

AVENIDA LIFE



Genes and the Effects of Lifestyle

Dr. Stephen C. Brewer is the Medical Director at Canyon Ranch Wellness Resort in Tucson, Arizona. In the article below, Dr. Brewer explains how our lifestyle choices affect our genes and set the stage for our health. This article is provided courtesy of The Journal on Active Aging.

When looking at a person's present state of health, we often discuss "nature versus nurture." Is state of health due to someone's genetic makeup (nature), or is it due to the environment in which the individual lives and participates (nurture)? In reality it is a combination of both. Take eye color, for example. If a person has blue eyes, there is essentially little that can change that physical reality. On the other hand, genetic makeup may place someone at higher risk for heart disease because the person may be predisposed to higher cholesterol levels and blood pressure. These are risk factors that can be altered by lifestyle changes and possibly by medication. When such steps are taken, a person's risk for cardiovascular disease decreases.

How we treat our bodies often affects our genes. This is called epigenetics. It's an area of genetics that connects directly with the messages and efforts of active-aging professionals to promote healthy aging.

The Impact of Lifestyle

Essentially, the way epigenetics works is the lifestyle we choose can affect the production of good and bad chemicals in the body. These chemical compounds regulate gene activity. Epigenetic changes help determine whether certain genes are turned on or off, which in turn influences the production of proteins in certain cells.

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One common type of epigenetic modification is DNA methylation. This kind of modification involves attaching small molecules called methyl groups to segments of DNA. According to MedlinePlus, “When methyl groups are added to a particular gene, that gene is turned off or silenced, and no protein is produced from that gene.”

Several lifestyle factors have been identified that might modify epigenetic patterns, such as diet, obesity, physical activity, tobacco smoking, alcohol consumption, environmental pollutants, psychological stress, and working night shifts. Lifestyle behaviors may help set the genetic stage for good or ill health, while healthier choices may reverse epigenetic changes. Below are some specific examples:



Genes and the Effects of Lifestyle
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- **Diets rich in fruits and vegetables** contain many natural antioxidants that can yield anticancer protection. Polyphenols, a large family of these natural compounds, are widely distributed in plant foods. Studies on cancer cells have shown that polyphenols, by their epigenetic affect, can reverse certain types of malignant transformation in cells.
- **Overweight, obesity and sedentary lifestyle** are established risk factors for several diseases, including cancer and cardiovascular diseases. Because body weight is regulated by genes controlling energy homeostasis (stability), hypotheses suggest that dietary choices affecting DNA methylation could contribute to developing obesity through those epigenetic mechanisms.
- **Physical activity** is associated with the epigenetic effect of turning off inflammation in the body. We've known for a long time that individuals with high levels of inflammation are at higher risk for many chronic illnesses such as cardiovascular disease, cancer and autoimmune diseases.
- **Shiftwork** that requires working at night has long been known to raise the risk for many diseases. The source of this increased risk may relate to studies showing an epigenetic effect occurs in these individuals that turns on inflammatory genes.
- **Alcohol consumption**, in contrast to cancer-producing molecules found in tobacco, appears to be a cocarcinogen, or a chemical that promotes the production of cancer. A Netherlands study on diet and cancer correlated the intake of alcohol and folate, a naturally occurring B vitamin, with changes in the epigenetic methylation of tumor suppressor genes and DNA repair. Alcohol is also shown to affect methylation of genes associated with memory and learning processes.

As research continues into the impact of lifestyle factors on genetic expression, we already see its benefits in new products, services and interventions focused on personalizing health. The more we know about our genes, the more we will be able to personalize our health.



