

Do A Little More in 24 (Cont.)

Staying active is directly linked to healthy longevity, with numerous health benefits. You don't need to be a bodybuilder or a marathon runner to reap these benefits; simply doing more of what you can do to increase your activity levels each day is beneficial. For example, you could start by walking 1,000 steps one day and gradually increasing by 50 steps each day.

Maintaining close connections with family and friends also has serious health benefits. Research indicates that individuals who lack social connections (having 5-10 people in their inner social circle) experience similar health consequences as those who smoke a pack of cigarettes a day. Simply calling a family member each day or scheduling regular coffee dates with close friends can be all you need to "do a little more" in this aspect.

Engaging in activities that bring you joy and contentment is linked to decreased blood pressure and reduced stress levels. This is similar to what I discussed last month as your "Ikigai" - your purpose. Doing a "little more" of what brings you joy is often easy to find time for.

At Acacia Creek, we often talk about how doing a little today leads to significant gains tomorrow, a concept known as Kaizen. If the idea of doing more feels overwhelming, or if you feel you're already doing enough, remember Kaizen. You don't have to do it all; just do a little more. Reframing it this way has helped me find time in the nooks and crannies of my day to do a little more to improve my healthy longevity.

Once again, I feel grateful to be at Acacia Creek, where I can witness so many role models who have mastered the art of "doing a little more." Perhaps this April, we can all strive to do a little more together!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



April 2024



ACACIA CREEK

(510) 441-3700

Inside This Issue:

Build Stronger Bones at Any Age	2
Why More?	3
Special Events, Outings & Trips	4, 5
Events	6
Continued Articles	7, 8
Lifestyles Monthly & Recurring Calendars	Insert

Do A Little More in '24

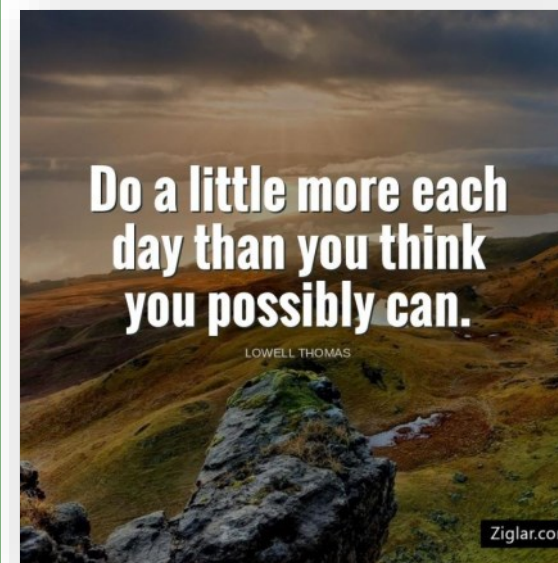
April kicks off with our exciting "Spring Into Action and Do More in '24" campaign alongside our friends at Masonic Homes. This will be a fun afternoon event filled with games, socializing, making new friends, reconnecting with old ones, and trying out something new!

However, for some of us (myself included), the idea of doing more when we already feel overwhelmed with our current commitments can be daunting. Our minds put up barriers, telling us we're too tired, don't have enough time, or still have too many things on our plate. Despite these thoughts, I realized the importance of making time to understand what "doing more" truly meant for me.

I realized that "doing more" didn't have to mean taking on something huge or committing to a long-term project. I realize that I only have a limited number of hours in a day, and I already have obligations and responsibilities to fulfill. However, I also recognized the importance of doing something each day that fulfills me. So, I decided to modify the slogan to suit my situation: "Do a Little More Each Day in 24!"

You might also share the same thoughts - wondering how you can do more when you already feel you're doing enough. Research shows that engaging in new and novel activities helps build new neuro-pathways, which is beneficial for cognitive health. It doesn't have to be a major change, and you don't have to be perfect at it to gain these benefits. You just need to do a little more than you did before.

