

Sit Less, Move More in 2024! (Cont.)

Urbanization accelerated around 1851, leading to a more sedentary lifestyle for many. As parents worked long hours in factories, family life became less active. Children spent less time outdoors, and the arrival of household appliances made chores more efficient but also reduced calorie expenditure. Today, 85% of people have sedentary jobs, a stark contrast to the 1% during the industrial revolution.

Did you know that in our modern era, the average US adult spends 11 hours a day using technology, with 9 ½ hours of that spent sitting? This lifestyle has been linked to various chronic diseases, making it crucial for us to find ways to incorporate more movement into our daily routines. Keith Diaz, Ph.D., an exercise physiologist at Columbia University, has conducted numerous studies on the health impacts of prolonged sitting. He has found that even if you plan to exercise later in the day, prolonged sitting can still have detrimental effects on your health. Diaz's research suggests that moving every half hour for just 5 minutes can counteract the negative effects of prolonged sitting. These movements don't have to be intense; simple activities like taking a short stroll or doing household chores can make a difference. This insight made me consider how we could incorporate this into the Move More in '24 theme.

I propose a challenge: Let's all strive to move for five minutes every half hour throughout Move More in 2024 in May. Set reminders for yourself, and if you have a wearable device with an alarm, use it to remind you to get up and move. Let's be mindful of our activity levels throughout the day and see if this small change makes a difference in how we feel by the end of May. Who's up for the challenge with me? Together, let's make a commitment to move more in '24!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

**Congratulations to
Emmani Gabriel (Concierge)
on winning the
Move More in 2024
Logo Design Contest!**



May 2024



ACACIA CREEK

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Let's Sit Less!



And Move More in 2024!

Sit Less, Move More in 2024!

I recently tuned in to a fascinating episode of the TED Radio Hour titled "So Much Sitting, Looking at Screens. Can We Combat Our Sedentary Lives?" This discussion prompted me to reflect on the Move More in '24 initiative and the alarming lack of movement in our daily lives. It's astonishing to consider how our bodies have evolved over the centuries due to the convenience and efficiency of modern living. Here are some key insights I gathered from the show.

Compared to those in the hunter-gatherer era, our bodies today have only about 49% bone density of the hunter-gatherer's body. In fact, the bone density of female agriculturalists' upper arm bones exceeded that of Olympic rowers! This decline in physicality can be attributed to the significant increase in hours spent sitting. Around 12,000 years ago, as people began to settle, a trend towards efficiency emerged. The need to travel long distances for food diminished, with fruit trees and gardens now conveniently located near our homes. The domestication of cattle also reduced the need for extensive roaming.

The invention of the chair around 5,000 years ago marked a pivotal moment in human history. Before its introduction, chairs were non-existent, and the word "chair" was absent from historical writings and artwork. Only the elite in society had access to chairs. The industrial age, starting in 1760, further entrenched the sedentary lifestyle, as chairs became more widespread. With the industrial revolution came jobs that required prolonged sitting, and the ease of manufacturing chairs in various shapes and sizes contributed to their prevalence.

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Different Ways to Exercise For Move More in '24

A complete exercise routine would include strength training, cardiovascular exercises, balance, flexibility, and stretching. It is best to incorporate all of these different types of exercises into your regular workout routine so your body can receive maximum health benefits. There are many different types of training when it comes to exercise. Since we are participating in Move More in '24, we are going to revisit some of the different ways you can move and train your body here at Acacia Creek.

Weight training

Weight training or resistance training is a great way to build strength and tone your muscles, but it serves a much bigger purpose as well. It can protect your joints which can protect you from injury, and it helps with balance and weight management. Building muscle may not seem as important as we age, but it is in fact very important to strength train at least twice a week. Well guess what? You are in luck because there are many different ways you can resistance train here at Acacia Creek. There is a fully equipped gym that has a variety of weight lifting machines that can help you safely build muscle. For the upper body you have the bicep curl machine, the shoulder press, tri-dip machine, chest press, lat pull down bar and the back extension. For the lower body, there is the squat machine, leg press, leg curl, and leg extension machine. There is also the abdominal machine which can lightly work your core. There is a large variety of dumbbells, resistance bands, and stability balls to use down in the gym if you are not a fan of weight machines. If you like to work out in groups there are classes that focus on strength training as well, like Whole Body Sit & Be Fit, HIIT, Health and Hustle, and Posture & Pose.