5 to Thrive at Avenida Naperville

Live in Motion Classes

Monday Morning Workout: Mondays at 10 AM
Wellbeats: Mondays & Fridays at 11 AM
Balance & Stability: Tuesdays at 10:30 AM
Virtual Chair Yoga: Wednesdays at 9:30 – 10:30 AM & Saturdays at 10 – 11 AM
Pure Stretch: Thursdays at 10 AM
Slow Flow Mat Yoga: Thursdays at 4 – 5 PM
Strength & Stretch: Fridays at 10 AM
Weekend Walking Groups: Saturdays & Sundays at 11:30 AM
Sunday Morning Movement: Sundays at 10 AM

Live & Learn

One Day University: Monday & Friday afternoons
Trivia Thursday: Thursdays at 3 PM
Creative Arts: Wednesdays at 1 PM
Armchair Traveler: Australia & New Zealand Saturday, 5/22 at 2 PM
Mind Trap: Brain Cramp Game: Wednesday, 5/26 at 4 PM

Live Confidently

News & Views: Tuesdays, 5/4 & 5/18 at 7 PM
Lunch & Learn - Neptune Society: Thursday, 5/13 at 12:30 PM
Market Talk with Derek McDaniel from Merrill Lynch: Friday, 5/21 at 9:15 AM
TedTalk - Brain Health Strategies: Sunday, 5/23 at Noon

Live Life

Creative Writing/Journaling: 5/3 at 11:30 AM
Charades: Monday, 5/3 at 3:30 PM
Scrabble Challenge: Tuesday, 5/11 at 1:30 PM
Stitch & Sew Club: Thursday, 5/13 at 11 AM
Coffee & Conversations: Wednesday, 5/19 at 3 PM
Genealogy: Monday, 5/24 at 1:30 PM
Verbal Charades - This That & Everything Places: Tuesday, 5/25 at 1:30 PM
The Knitting Crew: Thursday, 5/27 at 11 AM
Morning Mindfulness: Wednesdays at 11 AM

Live Connected

Happy Hours: Tuesdays at 3:30 PM
Movie Clubs: Monday & Friday evenings
Bring Your Dinner and Dine Together: Thursdays at 5:30 PM or 6 PM
Fireside Chat: Wednesday, 5/5 at 7 PM
Men's Lunch Bunch at Quigley's Irish Pub: Friday, 5/7 at 12:30 PM
Ladies' Lunch Bunch: Friday, 5/14 at 12:30 PM
Avenida Lunch Bunch: Friday, 5/21 at 12:30 PM
Men's Fireside Chat: Wednesday, 5/26 at 7 PM
May Birthdays' Lunch & Celebration: Friday, 5/28 at 12:30 PM
Sunday Evening Firepit: Sundays at 6:30 PM



Groups and Clubs

SPIRITUAL BOOK GROUP

"Growing Older & Wiser" by Dale and Sandy Larsen - LifeGuide® Bible Study helps the reader discover the Bible's perspective on aging and meets on Monday 5/3 at 2 PM.

BOOK GROUP

The group will be discussing *Molokai* by Alan Brennert on Monday, 5/10 at 3 PM.

MOVIE CLUBS

Monday Night Movie Club: Mondays at 7 PM

Friday Night Movie Club: Fridays at 7 PM

(See calendar for specific movies.)

LUNCH GROUPS

Men's Lunch Bunch: Friday, 5/7 at 12:30 PM

Ladies' Lunch Bunch: Friday, 5/14 at 12:30 PM

Avenida Lunch Bunch: Friday, 5/21 at 12:30 PM

May Birthdays' Lunch & Celebration: Friday, 5/28 at 12:30 PM

ARTS & HOBBIES

Creative Arts: Wednesdays at 1 PM

Stitch & Sew Club: Thursday, 5/13 at 11 AM.

The Knitting Crew: Thursday, 5/27 at 11 AM.

LIVE LIFE GROUPS

Creative Writing/Journaling: Monday, 5/3 at 11:30 AM

Genealogy: Monday, 5/24 at 1:30 PM

CARDS & GAMES

Mahjong Club: Tuesday, 5/4 at 1 PM

Chess Club: Thursday, 5/6 at 11 AM

Poker Club: Monday, 5/10 at 2 PM.