(continued on page 8)



Build Stronger Bones at Any Age

The truth is that as we get older our bones begin to lose strength and become brittle. This makes us more vulnerable to falls which can cause broken bones, hospitalization, limited mobility, compromised quality of life, and can even cause death. This can happen even with regular exercise, but with a good balanced diet and the right exercises we can preserve our bone density.

If all goes well and you are not diagnosed with any kind of bone conditions, bone density stays stable from ages 25 - 50 years old. Once we reach the age of 50 our bones begin to break down which is known as resorption. Resorption begins to happen at a faster pace than bone formation which causes bones to become weaker and bone loses density leading to osteoporosis. This is a condition where bones are fragile, brittle and can break easily. All is not lost, there are things we can do as we age to help keep our bones strong and stable at any age.

Eating a balanced diet is a good place to start to strengthen bones. Unfortunately, as we age our appetites drop and we don't desire as much food as we did when we were younger but we still need the proper nutrients to keep bone strength stable. Eat foods that have plenty of calcium. Calcium is stored in the bones; so if we do not get enough calcium to keep our bodies functioning properly, it will be removed from the bone making them weaker. Calcium keeps our bones and teeth healthy but we also need plenty of vitamin D to help our bodies absorb the calcium, and protein is needed to keep the muscles strong and durable.

Another way to maintain strong bones is with exercise. According to the CDC (Centers for Disease Control), people 65 years and older should exercise 150 minutes a week. That's two and a half hours a week; or 30 minutes a day, five times a week. It is good to do 30 minutes of moderate intensity exercises such as walking, dancing, water aerobics, and using the cardio machines in the gym. It is also extremely important to include weight bearing exercise into your fitness routine. Activities such as lifting weights, yoga, using resistance bands, or weight machines in the gym should be done at least twice a week. Flexibility and balance can ease stiffness in the joints and muscles can reduce your risk of falling. Some form of balance and flexibility exercises can be done at least twice a week as well. It can be included in your weekly strength and cardio routine.

(continued on page 7)

Build Stronger Bones at Any Age (Cont.)

Other ways to have strong stable bones is by not smoking cigarettes or drinking alcohol, keeping up with regular health screenings, and making sure you do not remain seated for long periods of time.

In summery, to maintain strong bones eat a healthy diet, do exercise programs that include flexibility, strength, balance, and cardiovascular workouts. Don't be intimidated by weight lifting, weight bearing exercises stimulate osteoblasts which are bone cells that are responsible for bone growth. If you are interested in having a personalized exercise program to strengthen bones, feel free to come down to the gym on Mondays for Open Gym: Q & R from 11:30 - 12 pm.

Yanasa Williams, Health Fitness Specialist

Why More? (Cont.)

Our interests and priorities shift throughout our lives. The willingness to try more allows us to discover new hobbies, interests, and ways of engaging with the world regardless of our age and abilities. Remember to stay curious, keep asking questions, and explore new ideas. Challenge yourself to expand your comfort zone by trying new things. Take classes, read books, listen to podcasts, or simply engage in conversations with people from different generations or backgrounds. We hope events like Spring into Action & Do More in '24 and the Move More in '24 Challenge will support you in discovering more of what you enjoy, and help you thrive in the years to come. If you have ideas about what more you would like to see on campus, please share your ideas with me or the Lifestyles Department.

Penny Vittoria, Successful Aging Coach

ext. 3716

Spring into Action and Do More in 2024

At Spring into Action & Do More in '24, residents and team members of Acacia Creek and Masonic Homes will have the opportunity to visit different booths to see some of the fun happenings on campus and try different games and challenges. You will also be able to sign up to take part in a variety of new opportunities on campus and vote for the logo for the Move More in '24 t-shirts. There will be door prize drawings and a mega drawing for visiting all the booths! Refreshments will be served. Meet in the lobby to walk over with your friends or take the shuttle that will start at 1:45pm.



