

Exploring Social Connections and Cultural Diversity (Cont.)

At Acacia Creek, we see a vibrant blend of cultures living side by side. This diversity enriches our social connections, offering opportunities to learn about different customs, values, and ways of thinking.

Our Acacia Creek Ohana includes a variety of cultural backgrounds, such as Chinese, Japanese, Filipino, Vietnamese, Pakistani, German, Fijian, Indian, Czech, Mexican, Australian, Jewish, and Swiss to name a few. This cultural diversity provides us with countless opportunities to broaden our horizons and enrich our lives.

On July 11th, we have a special opportunity to learn more about Filipino culture. The Acacia Creek team members who are Filipino will share their warm and vibrant culture with us through food, traditional dress, dancing, and music. Cocktail hour will begin at 4pm in the 5th floor lobby. Dining Room doors will open at 5p.m. with an Filipino inspired dinner, music and dancing. Mark your calendars! You will not want to miss this celebration.

Friendships are indeed powerful. The more we remain curious and open to learning about others, the stronger our connections become, adding meaning to our lives. Our care for one another fosters a community culture that supports the healthy longevity we all cherish at Acacia Creek.

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

"Diversity is not about how we differ. Diversity is about embracing one another's uniqueness."

One-on-One Tech Support with Darryl M.

We are excited to welcome High School Senior, Darryl Manansala, lead server Ruby Manansala's son, as a tech support volunteer here at Acacia Creek. Darryl will be in the **first floor lobby from Monday, July 1 through Thursday, July 4, and from Monday, July, 8 through Thursday, July 11 from 1 - 4 p.m.** He will support residents with their tech questions with smart phone, tablets, and more. One-on-one tech sessions are first come-first serve.



July 2024



ACACIA CREEK

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Exploring Social Connections and Cultural Diversity

Last month, we took a look at the importance of social connections and the concept of Ohana, emphasizing how these relationships contribute to healthy longevity. The social connections we nurture shape our identities and influence our outlook on life. Surrounding ourselves with positive, forward-thinking individuals helps us adopt similar attitudes. Conversely, if we spend time with those who are negative and dwell on the past, it's likely that our mindset will also be influenced in that direction. This demonstrates the powerful role relationships play in our lives.

Another enriching aspect of our relationships and Ohana is connecting with people from diverse cultures. By "other cultures," we mean those who live differently from us, with distinct values, beliefs, and symbols influenced by factors such as race, religion, national origin, ethnicity and class. We may identify strongly with one culture but also integrate elements of others into our lives. For instance, one might adopt a new religion or have deep ethnic roots while living in a different cultural environment. For example, my husband strongly identifies with Sri Lankan culture while living here and adopting aspects of American culture.

Viewing culture broadly, we realize we navigate multiple cultural influences simultaneously, shaping our worldview.

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Superfoods

There are several different foods that are considered “superfoods”. These foods are high in nutrients, low in fats, low in sodium and low in calories. Superfoods are not necessarily a recognized category of foods but they are foods that are considered natural, nutrient-dense, and promote good health.

Eating superfoods can help improve heart health, prevent cancer, strengthen the immune system, reduce inflammation, and lower cholesterol. They are a natural compound that protect cells from severe damage, prevent heart disease, and protect the body from cancer. These special foods are rich in minerals that include nutrients such as calcium, iron, and potassium which allow the body to perform at its best. They are rich in fiber which decreases cholesterol, improves heart function and glucose in Type 2 Diabetes. Flavonoids are found in plants and also contain anti-carcinogenic properties that can serve as an anti-inflammatories.

Superfoods are packed with healthy fats, such as monounsaturated and polyunsaturated fats, which are responsible for lowering cholesterol as well as preventing strokes and heart disease. The good thing about these superfoods is that instead of taking vitamin supplements, you can get those same minerals naturally just by eating these foods.

The majority of your superfoods come from plants, but there are some fish and dairy that are part of the superfood family as well. Foods such as *avocados* and *berries* like açai berries, blueberries, cranberries, goji berries, raspberries, and tart berries are part of the superfood group. *Beets, chia seeds, cinnamon, dark leafy greens, bok choy, broccoli, kale, spinach, green tea, lentils, pumpkin, salmon* and *yogurt* are included on this list. Another superfood that gets overlooked is peaches. They are low in calories and an excellent source of vitamin C and K which supports the nervous system, regulates bowel movements, supports bones and helps with kidney failure. Just a side note...celebrate National Peaches Month by eating peaches throughout the month of July.