Endurance Training

Making sure your endurance stays stable is important because it keeps your heart strong and gives you the ability to move around more efficiently. The gym has a nice variety of cardio machines such as the Nu Step, recumbent bike, upright bike, two treadmills, elliptical, arm ergometer, and the rower. Classes such as HIIT, Health and Hustle and Balance, Pace, Power are also great classes for building endurance, and of course the gym also has steppers, jump ropes and walking sticks.

Split Training Vs. Full Body Training

There are different ways to train your body when exercising. For example you have Split Training and Full Body Training. Let's briefly explore the difference. Split training is when you isolate muscle groups and divide your training up on different days. One day you may work on all lower body exercises and then take the next day and work on all upper body workouts. This allows the muscles at least 24 hours to build back up while they are taking the break.

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Different Ways to Exercise For Move More in '24 (Cont.)

It is a good way to train because you can isolate the muscles and focus on a particular group of muscles; however, split training can be long and very time consuming. Whole Body Sit & Be Fit is an example of a class that focuses on split training as well as some of the weight machines in the gym that only work one muscle group at a time. Machines such as the leg curl, leg extension, bicep curl, back extension, and the ab crunch are machines that only work one muscle group. Full Body Training is more effective because you are working multiple muscle groups at the same time. It requires sustained effort from many muscles and causes the heart rate to spike up which can not only boost cardio endurance but also strength at the same time. Machines such as the lat pulldown, shoulder press, and the mid-row machine are machines that work two or more muscle groups. Note that these machines do not build endurance. Classes that include both cardiovascular exercise and strength training are HIIT, Health and Hustle. This class includes cardio and strength training which is great because it gives you everything you need in just a short period of time.

So take advantage of Move More in '24 and come on down to the gym and participate in what we have to offer to get you moving. If you would like an orientation of the gym equipment or if you would like me to build you a special Move More in '24 program for the month of May, feel free to come down to the gym and see us so we can build the appropriate program that best meets your fitness goals.

Yanasa Williams, Health Fitness Specialist

Move More and Build Resilience (Cont.)

Take advantage of the variety of activities and amenities around campus. Stop by the Coffee Klatch, visit one of our libraries, come down to the gym and say hi to Olive and me, get into the pool or just go outside and enjoy the nature that surrounds us. This is a beautiful time of year, don't miss out!

Remember, the key is to get your body moving regularly throughout the day. Even small bursts of activity can make a big difference in your overall health and well-being. Stay focused on what you want for yourself and keep moving in some way! Some days you will do better than other days, so be kind to yourself and keep doing your best. Find things you enjoy doing and celebrate your progress! We're in this together. Let's all Move More in '24, so we can thrive in '25!

Penny Vittoria, Successful Aging Coach

ext. 3716

Move More in '24 Special Events

When you attend the events below, bring your Move More Weekly Tracking sheet and have it stamped. Every stamp gives you an additional entry in the Move More drawing for fabulous prizes!

Wednesday, May 1 at 2pm - Move More Parade & Patio Party

Meet in the lobby for the pre-parade stretch and to pick up your signs. Walk or roll the distance that fits for you. Meet at the Sedam Patio for refreshments, ice cream bars, music, games, and dancing.

Thursday, May 2 at 3pm - Water Volleyball – AC Pool

Saturday, May 4 at 1pm - Walk in Nature with Nancy – Meet in Lobby

Take a gentle stroll and enjoy the nature that surrounds us.

Sunday, May 5 at 11am - Walk Around the Building with Penny & Olive / – Meet in Lobby

Join us for a stroll around our building.

Tuesday, May 7 at 1pm - Walking Tour of Masonic Home with Penny

Walk through the Wallenberg, Sedam, Adams and Head buildings.