April 3 at 2:00 PM
Masonic Homes Auditorium



Acacia Creek's 14th Anniversary Celebration



A Evening at *Casablanca*



Thursday, April 11

4:00 PM - Cocktails & Games of Chance / 5th Floor
5:00 PM - Dinner / Dining Room

Celebrate Acacia Creek's 14th anniversary!
Enjoy a French 75 cocktail / mocktail while
you try your luck at cards or dice.



See the movie Casablanca on **Tuesday, April 2 at 2 PM** in the Turkey Roost or Chan. 1-62

Family Game Night Social Hour

Thursday, April 25
4:15 PM

5th Floor Lobby / Turkey Roost



Join us for a family game night with our high school volunteers! We will feature a variety of board games and card games.



Why More?

Hopefully you have heard about our Spring Into Action & Do More in '24 event in the Auditorium on April 3 and our Move More in '24 Challenge in May. We're emphasizing "more" to address the fundamental changes we experienced in many aspects of our lives in the last four years. Not everyone experienced the pandemic the same way and some of us might need more support to reengage in a world that isn't exactly the same as it was pre-pandemic.

A big change on this hill was our relationship with Masonic Homes. We were cut off from each other for so long. Now we have begun rebuilding our connections and are exploring what more we can do together. We invite all residents to do the same and make an effort to come to joint events held at Masonic Homes. When we come together as one community on the hill, we have greater resources and can generate more opportunities for everyone to engage in activities that give our lives meaning, purpose and satisfaction.

The pandemic highlighted how unpredictable life can be. By embracing adaptability, we can navigate future changes more effectively. Doing "more" is about exploring ways of doing things that we might not have considered before. It might involve delving into new hobbies, rediscovering old passions, or even taking a class on something that you always wondered about. 2024 is a perfect time to experiment with new approaches to how we spend our time. By doing more and trying a variety of things, we might not only discover interest, but we could also discover ways of doing things that are more efficient, enjoyable, or simply a better fit for our current lives.

We have the ability to grow and change throughout our entire lifespan. The only things that get in our way are our own limitations. When life throws you a curveball, find the strength to change what you can't accept, the grace to accept what you can't change, and the wisdom to know the difference. This resilience gives us the ability to bounce back from setbacks and even thrive in the face of adversity. Being resilient and challenging ourselves to do more is a key part of living a satisfying life, as is the ability to embrace lessons learned and to use that learning to create a more satisfying future.

(continued on page 7)

Special Events, Outings & Trips

Monday,

****April 8 at 10a - Safeway Grocery Shopping / SURB / L**

****April 15 at 10a - Raleys Grocery Shopping / SURB / L**

****April 22 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

April 22 at 2p - Earth Day Celebration - Planet vs. Plastics / L

Earth Day is here! This years theme is Planet vs Plastics – join us to learn and celebrate with a root beer float. Bring your own mug and spoon – no plastics provided! Ha Ha! Be sure to fill out the Earth Trivia Form and enter to win a raffle!

****April 29 at 10a - Raleys Grocery Shopping / SURB / L**

Tuesday,

April 2, 9, 16, & 30 at 10a - Understanding Blockchain & Cryptocurrency with Guest Speaker Rob Lowe: A Secure Future for Your Money / MP

Imagine a secure record book everyone can see, but no one can change. This is Blockchain! Learn how it's used for digital money called cryptocurrency, and how it might impact the future.

****April 9 at 10a - Walking Trip: Quarry Lake / SURB / L**

April 16 Cocktail Hour with members of the Acacia Creek Board / TR

Join the members of the Acacia Creek Board for a complementary drink for a meet and greet. They would love to talk with you!

****April 23 at 10a - San Francisco Rooftop Garden / SURB / L**

Take a tour of the gardens located on the rooftop of skyscrapers.

