



Acacia Village

AUGUST, 2022

UNDER THE ACACIA TREE

Here is a sample of recent activities here at Acacia Village. As you can see, you can be as active as you want to be. Residents may make suggestions for excursions and activities by contacting one of our activity coordinators.

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Pool Open: 9:00-11:30 8:30- Breakfast at Debbie's Café (for those who signed up) 10:00- Chair Yoga for flexibility & balance with Dorothy (yoga) 11:00- Book Club (Activity Room) 11:00-Exercise Video with Hand Weights (Yoga) 1:00 Movie: "Keeping up with the Steins" (Media Room) 1:30- Bible Study (Activity Room) 2-4- Poker (Com Rm)	Pool Open: 9:00-11:30 9:00-Shopping to Price Chopper (<u>Sign up</u>) 10:00- Line Dancing with Linda (MPR) 11:00-Exercise with Chris 11:00- Wii Bowling (MPR) 12:30- Pay Me Card Game (Com Rm) 2:00- Men's Group (Activity Rm) 2:30- Water Aerobics Class 6:30- Music Under the Stars with musical entertainment by Floyd Community Band (Courtyard)	Pool Open: 9:00-11:30 9:00 & 11:00- Exercise Video with Hand Weights (Yoga) 10:00-Chair Yoga with Donna (Yoga) 2:00- Trivia (Com Rm) 2:30- Coffee Social (Bar) 4:15- Line Dancing with Amy (MPR)	Pool Open: 9:00-11:30 10:00- Wii Bowling (MPR) 1:30- Knit & Chat (Acacia Rm) 1:00- Boxing Class (yoga) 1:30-2:30- Bingo (Com RM) 3:00- Happy Hour (Bar)	Pool Open: 9:00-11:30 9:00 & 11:00- Exercise Video with Hand Weights (Yoga) 10:00- Tai Chi for fall prevention with Dorothy (Yoga) 1:00 Movie: "In-Lawfully Yours" – Marilu Henner Stars (Media Room) 1:30- Mahjong (Activity Rm) Pool Open: 1:00-2:00 2-4- Poker (Com Rm) 7:00- Pitch (Com Rm)	11:00-12:00- Crafters (Activity Room) 2:00-Prose/Poets Workshop (Activity room) 2:00- Acacia Village Rovers Scooter Club Meet at Bldg. B Entrance everyday!	10:00- Church Transportation for Lourdes & 1st Pres Pool open: 1:00-2:00

Here is the calendar of events for the week of August 15th—August 21st.

LINDA'S LETTER

Albert Einstein, "If you only talk to people like you, you'll never learn anything new"

Here at Acacia Village, the past few weeks have included several intergenerational activities with school age children that participate in a summer program led by our Masonic Care Community, Childcare Center.

The students love to come to Acacia Village. They get to swim in the lovely heated pool, and watch movies in our Media Room, but what they really enjoy the most, is doing things with our residents. Pat led a group, teaching them how to sew, and they all made their own pillows to bring home with them. Terry came up with the idea of having the students paint the hottest animated characters of the moment, the Minions. Needless to say the kids were super excited about that. Check out the photo below with them showing off their artwork. Barbara taught them how to bake delicious Blueberry Muffins. I'm sure next summer we'll arrange to do even more fun projects with the children.

The summer seems to be flying by, partly because I've been very busy with tours. More people came to visit so far this summer than in any previous year. All of our Cottages and Garden Homes remain full, with a growing waitlist. We have a few apartments available that are currently being renovated.

Call me anytime to schedule a personal visit. My direct line number is 315-798-4704. Hope to see you soon!

Warmly, Linda



When should you move into an Independent Living Community?

Everyone's situation is unique. Some people feel like they are maintaining their independence by staying in their own home. Others are happy to down-size and take advantage of all that is offered by moving into a community such as ours. That was the case for Terry R. who moved into Acacia Village six years ago and has never looked back. Terry had this to say!

We hear so many testimonials that say how great a thing is. Well, no testimonial can ever show you what your life at Acacia Village will be. You have to visit to experience the physical beauty – and that is just the start.

It was important to me to know the place I would be forever while I was young enough to enjoy it. I was right. It was the best decision I ever made for me. I was 77 when I moved here. After six years, I know every corner of Acacia Village and have explored the more than 400 acres of groomed grounds, plus the other facilities. The layout of my apartment is perfect. I look out over the courtyard. Everyone has a different gorgeous view.

Our maintenance staff helps you with even the smallest tasks like replacing light bulbs or hanging pictures. And I really love the bi-weekly cleaning. What a joy.

Driving was never my favorite activity, but here, (at no charge) they take you out shopping and on so many wonderful excursions.

To keep us moving, there is an indoor pool, hot tub and sauna. They offer exercise, Tai Chi, yoga, and boxing classes. Love my raised garden.

I am an artist and wanted to share my love of painting and crafts. Starting with five residents, we now have over 20 crafters of varying skill levels who share their work with former residents living in the Health Pavilion. Starting with a similar desire our chorus has grown to 20+ singers, and we perform 2-3 times a year. So much fun.

I could go on all day, but you need to see it for yourself. Give us a call, and set up a tour. You will only regret the time you spend here if you don't move in. As a friend said, "The Neighborhoods at Acacia Village is like a resort."

ACACIA DIDN'T KNOW— OUR NEW CARDIO BOXING CLASS PACKS A PUNCH!!



Cardio Boxing has become a new favorite exercise class! Experts say that it is a phenomenal form of cardiovascular exercise to increase longevity and overall heart health. It also improves posture and core strength. Thanks to Laura Hoffman, who is the instructor for the class, for making it so much fun, and for her contagious enthusiasm!

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

NOW THIS IS LIVING

Acacia Village
THE NEIGHBORHOODS AT

ACACIA VILLAGE
2160 Bleeker Street
Utica, New York, 13501