Wednesday, May 8 at 2:30pm - Shuffleboard – 2nd Adams

2:20pm Meet in the lobby and we can walk to Masonic Home together for a hour of fun!

Thursday, May 9 at 2pm - Move More in '24 Group Photo & Farmers Market

Gather with your team in the Lobby. After the photo, play games to win coupons to the farmer's market! Refreshments will be served.

Monday, May 13 at 2pm - Gym Open House - AC Gym

Meet the fitness professionals available to you on campus and see how they can support you. Refreshments will be served.

Wednesday, May 15 at 10:25am - Balance, Pace & Power – Gym Annex

Friday, May 17 at 1pm - Golf Cart & Walking Tour of Masonic Home

See the highlights in Sedam, Adams and Head building.

Wednesday, May 22 at 11am - Glow Stick Drumming – Multipurpose Room

Wednesday, May 29 at 10:30am - Fall Recovery – MH Gym

Thursday May 23 at 2pm - Turkey Trott

Meet in the lobby to take a short campus walk or walk to the events center. Refreshments will be served after the walk.

Friday, May 31 at 12p - Deadline for Week 4 Tracking Sheets

This is the last day to turn in your tracking sheet to the concierge and get a ticket to the Finish Line Lunch on June 6.

Move More and Build Resilience

There's a strong connection between moving our bodies and being more resilient. Building resilience is about developing the inner strength needed to bounce back from challenges. Resilience isn't about avoiding difficulties, it's about cultivating the tools and resources that help us effectively navigate them with grace. By incorporating regular physical activity into our lives, we slow the effects of physical and cognitive aging and build the fortitude it takes to navigate life's challenges with buoyancy.

Regular movement is a healthy outlet for stress and worry. It triggers the release of endorphins, which have mood-boosting effects and can help combat stress hormones like cortisol. This can make us feel calmer and more capable of dealing with challenges and disappointment. Exercise can lead to a sense of accomplishment and improved sense of self, contributing to a more empowered mindset. Exercise is not only good for the body, it's also good for the brain. By increasing blood flow to the brain, it can help cognitive function, focus, and overall mental well-being. This improved mental clarity allows us to approach challenges with a sharper perspective, which helps us make better decisions and become more resilient in the face of challenges. Physical activity can also be a form of meditation, promoting feelings of calmness and focus.

Move More in '24 is meant to inspire the campus not only to be aware of how much we move throughout the day, but also to break up long periods of sitting throughout the day with short bursts of movement. Our bodies are naturally primed for movement. When we sit for extended periods, we burn fewer calories and disrupt how our bodies regulate blood sugar and blood pressure. This can increase the risk of chronic diseases like type 2 diabetes and heart disease. Sitting for too long puts a strain on our posture, especially the back, neck, and shoulders. Weak core muscles and tight hip flexors are common problems that can lead to pain and discomfort. When you are sedentary during the day, challenge yourself to move around and stretch for a minimum of three minutes every hour. After a month, see if you can feel the results.

Research suggests a connection between excessive sitting and an increased risk of depression and anxiety. Lack of movement can negatively affect mood and energy levels. Watching too much cable news throughout the day can also have a negative impact on our emotional well-being. Don't let the constant barrage of negativity increase your feelings of anxiety and worry. Rather than consuming sensationalized news, find uplifting enjoyable programming to watch and take breaks to move around. Also, you don't have to limit yourself to just watching tv.

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Special Events, Outings & Trips

Monday,

****May 6 at 10a - Safeway Grocery Shopping / SURB / L**

May 13 at 2p - Meet and Greet with Yanasa of AC and Cherie of MH / GA

Come and meet Yanasa's counterpart from Masonic Homes Cherie and learn about the fitness programming that is available to all at both the Acacia Creek and Masonic Gyms. Light refreshments will be served and will have a raffle give away.

May 20 at 3p - Back in the Day with Chuck Major / TR

Tuesday,

May 7 at 10a - CBD Education and Informational Presentation / TR

Guest Speaker, Mary Nelson has been working in the CBD industry since hemp became legal in 2018. She can show you how CBD can help your wellness with issues like insomnia, pain and anxiety. Mary will discuss what is hemp, CBD options, how CBD works, and more.

