

THE NEIGHBORHOODS AT



Acacia Village

MAY 2022

UNDER THE ACACIA TREE



Join us for a lively afternoon of Trivia,
Prizes, Refreshments and FUN!!!

Wednesday, June 29th at 2:00 inside
The Lodge at The Neighborhoods
at Acacia Village. Arrive at 1:30 if
you'd like to take a quick tour!

RSVP by June 17th to 315-798-4775.



LINDA'S LETTER - LINDA RAE AVOLIO

“You are never too old to set another goal or to dream a new dream” C.S. Lewis

Finally, the weather is breaking, and we are on the move here. Residents recently went to the Capitol Theater in Rome to see The Glenn Miller Orchestra. They traveled to Vernon Downs for Harness Racing and to the Casino! They also enjoyed door to door transportation to the Stanley Theater for the Broadway Theater League's production of South Pacific! Lunch outings are back on the schedule too! Last month we took two trips to Red Lobster, and this month we are off to enjoy lunch at Uno Pizzeria.

In our Movie Theater we recently mounted a new 85 inch 4K TV. The picture and the closed captioning is far better than it was with our projector and screen. Movie lovers recently flocked to see “Belfast”, “West Side Story” and the live action, sight and sound production of “Jesus” during the Easter holiday season.

Our Acacia Village Resident's Association has been active! They recently opened what they call The Country Store. It is run by the residents with all proceeds benefiting the association. They stock everything you could think of, including batteries, toilet paper, paper towels and of course lots of snacks. They are open every Monday and Wednesday afternoon.

We just started a new Water Aerobics class. It's a great low impact exercise, that helps to build strength and confidence. The participants say that it not only makes you happier and healthier, it is also a great social experience.



Spring is a great time of year to come and take a tour. We currently have just a few vacancies, but it is a great opportunity to see a few different styles of our Lodge Suite Apartments. Our Garden Homes and Cottage are fully occupied, but I'd be happy to show you the clubhouse in that neighborhood if you'd like.

If you haven't been here since our major remodel, please come and see how much we've changed!

Call me directly anytime at 315-798-4704.

Warmly,

Linda

10 Keys to Successful Aging by Marc Middleton of Growing Bolder

1. **Change your belief system about what's possible.** This is job No. 1 because we live in an ageist culture that leads us to fear and resent growing older. The damage is quickly passed from our minds into our bodies. We anticipate the perceived negative benchmarks of aging so strongly that we all but guarantee that they'll come to pass. What the mind believes, the body embraces.
2. **Prehabilitate.** Eat right, exercise, sleep well and reduce stress.
3. **Adapt and accommodate.** Don't mourn what's lost, celebrate what remains.
4. **Have purpose in your life.** You need something to get you out of bed in the morning.
5. **Be curious and never stop learning.** It promotes brain health, creates social connection, increases happiness, reduces stress and leads to a multi-dimensional life.
6. **Love.** It doesn't need to be romantic love. Close friends and family have the same effect.
7. **Stay socially engaged.** Community is immunity.
8. **Avoid negativity.** Positivity is important, but avoiding negativity is crucial.
9. **Say yes! Be an amateur. Try something new.** Forget perfection. Develop a beginner's mindset, which is open to new ideas and possibilities and understands that failure is nothing more than important feedback.
10. **Carpe the hell out of this Diem!** This is my one key that incorporates all the others: Never let an opportunity pass you by because none of us know what's around the corner. I don't believe that when you stop closing doors another one opens. I believe that when you stop opening doors, the ones you've already opened begin to close. Don't sit back. Lean in. Seize the day!

For more great articles check out
www.growingbolder.com

LIVE YOUR BEST LIFE IN RETIREMENT

RELAX

ENJOY THE RIDE

TRY SOMETHING NEW

IMAGINE THE POSSIBILITIES

REMIND YOURSELF TO PLAY

EXPECT ADVENTURES

MAKE NEW PLANS

ENTERTAIN WILD IDEAS

NAP WITHOUT GUILT

TAKE TIME JUST FOR YOU



ACACIA DIDN'T KNOW – THE NEWSLETTER IS BACK



Our resident-run newsletter is back and better than ever! It was 1st published by Ted Cale back in 2009. The original name was *Acacia Village Voices*. The current newsletter was renamed *Neighborhood News*. A contest was held to come up with the new name, and the winner was Millie Hammond. Each issue features one resident in the spotlight, who must then must nominate someone they find interesting to shine the light on the following month. The last issue featured eight different articles. An editorial staff works hard behind the scenes to put each issue together. Copies of all the newsletters dating back to the beginning are kept in the library.

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

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