeway Grocery Shopping / SURB / L**

**Jan. 10 at 1p - Fitness Talk with Yanasa / L**

Join fitness health specialist Yanasa as she discusses full body training vs split training.

**Jan. 10 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.

**Jan. 17 at 3p - Lifestyles Q&A Session / TR**

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

**\*\*Jan. 24 at 11a - Lunch Bunch: Mala Town / SURB / L**

Build your own ramen bowl! Enjoy a variety of meat and vegetable toppings to choose from.

**Jan 31 at 2p - Understanding Dysphagia and Reflux Disease with Zaid imam, MD., Gastroenterologist / DR**

In this talk, Dr. Imam will explore what dysphagia is, its causes, and symptoms, and, how it often coexists with reflux disease.

Discover valuable insights on effective management strategies, lifestyle adjustments, and medical interventions that can alleviate discomfort, and improve your overall quality of life.

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

### Thursday,

**Jan. 4 at 10a - Culinary Meeting / BR**

**Jan. 4 at 2p - Acacia Creek Genealogy / MP**

**\*\*Jan. 11 at 9a - California Academy of Science / SURB / L**

There is a whole other side of the Academy to experience beyond the walls of the museum! Take a Behind-the-Scenes Tours. Dive deep down into our Aquarium to see how our complex and efficient operations keep our animals happy and healthy.

**Jan. 18 at 2p - Financial Frauds Awareness and Prevention with FBI Special Agent Lester Kwok / DR**

Learn how to recognize financial scams and what you can do to stay safe. FBI Special Agent Kwok will discuss the most common financial frauds in play today, including scams in online shopping, business imposters, tech support, government impersonation, and romance scams. You will learn the methods used by bad actors, the warning signs of financial fraud, and what to do if you become a victim.

**Jan. 25 at 2p - Do More In 2024: Games, friends and much more! / MHA**

This joint event with Masonic Homes and Acacia Creek features fun interactive games and challenges. For everything you try, you will receive a ticket for a prize drawing. We are looking for resident volunteers to help create the fun by sharing a game you enjoy or help with one of ours!

### Friday

**Jan. 5 at 10a - Resident Council Meeting / BR & Chan. 1-61**

**Jan. 12 at 10a - Resident Forum / DR**

Join the Lorber Skilled nursing team as they discuss long term care services for residents.

**\*\*Jan. 19 at 10a - San Jose Museum of Art / SURB / L**

The San Jose Museum of Art is a modern and contemporary art museum in downtown San Jose, California, United States. Founded in 1969, the museum holds a permanent collection with an emphasis on West Coast artists of the 20th and 21st centuries.

**\*\*Jan. 26 at 9a - Costco: Automall / SURB / L**

**Jan. 26 at 3p - Water Volleyball / P**



Come down and enjoy the fun at the pool - players and fans needed!

### Saturday,

**Jan. 6, 13, 20, & 27 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.

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

Lifestyles Weekly Recurring Programs			Please Keep for Future Reference			Revised: January 2024	
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  <div>  <p>ACACIA CREEK</p> <p>(510) 441-3700</p> </div>	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  <div>  </div>	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  <b>4:30p Acacia Creek Technology Team / L</b>	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  <b>4p Classical Music Recital with Ryan Lu / TR</b>	
<div> <b>Bolded weekly recurring programs are either new programs or updated.</b> </div>		<div> <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)  <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  <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)         </div>					



Acacia Creek Lifestyles January 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	1	2	3 10a Safeway Grocery Shopping / SURB / L	4 10a Culinary Meeting / BR 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, II / Chan. 1-62 2p Acacia Creek Genealogy / MP	5 8a Mason’s Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR & Chan. 1-61	6
7	8 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: A Future Tibet without the Dalai Lama? / Chan. 1-62	9 10a Walking Trip: Ardenwood (\$3 entry fee) / SURB / L	10 1p Fitness Talk with Yanasa - Topic: Full Body Training Vs. Split Training / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	11 9a California Academy of Science / SURB / L 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, III / Chan. 1-62	12 10a Resident Forum: Long Term Care Services for Residents / DR	13
14	15 Martin Luther King, Jr. Day 3p Back in the Day... Sharing Life’s Adventures and Lessons with your Friends and Neighbors / TR	16 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:30a Alameda County Library Book Club / Zoom 2p Finance Committee Meeting / AS 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	17 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Q&A Session / TR	18 10a Walmart / SURB / L 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, IV / Chan. 1-62 2p Financial Frauds Awareness and Prevention with FBI Special Agent Lester Kwok / DR	19 10a San Jose Museum of Art / SURB / L	20
21	22 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: The History of Tibet in 24 Questions / Chan. 1-62	23 9a De Young Museum / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	24 11a Lunch Bunch: Mala Town / SURB / L 4:30p AC Drive in Movie: The Sound of Music Sing Along / DR	25 10a Great Courses - Concert Masterworks: Brahms-Violin Concerto in D Major, I / Chan. 1-62 2p Do More In 2024: Games, friends and much more! / MHA	26 9a Costco: Automall / SURB / L 3p Water Volleyball / P	27
28	29 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The World of Vincent Van Gogh / Chan. 1-62 10:30a Harlan Olson Pianist / TR	30 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	31 10a Landscaping Meeting with Bay Pro / TR 2p Understanding Dysphagia and Reflux Disease with Zaid Imam, MD., Gastroenterologist / DR 2:30p Blood Pressure Check with Mina / TR	<div>Legend</div> <div>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) 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)</div> <div>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)</div>		