April 30 at 2p - Heart Valve Disorders in Adults / MHA

Join Dr. Agrawal, cardiologist at Washington Hospital for a comprehensive discussion on heart valve disorders in adults, where we'll explore the complexities of these conditions and their impact on cardiovascular health. From understanding the various types of valve disorders to discussing symptoms, diagnosis, and treatment options, this talk aims to provide clarity and support for individuals navigating these challenges.

Wednesday,

April 3 at 11a - FirstLight Home Care of the Peninsula Presentation / TR

Come find out the types of companion care and personal care FirstLight Home Care provides. FirstLight offers many specialized care programs such as dementia, hospice, recovery and rehabilitation, and more.

April 10 at 1p - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses building stronger bones at any age.

April 10 at 4p - Chat with Chuck and / TR or Chan. 1-62

Chuck shares recent community news and updates. Replay at 7:00p on Ch.1-62.

****April 17 at 9a - Costco: Hesperian / SURB / L**

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Wednesday (Cont.),

****April 24 at 11a - Lunch Bunch: Berkeley Bowl / SURB / L**

Enjoy a healthy salad, sandwich, and pastry. Take some time to shop in this independently owned grocery store.

April 24th at 2p - Move More in 2024 T-Shirt Distribution Social / L

Everyone who signed up for Move More in '24 is invited to come to the Lobby to pick up your t-shirt and info sheets from your co-captains. All are invited to come and enjoy tasty refreshments.

Thursday,

April 4 at 1p - Acacia Creek Genealogy / MP

April 4 at 2p - Come Play Jenga with Us! / GR

Bring your tricky fingers and play Jenga with us! Enjoy light snacks and beverages while pondering your next move.

****April 11 at 10a - Devil's Slide and Half Moon Bay / SURB / L**

Enjoy the beautiful view of the waters as we walk along the Devil's Slide. Lunch will be on your own in Downtown Half Moon Bay.

**** April 18 at 8:45a - Caltrain to San Francisco / SURB / L**

Ride Caltrain from Palo Alto to San Francisco (4th St. and Townsend St.) Have lunch in the area

****April 25 at 10a - Fremont HUB - Target & Daiso / SURB / L**

Friday

April 5 at 1p - Resident Council Meeting / BR & Chan. 1-61

April 5 at 4p - True or False Trivia with Penny / TR

April 12 at 10a - Resident Forum / DR

Guest speaker Terry Quigley, President and CEO of Masonic Homes of CA will give updates and discuss what changes are happening at Masonic Homes.

April 12 at 3p - Silicon Valley Mobile Pack Volunteer Opportunity / SURB / L

Residents have been invited to volunteer their time to pack a meal for the less fortunate.

April 19 at 10:30a - Harlan Olson Pianist / TR

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

****April 19 at 2p - Cirque Du Soleil: Kooza / SURB / L**

Kooza is the story of an innocent and charming clown who strives to find his own place in the world. The Innocent's journey introduces him to a panoply of comic characters.

April 26 at 4p - TGIF with Music by Narbeh and Johnathan / TR

Join us for an afternoon of camaraderie with others in our community. Have a drink or a special cocktail in the Turkey Roost.

****April 26 at 6:30p - Calpops: Big Band / SURB / L**

Enjoy a variety of big band music.

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: April 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 2p Somatic Movement / GA	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 2p Chinese Mahjong / 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 2p 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 11a Posture & Pose / GA 11:30a Core Connection / GA 1p Rummikub / MP 1p Bridge / AS 2p Dancing with Denise / GA 3p Pickleball with Dante / Pickleball Court 4p Acacia Creek Technology Team / BR	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 2p Reminiscing with friends at MH / MH 2nd North Music Room 2p 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 10a Cornhole with Friends at MH / Sedam Patio (Weather Permitting) 10:15a Art & Crafts with Deborah / TS 10:20a Reset & Recovery / Chan. 1-62 1p Rummikub / MP 3p AC Singers / MP	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2p Ping Pong / GA 4p Classical Music Recital with Ryan Lu / TR



Bolded weekly recurring programs are either new programs or updated.