Euchre Group: Wednesday, 5/12 at 3 PM

Pinochle Club: Monday, 5/17 at 2 PM

Bunco Group: Wednesday, 5/19 at 7 PM

Bridget Club: Thursday, 5/27 at 1 PM

Game Nights: Tuesday, 5/11 at 6:30 PM - **UNO**

Thursday, 5/20 at 7 PM - **5 Second Rule**

Tuesday, 5/25 at 6:30 PM - **Rummy**



Community Highlights

The Fab Four (The Beatles)

Wednesday, 5/5 at 3 PM join Paul Beach as he shares fun and exciting trivia and stories about John, Paul, George and Ringo. The British Invasion that took hold in America and never left.

Princess Diana: Her Life, Her Legacy

Saturday, 5/8 at 1 PM to hear about Princess Diana, her life before, during and after Charles and how her legacy impacts us today. Tim Wilsey will be back to share his passion for history.

Virtual Performances: North Central College Fine & Performing Arts Series:

- Robert Neary (The Neil Diamond Experience)
Saturday, 5/8 at 7 PM; *RSVP is required.*

Mother's Day Walk/Tour at Naper Settlement

Sunday, 5/9 anytime between 1 – 4 PM stroll and tour, Naper Settlement, a family-friendly outdoor history museum featuring 13 acres of learning and interactive opportunities for all ages. *RSVP by Thursday, 5/6.*

Lunch & Learn: Neptune Society

Thursday, 5/13 at 12:30 PM learn why cremation has become the preferred choice today and why pre-planning can protect your loved ones from further emotional pain and financial loss. *RSVP is required by Tuesday, 5/11.*

Demystifying Gold & Silver

Tuesday, 5/18 at 1:30 PM presented by David Kaz, President of Precious Metal Buyer for DMK Metal. Learn the value of gold and silver items you have in your home.

Restorative Yoga in the Courtyard

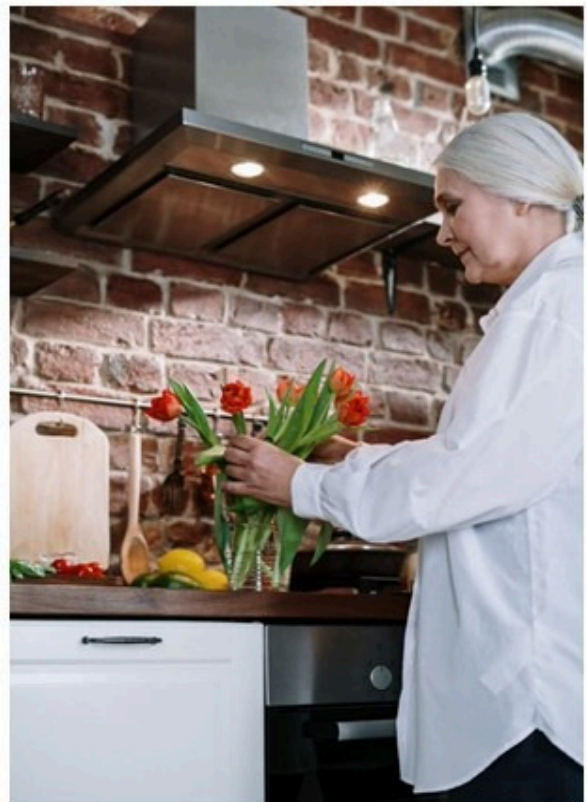
Monday, 5/17 and Monday, 5/24 at 6:30 PM. Relax into the evening with this restful yoga practice. A chair will be used. Space is limited. *Space is limited so please RSVP for 1 date only.*

National Senior Health & Fitness Day – Wednesday, May 26

Invigorating Chair Yoga – 10 AM
Morning Mindfulness Meditation – 11 AM
Outdoor Grilling/Cooking Demo – 12:30 PM
Ladder Toss: Round Robin – 2:30 PM
Mind Trap; Brain Cramp Game – 4 PM
Men's Fireside Chat – 7 PM

Cantigny Park Garden Tour (\$)

Thursday, 5/27 at 1PM for tour and stroll of the beautiful gardens at historical Cantigny Park, former estate of Joseph Medill and his grandson Colonel Robert R. McCormick, publishers of the Chicago Tribune. \$10/person (\$). *Please RSVP by Monday, 5/24.*





May Incentive

Invite your family and friends to make Avenida Naperville their new home - wonderful new neighbors along with \$1,500 for every referral.

