

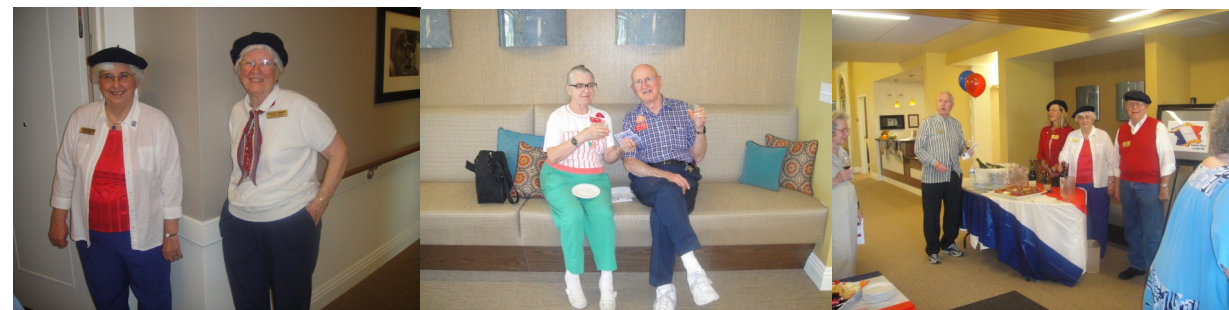
# Masterpiece Living



What goes into creating a community? I see a community as a group of people together in one place, practicing common ownership. A community's culture forms as the community develops and new people enter. Here at Acacia Creek our community is continually evolving as each of us contributes our interests or passions. When we share these things by organizing an activity or an event it enriches our community. The size of the event doesn't matter; what is most important is the opportunity for involvement that it creates. If you have something you would like to enrich our community with, talk to me or Jen. The sky is the limit!

I am currently enrolled in a meditation workshop and would love to share what I am learning with others. I will be doing 15 minutes of mediation at 8:45 am every Thursday before Sit & Be Fit. There are many benefits of meditation. According to the American Journal of Health Promotion, people who meditate lower health care costs. Among the people enrolled in a government health insurance program who spent the most on physician visits, 1,418 practiced transcendental meditation and 1,418 people did not. After one year, the meditation group's payments to physicians dropped 11% compared to the non-meditating group; after five years, the people who meditated reduced payments to physicians by 28% compared to the control group. I meditate because it grounds me and makes me feel better. Try it and see what it does for you!

Penny Vittoria,  
Lifestyles Coordinator



RCFE # 015601302

November 2011



## Lifestyles of Acacia Creek



### You're in the Drivers Seat!

Did you know that many signs of aging are reversible? According to the American Senior Fitness Association being physically active can turn that aging clock backwards and assist in promoting the following: weight loss, lowering blood pressure, decreasing depression/anxiety, increasing cardiovascular fitness by 20-25%, increasing your flexibility/strength and ROM, just to list a few. Research has also shown that engaging in physical activity can help your intelligence! Remember, you're in the driver's seat when it comes to how quickly you age!

Acacia Creek offers the following exercise programs:

- Morning & Afternoon Sit & Be Fit
- Balance Class
- Water Aerobics
- Aerobics
- Health & Healing through the Exercise
- 15 minutes of Meditation
- Line Dancing



#### Special points of interest:

- Genealogy
- 15 minutes of Meditation
- Lifestyles Planning Committee
- Volunteer Appreciation Lunch
- Resident Birthday Celebration

All programs are list on the Lifestyles Monthly Calendar. The Lifestyles Staff is here to assist you in taking that first step to a healthier life, please contact Jen Fernandes, Lifestyles Manager @ Ext. 43738 or Gina Lewis @ Ext. 43719. Please make sure to consult with your doctor before beginning any exercise program.

