Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15 11a Coffee Klatch / GR 2p Chinese Mahjong / MP 3p Sudoku with Carole S. / AS	9a Water Dancing / P **9:15a Sit & Be Fit (Total Body) / Chan. 1-62** 10a Coffee Klatch / GR **10a Mobility & Strength / Chan. 1-62** 10:15a Needle Arts Group / TS 11:30a Exercise for Pain Management / Chan. 1-62 12:30p Chair Cardio / Chan. 1-62 **1p Core Stability / Chan. 1-62** 2p Chinese Mahjong / MP 2p Relax and Color / TR 2p Ping Pong / GA 7p Bingo / MP	9a Water Dancing / P 9:15a Sit & HIIT / GA 10a Coffee Klatch / GR **10a Strength and Balance Level 1 / GA** **10a Water Walking / P** **10:30a Water Aerobics / P** 10:30a Bible Study / BR **10:45a Body Positioning & Posture / GA** 11:15a Cogni-Health & Reaction Time Training / GA **11:45a Gym Time & One-On-One Gym Machine Training / GA** 1p AC Singers / MP 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Ping Pong / GA **2p Practice Qigong / Chan. 1-62** **2:30p Yoga / Chan. 1-62** 7p Rummikub / MP	9a Water Dancing / P **9:15a Sit & Be Fit (Total Body) / Chan. 1-62** 10a Coffee Klatch / GR 10:15a Sewing for Charity / TS **11a Genealogy with Marilyn / MP** 11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62 11:45a Exercise for Pain Management / Chan. 1-62 1p Charades Anyone? / TR **1p Core Stability / Chan. 1-62** 2p An Afternoon of 99 / AS **2p Dance with Denise / GA** 3:30p Zoom with Penny / Email *pvittoria@acaciacreek.org* to register	9a Water Dancing / P 9:15a Sit & HIIT / GA 10a Coffee Klatch / GR **10a Strength & Balance Level: 1 / GA** **10a Water Walking / P** **10:30a Water Aerobics / P** 10:45a TED Talks / Chan. 1-62 **10:45a Body Positioning & Posture / GA** 11:15a Cogni-Health & Reaction Time Training / GA **11:45a Gym Time & One-On-One Gym Machine Training / GA** 1p Art Class / AS **1:30p Hand and Foot / MP** **7p Mexican Train / AS**	**9:15a Sit & Be Fit (Total Body) / Chan. 1-62** 10a Coffee Klatch / GR **10a Mobility & Strength / Chan. 1-62** 10:15a Beading with Deborah / TS 11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62 1p Rummikub / MP 2p Ping Pong / GA 2p Rick Steves' Europe (2000-2007) / Chan 1-61	10a Water Walking / P 10:30a Water Aerobics / P 11a Coffee Klatch / GR 2p Ping Pong / GA 7:30p Saturday Night Movie / Chan. 1-61

Bolded weekly recurring programs in green are either new programs or changes in location or time.

Bolded programs in black are programs focused on fall prevention.