May Birthdays

Rosalie G.	5/11
Larry P.	5/17
Marie S.	5/24
Vincent S.	5/30

New Resident Orientation

Thursday, May 6 at 1 PM

Resident Forum

Thursday, May 20 at 2 PM

YOUR AVENIDA TEAM



Michele Clemen
Community Manager



Kathy Fezzuoglio
Sales Consultant



Tom Vander Velde
Sales Consultant



Hyacinth Waranimman
Assistant Community Manager



Alan Reyes
Service Supervisor



Jane Abe
Lifestyle Coordinator



Carrie Tuma
Concierge

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A RESORT-STYLE 62+ ACTIVE ADULT COMMUNITY

May 2021 Program Calendar

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday
Saturday							
 <p>Location Keys</p> <p>Bistro Club Room Courtyard Creative Arts Fit Studio Great Room Library Media Lounge/Theater Private Dining Room Swimming Pool Web Based Applicaiton Zoom</p> <p>B CR CT CA FS GR L ML PD SP WEB Z</p>	May cont'd 30 10:00 Morning Movement & Exercise Class [WEB] 11:30 Sunday Morning Walking Group 12:30 Indy 500 Watch Gathering [ML] 3:00 Corn Hole in the Courtyard [CT] 4:30 Live Music 7:00 Sunday Evening Fire Pit [CT]	31 9:30 Memorial Day Walk 11:00 Water Walking [SP] 12:00 Memorial Day Observance in Central Park 2:00 Yard Games - Open Play [CT] 5:00 Open Grilling & Dine Together [CT] 7:30 Memorial Day Firepit Fun [CT]					May Day 9:00 Saturday Morning Continental Breakfast [B] 10:00 Saturday Morning Chair Yoga [Z] 11:30 Saturday Morning Walking Group 3:00 America's Test Kitchen: How to Make the Crispiest Homemade Fries Without Deep Frying 4:00 Kentucky Derby Watch Gathering
	10:00 Wellbeats [FS] 11:30 Sunday Morning Walking Group 3:00 Corn Hole in the Courtyard [CT] 6:30 Sunday Evening Fire Pit [CT]	3 8:00 Continental Breakfast [B] 10:00 Wellbeats - Silver & Fit (Group 1) [FS] 11:00 Wellbeats - Silver & Fit (Group 2) [FS] 11:30 Creative Writing/Journaling [GR] 2:00 "Growing Older & Wiser" (Life Guide Bible Studies) [GR] 3:30 Charades [GR] 7:00 Monday Night Movie Club: Mystic River (Netflix) [ML]	4 8:00 Continental Breakfast [B] 10:30 Balance & Stability Class [Z] 11:30 Tech Tuesday: How to Access Apps on Media Lounge TV [ML] 1:00 Mahjong Club [CA] 3:30 Happy Hour: Cinco de Mayo Eve [GR] 7:00 News & Views [GR]	5 8:00 Continental Breakfast [B] 9:30 Chair Yoga [WEB] 11:00 Morning Mindfulness: [ML] 1:00 Creative Arts: Mother's Day Button Cards [CA] 3:00 The Beatles - Presented by Paul Beach [ML] 7:00 Fireside Chat in the Library [L]	6 8:00 Continental Breakfast [B] 10:00 Pure Stretch [Z] 11:00 Chess Club [CR] 1:00 New Resident Orientation [GR] 3:00 Trivia Thursday [GR] 4:00 Mat Yoga [WEB] 5:30 Bring Your Dinner and Dine Together [GR]	7 8:00 Continental Breakfast [B] 10:00 Strength & Stretch [FS] 11:00 Wellbeats Class [FS] 12:30 Men's Lunch Bunch Outing to Quigley's Irish Pub [CT] 2:30 Corn Hole in the Courtyard [CT] 3:30 One Day University: Crossword