

THE NEIGHBORHOODS AT



# Acacia Village

FEBRUARY 2020

UNDER THE ACACIA TREE

*Come Celebrate*

*St. Patrick's Day with us*

*Tuesday, March 17, 2019*

*4:15 p.m. to 6:00 p.m. Dinner served*

*For only \$15 per person, enjoy a  
themed dinner menu and music!*

*Entertainment by "Rattlin' Bog"*

*6:00 p.m. to 7:30 p.m.*

*R.S.V.P. required by Friday, March 13th*

*(315) 798-4775*

*For easiest access, please, use the Welsh Bush Road  
entrance.*

## LINDA'S LETTER - LINDA RAE AVOLIO

**“You can dream, create, design, and build the most wonderful place in the world, but it requires people to make the dream a reality.” Walt Disney**

We are certainly building here at the Neighborhoods at Acacia Village. Everywhere you look there is a project underway. Our leaders here have been wonderful at planning, moving, and most of all communicating with residents and employees to make sure that all the phases of the renovation and new construction are the least intrusive possible. They hold meetings on a regular basis to let everyone know what to expect with each phase of the construction. We'll be unveiling our new library complete with a cozy fireplace and a new activity room by the end of next month. The residents are happy to see that the new spaces will be open before the demolition of the old library and activity area begin.

Meanwhile, residents are having a great time. They kicked off the New Year with a Roaring 20's party and celebrated Chinese New Year a few weeks later. Super Bowl Sunday, several neighbors got together and watched the game on the big screen while enjoying pizza, beer and munchies. Lunchtime outings have been popular too, with trips to Sumo and Red Lobster and another planned for Tavolo's later this month. We've had several fun entertainers here so far this year too, including Magician Jim Okey who put on a fantastic interactive show. On a more serious note, a resident recently held a discussion on strategies to communicate with people who are suffering from memory loss that turned into a lively discussion among friends. We've seen an increase in the number of residents shooting pool, swimming, attending book club, bible study, the writing workshop and playing cards. The number of people going to the movies is on the rise too, with residents attending movies here in our theater and going out to see movies like "Little Women" at the Marquee Cinema.

Our occupancy remains high, but occasionally we do have a vacancy depending on the style you might be looking for. Our new Waterside Cottages and Garden Homes are on target for completion in the fall, and a few have already been preselected. You can "Like" us on Facebook to learn more about what's happening here at the Neighborhoods at Acacia Village.

Warmly, ~ Linda Rae Avolio

## FEBRUARY - HEART AWARENESS MONTH - BY CINDY COPPERWHEAT

February may be heart month, but here at Acacia Village we treat every month like heart month. Physical activity is anything that makes you move your body and burn calories. There are probably many things that you do each day that you may not even consider as exercise. Things like climbing stairs or walking while you shop.

While great strides have been made over the years, the bad news is that heart disease still remains the leading cause of death among men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news is that you can do something to ensure that you don't become a statistic. I personally go to a local gym 3 to 4 times a week to stay healthy.

The aerobic exercises that can benefit your heart include walking, jogging, swimming or biking. You can do all of these at Acacia Village in our wellness center, in the indoor pool, or even walking to dinner, and you don't have to pay for a gym membership. And don't forget that strength and stretching exercises are best for overall stamina and flexibility. Try that Chair Yoga, or hand weight class that you've always wanted to try that are free of charge for residents of Acacia Village.

Start Simple. Any exercise is always better than nothing! The simplest way, start walking! It's fun, free, and easy, and you don't have to do it alone. Get your spouse or your neighbor to join you. Many of our residents take advantage of living at Acacia Village and walk through our hallways during inclement weather for exercise.

It's good to have a goal. Start slowly by making some small changes in your routine and you can be on the road to a healthier lifestyle in no time. If thirty or forty minutes of exercise a day seems an unattainable goal for you at this time, set a smaller goal in the beginning. You can increase your time or the type of exercise as you get stronger.

As always, consult your physician prior to making any lifestyle changes!

**Give us a call to schedule your personal tour and stay for lunch on us!  
(315) 798-4775**

# ACACIA DIDN'T KNOW – ACTIVITIES NEWS

## CREATIVE WRITING AT ACACIA VILLAGE - LINDA RAE AVOLIO

“Did you do your homework yet?” That is a phrase you might hear from one of the members of our Creative Writing Group. It is an enthusiastic group of 6 or 7 that has been meeting every Saturday for the last few years. The group is led by former Hamilton College Professor and resident, Bill Rosenfeld. He says with this group there are no rules. He gives them a topic and they can write a short story, prose or a poem. This week’s theme was to write about a job you would never try. Janet wrote that while touring China she thought of becoming a tour guide but her husband said there was not enough tea in China for that. Each week, each member reads what they’ve written and an enjoyable discussion follows. Bill says he’s always looking for interesting topics, so if you think of one let us know.



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

Good Neighbors. Great Value. Exceptional Living.

# Acacia Village

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**ACACIA VILLAGE**

2160 Bleeker Street

Utica, New York, 13501