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

Acacia Creek Lifestyles April 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Special Events:							
	1 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Spring of Provence / Chan. 1-62	2 10a Understanding Blockchain & Cryptocurrency with Guest Speaker Rob Lowe: A Secure Future for Your Money / MP 2p Movie Time: Casablanca / TR or Chan. 1-62	3 11a FirstLight Home Care of the Peninsula Presentation / TR 2p Spring Into Action and Do More in 2024 / MHA	4 10a Culinary Meeting / BR 10a Great Courses - Concert Masterworks: Liszt-Totentanz, I / Chan. 1-62 1p Acacia Creek Genealogy / MP 2p Come Play Jenga with Us! / GR	5 8a Mason's Breakfast—All Men Invited / SUMB / DR 1p Resident Council Meeting / BR & Chan. 1-61 4p True or False Trivia with Penny / TR	6 7p Saturday Movie Night: The Holdovers / TR	
7	8 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent's Classical Period / Chan. 1-62	9 10a Walking Trip: Quarry Lake / SURB / L 10a Understanding Blockchain & Cryptocurrency with Guest Speaker Rob Lowe: A Secure Future for Your Money / MP 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	10 1p Fitness Talk with Yanasa - Topic: Build Stronger Bones at Any Age / L 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62	11 10a Great Courses - Concert Masterworks: Liszt-Totentanz, II / Chan. 1-62 4p Acacia Creek's 14th Anniversary Celebration: An Evening at Casablanca / DR	12 10a Resident Forum: Guest Speaker Terry Quigley, President and CEO of Masonic Homes of California / DR 3p Silicon Valley Mobile Pack Volunteer Opportunity / SURB / L	13	
14	15 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Studio of the South / Chan. 1-62 3p Back in the Day... Sharing Life's Adventures and Lessons with Your Friends and Neighbors / TR	16 10a Understanding Blockchain & Cryptocurrency with Guest Speaker Rob Lowe: A Secure Future for Your Money / MP 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62 4p Cocktail Hour with Members of the Acacia Creek Board / TR	17 9a Costco: Hesperian / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Q&A Session / TR	18 8:45a Caltrain to San Francisco / SURB / L 10a Great Courses - Concert Masterworks: Liszt-Totentanz, III / Chan. 1-62	19 10:30a Harlen Olsen Pianist / TR 2p Cirque Du Soleil: Kooza / SURB / L 4p Pub Trivia with Penny / TR	20	
21	22 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Asylum at Saint-Rémy / Chan. 1-62 2p Earth Day Celebration: Planet vs. Plastics / L	23 10a San Francisco Rooftop Garden / SURB / L 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	24 10a Lunch Bunch: Berkeley Bowl / SURB / L 2:00p Move More in 2024 T-Shirt Distribution Social / L 2:30p Blood Pressure Check with Mina / TR	25 10a Fremont HUB - Target & Daiso / SURB / L 10a Great Courses - Concert Masterworks: Liszt-Totentanz, IV / Chan. 1-62 4:15p Family Game Night Social Hour / TR	26 4p TGIF with Music by Narbeh and Johnathan / TR 6:30p Calpops: Big Band / SURB / L	27	
28	29 8:30a Washington Jewelry Sale / SURB / L 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Art World in 1890 / Chan. 1-62 10a Washington Jewelry Sale / SURB / L	30 10a Understanding Blockchain & Cryptocurrency with Guest Speaker Rob Lowe: A Secure Future for Your Money / MP 2p Structural Heart with Dr. Agrawal of Washington Hospital / MHA	Legend AS = Art Studio (3 rd Floor) BR = Board Room (5 th Floor) DR = Dining Room (5 th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) Center) GR = Game Room (5 th Floor) L = Lobby (1 st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3 rd Floor)			P = Pool (Wellness Center) PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic	Binder (Mailroom) TR = Turkey Roost (5 th Floor Lounge) TS = The Studio (Apt. 1441)