Puzzles: Their History, and the Puzzling People Who Can't Live Without Them [ML] 7:00 Friday Night Movie Club: Quigley Down Under (DVD) [ML]	8 Mayneland Farm Open 10 AM - 3 PM 9:00 Saturday Morning Continental Breakfast [B] 10:00 Chair Yoga [WEB] 11:30 Saturday Morning Walking Group 1:00 "Princess Diana, Her Life, Her Legacy" by Tim Wilsey [ML] 3:00 Ladder Toss Challenge [CT] 7:00 Virtual Performance/North Central College Performing Arts: Robert Neary (The Neil Diamond Experience) [WEB]
	Happy Mother's Day 9 10:00 Morning Movement & Exercise Class [WEB] 1:00 Mother's Day Walk/Tour at NaperSettlement 4:30 Chalk The Walk [CT] 6:30 Sunday Evening Fire Pit [CT]	10 8:00 Continental Breakfast [B] 10:00 Monday Morning Workout [WEB] 11:00 Wellbeats [FS] 2:00 Poker Club [CR] 3:00 Book Group: Moloka'i. by Alan Brennert [GR] 4:00 One Day University: Tapestry of the World: Behind the Scenes at the International Quilt Museum [ML] 7:00 Monday Night Movie Club: Ragtime (DVD) [ML]	11 8:00 Continental Breakfast [B] 8:30 Transportation to Jewel 10:30 Balance & Stability [CT] 11:30 Tech Tuesday [GR] 1:30 Scrabble Challenge [CR] 3:30 Happy Hour: National Eat What You Want Day [GR] 6:30 Game Night: Uno [GR]	12 8:00 Continental Breakfast [B] 9:30 Chair Yoga [Z] 11:00 Morning Mindfulness: [ML] 1:00 Creative Arts: Mosaic Clay Pot [CA] 3:00 Euchre Group [CR] 7:00 Charades [GR]	13 8:00 Continental Breakfast [B] 10:00 Pure Stretch [Z] 11:00 Stitch & Sew Club [CA] 12:30 Lunch & Learn: Neptune Society [GR] 3:00 Trivia Thursday [GR] 4:00 Slow Flow Mat Yoga [FS] 6:00 Bring Your Dinner and Dine Together [GR]	14 8:00 Continental Breakfast [B] 10:00 Strength & Stretch [FS] 11:00 Wellbeats Class [FS] 12:30 Ladies' Lunch Bunch [CT] 2:30 Food Drive for Loaves & Fishes 3:00 One Day University: Why Art Matters: Creation and Destruction, From Ancient Times Through Today [ML] 7:00 Friday Night Movie Club: Legally Blond (DVD) [ML]	15 Mayneland Farm Open 10 AM - 3 PM National Arm Forces Day 9:00 Saturday Morning Continental Breakfast [B] 10:00 Saturday Morning Chair Yoga [Z] 11:30 Saturday Morning Walking Group 3:00 Ladder Toss Challenge [CT] 4:30 Special Matinee Movie: A Few Good Men [ML]
	10:00 Morning Movement & Exercise Class [WEB] 11:00 Avenida Sunday Brunch (\$) [GR] 11:30 Sunday Morning Walking Group 3:00 Corn Hole in the Courtyard [CT] 6:30 Sunday Evening Fire Pit [CT]	2021 Tax Day 17 8:00 Continental Breakfast [B] 10:00 Monday Morning Workout [WEB] 11:00 Wellbeats [FS] 2:00 Pincochle [CR] 3:30 One Day University: The Paradox of Choice [ML] 6:30 Restorative Yoga [CT] 7:00 Monday Night Movie Club: Bullitt (TCM) [ML]	18 8:00 Continental Breakfast [B] 10:30 Balance & Stability [CT] 11:30 Fit Studio Orientation [FS] 1:30 Demystifying Gold and Silver by David Kaz [GR] 3:30 Happy Hour [GR] 7:00 News & Views [GR]	19 National Devil's