It is good to incorporate these superfoods into your daily diet to receive maximum benefits and make changes to your health. If you have any questions about including superfoods in your diet or you are still not sure what is included as a superfood, feel free to come down to the gym annex **Mondays at 11:30 am.**

Yanasa Williams, Health Fitness Specialist

Embrace New Challenges and Keep your Brain Sharp



Challenging ourselves with learning new things promotes cognitive health. Playing games that are new to us is a fun way to keep our brains sharp. The brain has an amazing ability to adapt and change, even in adulthood. When we learn something new, we create new neural pathways and strengthen existing ones. This improves cognitive skills like memory, focus, and problem-solving.

Come exercise your brain with us on **July 19 at 2:00pm in the Game Room** and try out games like Jenga and Bananagrams - a fast paced, scrabble type of game that promotes flexible thinking and creative problem-solving.. Come check it out and remember, by embracing challenges, we continue to learn, grow, and thrive!



Joint Resident and Team Member Variety Show

This is your chance to showcase your talent at the joint Masonic Home and Acacia Creek Talent Show on **October 10th**. Now is the time for you to get your act together! Come join your fellow residents and team members in the Masonic Auditorium for this first joint talent show since 2018. Talents can include anything, singing, playing an instrument, recitations, magic, comedy. Don't be shy, join in the fun!

Sign-up sheets will be available July 10th.



Filipino Night Social



**Thursday, July 11
4:00 p.m.
Turkey Roast**

Come join us and experience the Filipino culture with fun music, food, art and folk dance. It's a fantastic way to understand the Filipino heritage.



Community Unity

With Chuck's well-deserved retirement and Terry Quigley becoming the CEO of Acacia Creek in addition to the Masonic Homes, our community is experiencing big change. Fortunately, under Chuck's leadership, a strong successful community has been built, where residents and team members are encouraged and empowered to be leaders. We are a community where people come to create the next chapter of their life with others who feel like family. Chuck's leadership brought us to this level of success. Now that we are beginning a new chapter with new people, let's embrace the opportunity to "level up" as a community. What I mean by level up is, with change comes the chance to make things better by looking at what we can improve. This is how organizations and individuals reach a new level of success. Uniting under the leadership of one president and CEO gives us the opportunity to explore ideas and ways to utilize our resources and amenities on campus. Leveling up like this is how we can innovate and prepare for the unknown in the future.

For us as individuals, leveling up in life is a process of self-development that involves learning, exploring, practicing, and growing into a better version of ourselves. The first step in leveling up is doing something that gets us out of our comfort zone. Leaving our comfort zone isn't an easy task. It is natural to want security and the familiar and avoid uncertainty and the unfamiliar. As humans, we are wired for survival, which includes minimizing risks and staying away from potentially threatening situations. This instinctive behavior often manifests itself in our tendency to cling to what we know and view change as negative.

Now that change is upon us, trust that your community is in good hands and be proactive by attending the Community Unity sessions scheduled for **August 6 and 7** with Past Grand Master Russ Charvonja & Bob Sachs. The purpose of these Community Unity sessions is to begin to build strong rewarding relationships, create better understanding of each other and support the empowerment of all to build the community "we" want. This is your opportunity to be proactive in making this hillside community a place where all can continue to thrive. In the process we all have the opportunity to grow into better versions of ourselves and level up to a new level of joy and satisfaction. Remember, if you want something different you have to do something different. After all, isn't that what brought you to Acacia Creek in the first place?

Penny Vittoria, Successful Aging Coach

ext. 3716

Special Events, Outings & Trips

Sunday,

July 7, 14, 21, & 28 at 2p - Somatic Movement / GA

Join Karen Hewitt, certified Hanna Somatic Educator, who will help you develop a five-minute daily routine to keep your movements supple. Regain flexibility, ease of movement, improve balance. Gentle and slow movements. Bring a yoga mat or towel as we will work on the floor.

