

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15</p> <p>11a Coffee Klatch / GR</p> <p>2p Chinese Mahjong / MP</p> <p>3p Sudoku with Carole S. / AS</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Mobility & Strength / Chan. 1-62</p> <p>10:15a Needle Arts Group / TS</p> <p>11:30a Exercise for Pain Management / Chan. 1-62</p> <p>12:30p Chair Cardio / Chan. 1-62</p> <p>1p Core Stability / Chan. 1-62</p> <p>2p Chinese Mahjong / MP</p> <p>2p Relax and Color / TR</p> <p>2:30p Ping Pong / GA</p> <p>7p Bingo / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & HIIT / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Sit & Be Fit (Total Body) / GA</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Strength and Balance Level 1 / GA</p> <p>10:30a Bible Study / BR</p> <p>11:15a Cogni-Health & Reaction Time Training / GA</p> <p>11:45a Gym Time & One-On-One Gym Machine Training / GA</p> <p>1:30p AC Singers / MP</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2p Practice Qigong / Chan. 1-62</p> <p>2p Charades Anyone? / 5th Fl L</p> <p>2:30p Yoga / Chan. 1-62</p> <p>2:30p Ping Pong / GA</p> <p>7p Rummikub / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Sewing for Charity / TS</p> <p>11a Genealogy with Marilyn / MP</p> <p>11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>11:45a Exercise for Pain Management / Chan. 1-62</p> <p>1p Core Stability / Chan. 1-62</p> <p>1p Bridge / MP</p> <p>2p An Afternoon of 99 / AS</p> <p>2p Dance with Denise / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & HIIT / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Sit & Be Fit (Total Body) / GA</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Strength & Balance Level: 1 / GA</p> <p>11:15a Cogni-Health & Reaction Time Training / GA</p> <p>11:45a Gym Time & One-On-One Gym Machine Training / GA</p> <p>1p Art Class / AS</p> <p>1:30p Hand and Foot / MP</p> <p>7p Mexican Train / AS</p>	<p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Mobility & Strength / Chan. 1-62</p> <p>10:15a Beading with Deborah / TS</p> <p>11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>1p Rummikub / MP</p> <p>2:30p Ping Pong / GA</p>	<p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10a Coffee Klatch / GR</p> <p>2:30p Ping Pong / GA</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>

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



Acacia Creek Lifestyles November 2021 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	1 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: Utopian Dreams and Dystopian Nightmares / Chan. 1-62	2 10a Walmart & Target on Whipple / SURB / L 2p Popup Soda Float / Lobby Entrance	3 9a Costco: Automall / SURB / L	4 10a Great Courses - A History of European Art: Pieter Bruegel the Elder / Chan. 1-62 10a Culinary Meeting / BR or Chan. 1-61	5 8a Mason's Breakfast - All Men Invited / DR 11a COVID 19 Booster Shot Clinic / 5th Floor	6 10a Growing up Animal: A Baby Grizzly's Story / Chan. 1-61
7 10:30a Poetry and Coffee with Monica / TR 7p Sunday Theatre: Bells Are Ringing / Chan. 1-61	8 10:45a Great Courses - How Great Science Fiction Works: The Rise of the Science Fiction Pulps / Chan. 1-62	9 10a Resident Council Meeting / BR or Chan. 1-61 10a Walking Trip: Leo J. Ryan Park / SURB / L 1p Fitness Talk with Yanasa - Topic: Vitamin Supplements / GA	10 9:30a Beyond Van Gogh Exhibit / SURB / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	11 11a Arlington: Call to Honor (Smithsonian Channel) / Chan. 1-61 2p Veterans' Day Sing Along with Denise and Shirley Moore / TR 3p Science & Engineering Talk: "Gravity's Fatal Attraction: Supermassive Black Holes" by Victor Wong, Recorded / Chan. 1-61	12 10a Resident Forum: Results of Resident Survey Presented by Chuck Major / TR or Chan. 1-61 2p Opportunity Table / BR 7p Replay of the Resident Forum / Chan. 1-61	13 10a Growing up Animal: A Baby Sea Lion's Story / Chan. 1-61 1:15p Knitting with Mina - All Things Fall / TS (apt. 1441)
14 1:30p Shuffle Board Tourney with Carolee / GR 7p Sunday Theatre: West Side Story / Chan. 1-61	15 10:45a Great Courses - How Great Science Fiction Works: The Golden Age of Science Fiction Stories / Chan. 1-62	16 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	17 3p Inca Trail Adventures with Martin / TR 7p Repeat of "Inca Trail Adventures with Martin" / Chan. 1-61	18 9p Jelly Belly Tour / SURB / L 10a Great Courses - A History of European Art: Mannerism and the Late Work of Michelangelo / Chan. 1-62	19 10a Raley's Grocery Shopping / SURB / L 2p Team Member Appreciation Fund Giveaway and Cookie Social / DR 7P Replay of the Team Member Appreciation Fund Giveaway / Cha. 1-61	20 10a Growing up Animal: A Baby Elephant's Story / Chan. 1-61 2:30p Ping Pong with Madelane / GA
21 7p Sunday Theatre: The Greatest Showman / Chan. 1-61	22 10a Paper Bag Donation Drive / L 10:45a Great Courses - How Great Science Fiction Works: The Spaceship As A Science Fiction Icon / Chan. 1-62	23 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	24 10a Outpatient Service Available to you - presented by ONR / BR 2:30p Blood Pressure Check with Mina / BR	25 	26	27 10a Growing up Animal: A Baby Wild Dog's Story / Chan. 1-61
28 4p Hannukah Celebration / L 7p Sunday Theatre: Disney's Luca / Chan. 1-61	29 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: The Robot: From Capek to Asimov / Chan. 1-62	30 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	<p>Legend</p> <p>AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) (3rd Floor) P = Pool (Wellness Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room SUMB = Signup in Masonic Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441) SUC = Signup at Concierge</p>			