****May 7 at 2p - Walmart / SURB / L**

May 14 at 2p - As You Age: Stay Fit, Stay Safe with Larry Aseo, PT of Washington Hospital / DR

Strength, balance and endurance become even more important as you age. A certified physical therapist will demonstrate simple exercises while explaining how you can self-test for balance and strength to decrease risk of injury.

****May 21 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

****May 28 at 7:30a - Monterey Bay Aquarium / SURB / L**

Explore the beautiful aquarium and take a walk along Cannery Row. This will be a joint outing with Masonic Homes.

Wednesday,

****May 8 at 9a - Costco: Automall / SURB / L**

May 8 at 1p - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses different ways to exercise for Move More in 24

May 8 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.

****May 15 at 10a - Devil's Slide and Half Moon Bay / SURB / L**

Take a walk along the Devil's Slide and enjoy the gorgeous view of the waters. Lunch will be in Downtown Half Moon Bay.

****May 22 at 11a - Lunch Bunch: Red Lobster / SURB / L**

Enjoy a variety of pasta, seafood, and more.

May 29 at 10:30a - Plant Sale / TS (Apt. 1441)

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Thursday,

May 2 at 1p - Acacia Creek Genealogy / MP

****May 9 at 10a - Raleys Grocery Shopping / SURB / L**

****May 23 at 9:30a - SF City Hall Tour / SURB / L**

Take an hour guided tour of the San Francisco City Hall.

May 23 at 4p - True and False with Penny / TR

****May 30 at 10a - Raleys Grocery Shopping / SURB / L**

May 30 at 2p - Long Term Health Services: Costs and Coverage Options / DR

Join Chuck Major, President of Acacia Creek and Joy Lara, Claims Manager at Masonic Homes, in a review of the different contracts offered and what they offer in coverage, the costs of services available and the impact of insurance on various services.

Friday,

May 3 at 1p - Resident Council Meeting / BR & Chan. 1-61

May 3 at 4:30p - Tres de Mayo / DR

Join us in celebration of Mexican and Spanish Cultures. Enjoy delicious Mexican food, margaritas and Flamenco Dancers. Doors open at 4:30p with food and drinks. Dancers will begin at 5:00 p.m.

May 10 at 10a - Resident Forum: Council Committee Report / DR

****May 17 at 11a - Bocce Ball & Lunch / SURB / L**

Join fellow AC residents for a game of bocce ball. Lunch will be at the restaurant in the same building.

May 24 at 11:30a - Memorial Day BBQ / Outside Lobby Doors

We will be serving the lunch meal outside in celebration of Memorial Day.

There will be no lunch service in the Dining Room. Those who attend will be charged a meal credit. If you would like your order to go, please call Ext. 3702 on May 23rd. This is an RSVP event only, please sign up in the Lifestyles Binder by May 10th.

****May 31 at 8a - Graton Casino / SURB / L**

Saturday,

May 4 at 7p - Saturday Movie Night: The Boys in the Boat / TR

'The Boys in the Boat' by Daniel James Brown tells the true story of the University of Washington's rowing team and their quest for gold at the 1936 Olympics. Residents are welcome to bring their own drinks and snacks.