Food Cake Day 8:00 Continental Breakfast [B] 9:30 Chair Yoga [Z] 11:00 Morning Mindfulness [ML] 12:30 Enjoy a Slice of Devil's Food Cake [B] 1:30 Creative Arts: Art of Your Choice [CA] 3:00 Coffee & Conversations [GR] 7:00 Bunco Group [GR]	20 8:00 Continental Breakfast [B] 10:00 Pure Stretch [Z] 11:00 Cribbage [CR] 2:00 Resident Forum [Z] 3:00 Trivia Thursday [GR] 5:30 Bring Your Dinner and Dine Together [GR] 7:00 Game Night: 5 Second Rule [GR]	21 8:00 Continental Breakfast [B] 9:15 Market Talk with Derek McDaniel from Merrill Lynch [PD] 10:00 Strength & Stretch [FS] 11:00 Wellbeats Class [FS] 12:30 Avenida Lunch Bunch [GR] 3:00 One Day University: The Future of Medicine [ML] 7:00 Friday Night Movie Club: De-Lovely (DVD) [ML]	22 Mayneland Farm Open 10 AM - 3 PM 9:00 Saturday Morning Continental Breakfast [B] 10:00 Saturday Morning Chair Yoga [Z] 11:30 Saturday Morning Walking Group 2:00 Armchair Traveler: Australia & New Zealand [ML] 4:00 Ladder Toss Challenge [CT]
Live Life Live Confidently Live in Motion Live & Learn Live Connected	23 10:00 Morning Movement & Exercise Class [WEB] 11:30 Sunday Morning Walking Group 12:00 TedTalk: Brain Health Strategies [WEB] 3:00 Corn Hole in the Courtyard [CT] 6:30 Sunday Evening Fire Pit [CT]	24 National Scavenger Hunt Day 8:00 Continental Breakfast [B] 10:00 Monday Morning Workout [WEB] 11:00 Wellbeats [FS] 1:30 Genealogy Club [GR] 3:00 One Day University: Virginia Woolf and the Birth of Modern Women's Fiction 6:30 Restorative Yoga [CT] 7:30 Monday Night Movie Club: Notting Hill (Netflix) [ML]	25 8:00 Continental Breakfast [B] 8:30 Transportation to Target 10:30 Balance & Stability [CT] 11:30 Tech Tuesday: Resident Portal [ML] 1:30 Verbal Charades: This That & Everything Places [GR] 3:30 Happy Hour: National Wine Day [GR] 6:30 Rummy [CR]	26 National Senior Health & Fitness Day 8:00 Continental Breakfast [B] 9:30 Chair Yoga [Z] 11:00 Morning Mindfulness: [ML] 12:30 Outdoor Grill Cooking Demo [CT] 2:30 Ladder Toss Round Robin [CT] 4:00 Mind Trap: Brain Cramp [GR] 7:00 Men's Fireside Chat [GR]	27 8:00 Continental Breakfast [B] 10:00 Pure Stretch [Z] 11:00 The Knitting Crew [CA] 12:30 Cantigny Park Garden Tour (\$) 1:00 Bridge Club [CR] 3:00 Trivia Thursday [GR] 4:00 Slow Flow Mat Yoga [FS] 6:00 Bring Your Dinner and Dine Together [GR]	28 National Hamburger Day 8:00 Continental Breakfast [B] 10:00 Strength & Stretch [FS] 11:00 Wellbeats Class [FS] 12:30 May Birthdays' Lunch & Celebration [GR] 3:00 One Day University: America in World War One: What Happened and Why It Matters [ML] 7:00 Friday Night Movie Club: Man on Fire (DVD) [ML]	29 Mayneland Farm Open 10 AM - 3 PM 9:00 Saturday Morning Continental Breakfast [B] 10:30 Chair Yoga [WEB] 11:30 Saturday Morning Walking Group 3:00 Ladder Toss Challenge [CT]

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