Monday,

****July 1 at 10a - Safeway Grocery Shopping / SURB / L**

****July 8 at 10a - Raleys Grocery Shopping / SURB / L**

****July 15 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

****July 22 at 10a - Raley's Grocery Shopping / SURB / L**

****July 29 at 9a - Washington Jewelry Sale / SURB / L**

Tuesday,

****July 2 at 10a - Walmart / SURB / L**

****July 9 at 10a - Walking Trip: Quarry Lakes / SURB / L**

July 23 at 2p - What the Honk!! - Driving Skills and Technology with Melanie Henry / DR

Join this workshop to learn about the changes in aging and how this can impact driving skills. You will learn about driving tips and resources available. You will see a variety of driving aids that can help make driving and being a passenger more comfortable. Attendees will receive information to take home.

****July 30 at 9a - The Tides Wharf / SURB / L**

Enjoy a scenic drive to Bodega Bay and enjoy lunch by the waters. The Tide Wharf is a casual seafood restaurant overlooking Bodega Bay. The restaurant includes a gift shop and fish market.

Wednesday,

****July 3 at 10a - Whole Foods / SURB / L**

****July 10 at 9a - Costco: Automall / SURB / L**

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

Join fitness health specialist Yanasa as she discusses superfoods.

July 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

June 24 at 11a - Moss Beach Distillery / SURB / L

Enjoy a scenic drive to Moss Beach and have lunch at Moss Beach Distillery.

July 24 at 4p - Pub Trivia with Penny / TR

****July 31 at 11a - Lunch Bunch: Burma Bay Café / SURB / L**

Enjoy a variety of delicious Burmese food such as samosas, basil and chili beef, tea leaf salad, and so much more. Many vegetarian dishes are available.

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Thursday,

July 4 at 1p - Acacia Creek Genealogy / MP

July 4 at 7:15p - 4th Of July Celebration at the Event Center / SURB / L

Come to the event center on the hill to watch the local fireworks. Please sign up as seats are limited. Transportation will be provided.

July 18 & 25 at 11:30a - Block Party BBQ / By Invite Only / Pool Patio

July 18 at 2p - True and False with Penny and Friends from Masonic Homes / MHA

Join friends from Acacia Creek and Masonic Homes in a fun afternoon of True and False! You wont want to miss it!

July 25 at 2p - Root beer Float Social with Friends from Masonic Homes / MHA Patio

Friday,

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

July 12 at 10a - Resident Forum / DR

Whitney Williams, nurse general practitioner, presents on what health services are available on campus at the Sedam Clinic which include podiatry, physical therapy, and pharmacy. Please note: Kaiser insurance is not accepted.

****July 19 at 9:30a - Rosicrucian Egyptian Museum / SURB / L**

Come explore a museum dedicated to ancient Egypt located in San Jose.

July 19 at 2p - Bananagrams and Jenga / GR

****July 26 at 10a - Marina & Daiso / SURB / L**

July 26 at 10a - Save a Life from Opioid Overdose / DR

Join Sanjay Patel, RPh, Director of Haller's Pharmacy, as he discusses how opioid overdose is an issue that can affect individuals of all ages and backgrounds.

Discover why understanding the opioid crisis and proper administration of naloxone is crucial for anyone who may encounter an opioid emergency. This presentation will cover: signs of substance abuse, substance use disorder risk factors, important information on prescription drug safety, opioid overdose signs and proper use of Naloxone.

July 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.

Saturday,

July 6 at 7p - Saturday Movie / TR

Night: Maestro --the Life of Leonard Bernstein (2023)

July 13 at 2p - What is Lifestyles? Presented by Nancy / BR

Nancy will present on how to sign up for outings and trips, what to do if a resident wants to start a new program, and much more. This presentation is recommended for all new residents!

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: July 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 Acacia Creek Technology Team / BR 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	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 1:30p AC Singers / MP	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2p Ping Pong / GA



Bolded weekly recurring programs are either new programs or updated.