## Special Events

**November 4th, Fri. @ 2:00 PM- Guest Speaker on Prostate Cancer Education / MP**

**November 5th, Sat. @ 11:30 AM- 1st Annual Lunch & Fashion Show** -To support the New Haven School Foundation & American Association of University Woman-Tech Trek (Pre-paid Event). / **R**

**November 10th, Thurs. @ 5:45 PM -Birthday Celebration** - Come out and celebrate all the November birthdays! Enjoy some cake and birthday tunes by Nancy Alden. The monthly birthday celebration will take place the second Thursday of the every month./ **R**

**November 11th, Fri. @ 10:00 AM -Veteran's Day Celebration** - In honor all of those military veterans we will showing our appreciation, at the Masonic Home flag pole @ 10:00 AM and then some patriotic music to follow by Livermore Youth Orchestra./ **MHA. Veteran's Day Guest Speaker & Lunch to follow @ 11:30 AM- Please RSVP To Denise @ Ext. 43722 by Monday, November 7th.**

**November 13th, Sun. @ 2:30 PM- Winter Benefit Piano Concert by Nancy Alden** - There will be piano solos, piano duets and a variety of music to please different tastes. Refreshments and snacks to follow. Donations will be greatly received for the staff appreciation box (Resident Run). /**L**

**November 17th, Thurs. @ 11:30 AM - Tea Party Luncheon** - **Please RSVP to Denise @ Ext. 43722 by Monday, November 14th**

**November 17th, Thurs. @ 2:00 PM - Mobility Assessment/Review & Smoothie Party** - Measures your gait, flexibility, balance, and strength. All feedback goes to you alone and compares your scores with others in your age and gender group, it gives you the ability to compare your scores over successive years. / **G**

**November 18th, Fri. @ 4:00 PM- Early Thanksgiving Social Hour** - Special singing performance by our fellow male residents! / **TR**

**November 25th, Fri. @ 1:00 PM -Entertainment** - Steven Gary will be playing some familiar guitar tunes! / **L**

**November 28th , Tues. @ 2:30 PM -Fremont Christian School Hand Bell Choir and Jazz Band / MHA**

**November 30th, Wed. @ 11:30 AM -Volunteer Appreciation Lunch** - To show how much we appreciate each and everyone of you that have volunteered your time to Acacia Creek we would like to invite you to enjoy a special lunch event with entertainment (Invite Only). / **R**

## Outings

**November 1st, Tues. @ 10:00 AM - HERS Breast Cancer Store Visit** - Following up on the information received from Dr. Vera Packard, we will go over and visit the Foundation in their home at Washington West, in Fremont, CA. / **Cost: Lunch / There are spots still available SURB by Monday, October 31st / L**

**November 4th, Fri. @ 6:15 PM - Oakland Symphony Presents: A New World A-Comin** - Join us for Opening Night as we celebrate the rich, vibrant tradition of American Music (Pre-paid Event). / **L**

**November 9th, Wed. @ 10:00 AM Holiday Shopping @ Gilroy Outlets & Lunch** - Find some impressive savings at 145 outlet stores and grab some lunch at a local restaurant. / **Cost: Lunch / SURB by Monday, November 7th / L**

**November 12th, Sat. @ 10:30 AM—NASA Ames Exploration Center & Lunch** -Come visit the center and learn what they're doing at Ames & grab some lunch in downtown Mountain View. / **Cost: Lunch / SURB by Wednesday, November 9th / L**

**November 18th, Fri. @ 10:15 AM—TCHO Chocolate Factory Tour** - The TCHO Factory experience includes a presentation and factory tour with the most knowledgeable and entertaining chocolate experts in San Francisco. / **Cost: \$ 10 for tour + lunch/ SURB by Friday, November 11th /L**

**November 26th, Sat. @ 10:15 AM—Blackhawk Museum & Lunch** -The Blackhawk Museum was established to ensure that significant automotive treasures blending art, technology, culture and history would be exhibited for public enjoyment and educational enrichment./ **Cost: \$ 7 (>10 \$ 6) + Lunch / SURB By Wednesday, November 23rd / L**

## Last Month at a Glance!