SUCCESSFUL AGING MASTERPIECE LIVING CERTIFIED CENTER

ACACIA CREEK

(510) 441-3700

Acacia Creek Lifestyles September 2021 Calendar

CALENDAR SUBJECT TO CHANGE RCFE # 015601302 COA #246

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
Legend **AS** = Art Studio (3rd Floor) **BR** = Board Room (5th Floor) **DR** = Dining Room (5th Floor) **G** = Gym (Wellness Center) **GA** = Gym Annex (Wellness Center) **GR** = Game Room (5th	Floor) **L** = Lobby (1st Floor) **MHA** = Masonic Home Auditorium **MP** = Multi-Purpose Room (3rd Floor) **P** = Pool (Wellness Center) **PBC** = Pickleball Court **S** = Siminoff Center	**SURB** = Signup in Recreation Binder (Mailroom) **SUC** = Signup at Concierge **SUMB** = Signup in Masonic Binder (Mailroom) **TR** = Turkey Roost (5th Floor Lounge) **TS** = The Studio (Apt. 1441)	1 11:30a AC Block Party BBQ - 1st Floor East Wing / By Invite Only / PBC	2 10a Great Courses - A History of European Art: Piero della Francesca in Arezzo / Chan. 1-62 10a Culinary Meeting / BR 3:30p Meet and Greet with New Residents / By Invite Only / TR	3 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR or Chan. 1-61 11:30a Labor Day Indoor Picnic / DR	4 **10a Kick off Fall Prevention Month with Carolee / TR** 10a America's National Park - Yellowstone / Chan. 1-61
5 2p Trivia with Penny / TR 7p Sunday Theatre: Matthew Bourne's Cinderella / Chan. 1-61	6 **Labor Day** 4:30p TGIF (Thank God it's a Fundraiser) End of Summer Beach Party / TR	7 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Courtroom Drama / Chan. 1-62 11:30a AC Block Party BBQ - Make-Up / By Invite Only / PBC	8 4p Chat with Chuck / TR or Chan. 1-61 7p Recorded Chat with Chuck / Chan 1-61	9 10a Safeway Grocery Shopping / SURB / L 10a Great Courses - A History of European Art: Sandro Botticelli / Chan. 1-62 **2p Importance of Good Foot Solutions in Better Health / Zoom and Chan 1-61**	10 10a Resident Forum: Meet the Candidates / Chan. 1-61	11 10a America's National Park - Saguaro / Chan. 1-61 1:15p Knitting with Mina / TS
12 **2p Ping Pong with Madelane / GA** 7p Sunday Theatre: Cyrano de Bergerac / Chan. 1-61	13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Gay and Lesbian Mystery and Suspense / Chan. 1-62	14 9:30a Walking Trip: Garretson Point Trail / SURB / L **1p Fitness Talk with Yanasa - Topic: Simple Ways To Improve Balance / GA** **3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62**	15 9a Costco: Automall / SURB / L	16 9:30a Harley Farm Goat Dairy / SURB / $35 / L 10a Great Courses - A History of European Art: Andrea Mantegna and Giovanni Bellini / Chan. 1-62	17	18 10a America's National Park - Grand Canyon / Chan. 1-61 10a Learn To Make a DYI MERV 13 Air Filter with Thys / TR
19 **2p Dance with Denise / GA** 7p Sunday Theatre: Disney - Annie / Chan. 1-61	20 10a Lucky's Grocery Shopping / SURB / L 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Adapting the Multimedia Mystery / Chan. 1-62	21 9a Roaring Camp Redwood Forest Steam Train / $33 / SURB / L 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR **3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62**	22 **9:15a Pop-up Gym Day Begins / See Dailies for locations** 10a Trader Joe's / SURB / L	23 10a Great Courses - A History of European Art: High Renaissance Painting in Venice / Chan. 1-62 11a Wild Hawaii: Land of Fire / Chan. 1-62 2p Wild Hawaii: Secrets of the Deep / Chan. 1-62 4p Spirit of Aloha and Ohana Luau / TR	24 9:30a Pulp Fashion: The Art of Isabelle de Borchgrave Slideshow by Roger Murray / on Loop for 24 Hours / Chan. 1-61	25 10a America's National Park - Great Smoky Mountains / Chan. 1-61 1p Spelling Bee Contest with Chef Fernando / TR
26 7p Sunday Theatre: Disney - Into the Woods / Chan. 1-61	27 10a Raley's Grocery Shopping / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - The Secrets of Great Mystery and Suspense Fiction: Mysterious Experiments / Chan. 1-62 **3p Zumba with Pinkie / L**	28 10a Marina Food & Daiso / SURB / L **3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62**	29 10a Walmart & Target on Whipple / SURB / L 2:30p Blood Pressure Check with Mina / MP	30 9a National Steinbeck Center / SURB / $13 / L 10a Great Courses - A History of European Art: The High Renaissance - Raphael / Chan. 1-62		