Legend

AS = Art Studio (3rd Floor)
 BR = Board Room (5th Floor)
 DR = Dining Room (5th Floor)
 G = Gym (Wellness Center)

GA = Gym Annex (Wellness Center)
 GR = Game Room (5th Floor)
 L = Lobby (1st Floor)
 MHA = Masonic Home Auditorium

MP = Multi-Purpose Room (3rd Floor)
 P = Pool (Wellness Center)
 PBC = Pickleball Court
 S = Siminoff Center
 SURB = Signup in Recreation

Binder (Mailroom)
 TR = Turkey Roost (5th Floor Lounge)
 TS = The Studio (Apt. 1441)

Acacia Creek Lifestyles July 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Special Events:							
	<p>1 10a Safeway Grocery Shopping / SURB / L 1p One on One Tech Support with Darryl M. / L</p>	<p>2 10a Walmart / SURB / L 1p One on One Tech Support with Darryl M. / L</p>	<p>3 10a Whole Foods / SURB / L 1p One on One Tech Support with Darryl M. / L</p>	<p>4 Independence Day 1p Acacia Creek Genealogy / MP 1p One-on-One Tech Support with Darryl M. / L 7:15p 4th Of July Celebration at the Event Center / SURB / L</p>	<p>5 8a Men's Breakfast Sponsored by the Masons of Acacia Creek / DR 1p Resident Council Meeting / BR & Chan. 1-61</p>	<p>6 4p Classical Music Recital with Ryan Lu / TR 7p Saturday Movie Night: Maestro - the Life of Leonard Bernstein (2023) / TR</p>	
<p>7 2p Somatic Movement / GA</p>	<p>8 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Persepolis, the Great Persian Capital / Chan. 1-62 1p One on One Tech Support with Darryl M. / L</p>	<p>9 10a Walking Trip: Quarry Lakes / SURB / L 1p One-on-One Tech Support with Darryl M. / L</p>	<p>10 9a Costco: Automall / SURB / L 1p Fitness Talk with Yanasa - Topic: Superfoods / L 1p One-on-One Tech Support with Darryl M. / L 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62</p>	<p>11 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Frances Benjamin Johnston, Photographer / Chan. 1-62 1p One on One Tech Support with Darryl M. / L 4p Filipino Night Social / TR</p>	<p>12 10a Resident Forum: Health Services Available on Campus Sedam Clinic, Whitney Williams, Nurse General Practitioner / DR</p>	<p>13 2p What is Lifestyles? Presented by Nancy / BR</p>	
<p>14 2p Somatic Movement / GA</p>	<p>15 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Easter Island and the Moai / Chan. 1-62</p>	<p>16 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>17 10:15a Projects for Charity / TS (Apt. 1441)</p>	<p>18 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Alice Paul, National Woman's Party Leader / Chan. 1-62 11:30a Block Party BBQ / 3rd Floor West Wing / By Invite Only / Pool Patio 2p True or False with Friends at Masonic Homes / MHA</p>	<p>19 9:30a Rosicrucian Egyptian Museum / SURB / L 10a Alameda County Library Book Club / Zoom 2p Play Jenga & Bananagrams / GR 3p Movie Committee / AS</p>	<p>20 4p Classical Music Recital with Ryan Lu / TR</p>	
<p>21 2p Somatic Movement / GA</p>	<p>22 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Canada's Rocky Mountains / Chan. 1-62</p>	<p>23 2p What the Honk!! - Driving Skills and Technology with Melanie Henry / DR 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>24 11a Moss Beach Distillery / SURB / L</p>	<p>25 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Mary Church Terrell: Suffrage to Civil Rights / Chan. 1-62 11:30a Block Party BBQ / 2nd Floor East Wing / By Invite Only / Pool Patio 2p Root Beer Float Social with Friends of Masonic Homes / MH Patio</p>	<p>26 10a Marina & Daiso / SURB / L 10a Save a Life from Opioid Overdose / DR 4p TGIF with Music by Narbeh and Johnathan / TR</p>	<p>27 4p Classical Music Recital with Ryan Lu / TR</p>	
<p>28 2p Somatic Movement / GA</p>	<p>29 9a Washington Jewelry Sale / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Teotihuacán, Largest City of Mesoamerica / Chan. 1-62</p>	<p>30 9a The Tides Wharf / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>31 11a Lunch Bunch: Burma Bay Cafe / SURB / L 2:30p Blood Pressure Check with Mina / TR 4p Pub Trivia with Penny / TR</p>	<p>Legend AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3rd Floor) P = Pool (Wellness Center)</p>			<p>PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441)</p>