



## UNDER THE ACACIA TREE

GREETINGS FROM ACACIA VILLAGE

**MAY 2018**

UPCOMING EVENTS

SAVE THE DATE

# SUMMERFEST 2018

Wednesday, July 25, 2018

5:00 P.M. to 7:30 P.M.

Acacia Village Courtyard



*Bring your lawn chair*

*and enjoy the "Tropicool" sounds of DVD The Band*

*Refreshments will be served*

*R.S.V.P. by Monday, July 16, 2018 (315) 798-4775*

## Acacia Village Wellness Fair

Wednesday, June 13, 2018

Acacia Village Community Center

2:00 pm. to 3:30 pm.

Learn more about: nutrition, physical therapy,  
vision, strokes, blood pressure, lift chairs, etc.

Enjoy a healthy snack.

**LETTER FROM LINDA AVOLIO, SENIOR LIVING  
COMMUNITY RELATIONS**

“Slow down you move too fast, got to make the morning last, just kicking down the cobble stones, looking for fun and feelin’ groovy”- Simon and Garfunkel.

As I’m writing this letter, it’s a beautiful spring day in May and out the window I see the daffodils are in bloom, so I’m feeling pretty groovy. This winter seemed to linger longer than most, but luckily residents of Acacia Village didn’t have to go far looking for fun.

Over the past several months we’ve had several resident parties. For instance, we had a “Fat Tuesday Mardi Gras” party and a “Beat the Winter Blues” party. Residents enjoyed getting together for complimentary breakfasts with made to order omelets. There were entertainers galore; Dave Smith, Howie Bartolo, Frank Cannistra, Greg Jenkins, Ed Vollmer and Liz, Don Deluca, Valley Voices for Christ, The Monk Rowe Trio and the Frankfort Schuyler High School Chorus. We’ve had some great presentations too; Kathy Contino-Turner did a presentation about the history of the Masonic Care Community, Cheryl Pula wowed the crowd with “Believe it or Not”, Sue Kiesel brought a slide show of her nature photographs. During the winter Olympics, the residents especially enjoyed an exhibition from Jeff Hoffman of his memorabilia from the 1980 Lake Placid Winter Olympics.

Chris Hoffman, our Activities Coordinator, has been on the go with our residents. In addition to taking them on regularly scheduled shopping trips, Chris recently took them to see the musical “9 to 5” at Clinton High School and “Grease” at New York Mills. They also went to see the movie “Phantom Thread” at the Munson Williams Proctor Arts Institute. He also transports residents to St. Anthony’s and The 1<sup>st</sup> Presbyterian Church most Sundays.

Want to stay in and play? There is trivia, bingo, mahjong and many card games each week. Bridge, Pitch, Euchre, Hand and Foot, Poker and Pay Me are all popular. The wellness and exercise options are abundant, with Exercise with Hand Weights, Yoga, Tai Chi, Water Fitness and Line Dancing each week. We are currently fully occupied. Please call ahead to make an appointment because we ask residents in advance if we can show their apartments. Call us at 315-798-4775.

Have a groovy day!

Linda Rae Avolio

## **SWIMMING AT ACACIA VILLAGE BY CINDY COPPERWHEAT, OFFICE MANAGER**

Here at Acacia Village you can swim in any weather. Since we all know that the Central New York weather is very unpredictable our indoor pool is advantageous. Another beneficial factor is you don't have to worry about getting too much sun exposure.

Many of our Residents enjoy swimming laps. Or, if you're not a lap swimmer, you can walk your laps. In my own pool at home I use a noodle and walk laps around the perimeter of the pool using the noodle for stability. We also have a water fitness class at Acacia Village if you prefer group activities.

Author Laura Jones wrote the following in an article [The Physical, Mental, and Social benefits of swimming](#) on the **US Masters Swimming Website**:

In 1968 Dr. Ransom Arthur published "Swimming and Cardiovascular Fitness in the Older Age Group." Arthur, one of the founders of U.S. Masters Swimming, was obsessed with the belief that all adults should swim for fun, fitness, and fellowship. Decades later, nearly 60,000 USMS members from age 18 to 100 follow his dream. And Arthur is not the only cheerleader for swimming. Scientists, researchers and physicians may not agree on everything, but they do agree on this: exercise is mandatory for good health. Some even go further and state that exercise is the best medicine in the world. One of the best forms of exercise is swimming.

Clearly Michael Phelps, Ryan Lochte and Missy Franklin are each the picture of health. But, you ask, can swimming do that for me? Absolutely. Well, it probably won't give you the smooth skin or rippled muscles of a teenager, but the health benefits of swimming, at any speed and any age, are enormous. If you spend enough time with swimmers, you will meet many whose appearance belies their age and whose energy and zest for life matches that of any Olympic athlete. Swimming is simply the best form of exercise available.

So regardless of your fitness level or swimming capabilities you can enjoy our beautiful pool. Give us a call if you would like to stop in and see the pool. Linda or I would love to show you around and have some lunch! (315) 798-4775.



## ACACIA DIDN'T KNOW - BY LINDA RAE AVOLIO

We love to hold intergenerational activities here at Acacia Village with the youngest members on our campus. The children at the Masonic Care Community Day Care center enjoy coming here for Trick or Treating in the fall and were recently here for an Easter Egg Hunt. Currently, they are displaying their art work for the month of May in our Art Gallery. The 3, 4 and 5 year olds love to come and share their talents and will have their very own artist's reception at 10:00am on May 31<sup>st</sup> in the Community Center of Acacia Village. They are called the Jr. and Sr. Einstein group, but at this event they'll be channeling their inner Picasso. If you would like to attend the reception, give us a call at 315-798-4775.



(800) 593-3353 or (315) 798-4775.

Good Neighbors. Great Value. Exceptional Living.



**ACACIA VILLAGE**  
2160 Blecker Street  
Utica, New York, 13501