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: May 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 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 Reset & Recovery / Chan. 1-62 10a Coffee Klatch / GR 10a Cornhole with Friends at MH / Sedam Patio (Weather Permitting) 10:15a Art & Crafts with Deborah / TS 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) 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)
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Acacia Creek Lifestyles May 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>Legend</p> <p>AS = Art Studio (3rd Floor)</p> <p>BR = Board Room (5th Floor)</p> <p>DR = Dining Room (5th Floor)</p> <p>G = Gym (Wellness Center)</p> </div> <div style="width: 15%;"> <p>GA = Gym Annex (Wellness Center)</p> <p>GR = Game Room (5th Floor)</p> <p>L = Lobby (1st Floor)</p> <p>MHA = Masonic Home Auditorium</p> <p>MP = Multi-Purpose</p> </div> <div style="width: 15%;"> <p>Room (3rd Floor)</p> <p>P = Pool (Wellness Center)</p> <p>PBC = Pickleball Court</p> <p>S = Siminoff Center</p> <p>SURB = Signup in Recreation Binder (Mailroom)</p> </div> <div style="width: 15%;"> <p>SUC = Signup at Concierge</p> <p>SUMB = Signup in Masonic Binder (Mailroom)</p> <p>TR = Turkey Roost (5th Floor Lounge)</p> <p>TS = The Studio (Apt. 1441)</p> </div> </div>						
			1 2p Move More in 2024 (MM 2024) Kick Off Parade & Patio Party / L	2 10a Culinary Meeting / BR 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Phillis Wheatley Peters, Founding Poet / Chan. 1-62 1p Acacia Creek Genealogy / MP 3pm Water Volleyball / P	3 8a Men's Breakfast Sponsored by the Masons of Acacia Creek / DR 1p Resident Council Meeting / BR & Chan. 1-61 4:30p Tres de Mayo / DR	4 1pm Walk in Nature With Nancy / L 7p Saturday Movie Night: The Boys in the Boat / TR
5 11a Walk Around the Building with Penny & Olive / L 4p True and False with Penny / TR	6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent in Auvers-sur-Oise / Chan. 1-62	7 10a CBD Education and Informational Presentation / TR 1p Walking Tour of Masonic Homes with Penny / SURB / L 2p Walmart / SURB / L	8 9a Costco: Automall / SURB / L 1p Fitness Talk with Yanasa - Topic: Different Ways to Exercise For Move More in 24 / L 2:30p MM 2024 - Play Shuffleboard / MH 2nd Adams 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62	9 10a Raley's Grocery Shopping / SURB / L 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Martha Washington, First Lady of the Republic / Chan. 1-62 2p Move More in '24 Group Photo & Farmers Market / L	10 10a Resident Forum: Council Committee Report / DR	11
12	13 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: An End and a Beginning / Chan. 1-62 2:00p Meet and Greet with Yanasa of AC and Cherie of MH / GA	14 2p As You Age: Stay Fit, Stay Safe with Larry Aseo, PT of Washington Hospital / DR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	15 10a Devil's Slide and Half Moon Bay / SURB / L 10:25a MM 2024 - Balance, Pace & Power with friends from MH / GA 10:15a Projects for Charity / TS (Apt. 1441)	16 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Sacagawea, Shoshone Diplomat and Guide / Chan. 1-62	17 11a Bocce Ball & Lunch / SURB / L 1pm Golf Cart & Walking Tour of Masonic Homes with Penny / SURB / L	18
19	20 10:45a Great Courses - How Hamilton Revolutionized the Broadway Musical / Chan. 1-62 3p Back in the Day...With Chuck Major, Sharing Life's Adventures and Lessons with Your Friends and Neighbors / TR	21 10a Safeway & Trader Joe's (Fremont) / SURB / L 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	22 10a Lunch Bunch: Red Lobster / SURB / L 10:30a MM 2024 - Glow Stick Drumming with Friends from MH / MP 4p Pub Trivia with Penny / TR	23 9:30a SF City Hall Tour / SURB / L 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Sojourner Truth, Crusader for Human Rights / Chan. 1-62 2p Turkey Trott - Campus Walk / L 4p True and False with Penny / TR	24 11:30a Memorial Day BBQ - for Residents / Outside Lobby Doors 4p TGIF / TR	25
26	27 Memorial Day	28 7:30a Monterey Bay Aquarium / SURB /L 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	29 10:30a Plant Sale / TS (Apt. 1441) 10:30a Fall Recovery / MH Grider Gym 2:30p Blood Pressure Check with Mina / TR	30 10a Raley's Grocery Shopping / SURB / L 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Catharine Beecher, Author and Educator / Chan. 1-62 2p Long Term Health Services: Cost and Coverage Options / DR	31 8a Graton Casino / SURB / L	