

**Lifestyles Weekly Recurring Programs**

**Please Keep for Future Reference**

**Revised: June 2022**

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 Bananagrams / GR</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit, Stand &amp; Circuit Train / GA</p> <p>9:50a Sit &amp; Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Needle Arts Group / TS</p> <p><b>10:25a Balance Level: 2 / GA</b></p> <p>11:15a Posture &amp; Recovery Stretching / GA</p> <p>11:45a Personal Training One-On-One / GA</p> <p>1:30p Hand and Foot / MP</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 &amp; Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:15a Exercise for Pain Management / Chan. 1-62</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Acacia Creek Bible Study / BR</p> <p>11a Exercise for Blood Flow, Neuropathy, &amp; Fine Motor Skills / Chan. 1-62</p> <p>11:45a Cardio Sit &amp; Circuit / Chan. 1-62</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2p Charades Anyone? / 5th Fl L</p> <p>2:30p Ping Pong / GA</p> <p>7p Rummikub / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit, Stand &amp; Circuit Train / GA</p> <p>9:50a Sit &amp; Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Sewing for Charity / TS</p> <p><b>10:25a Balance Level: 2 / GA</b></p> <p>11:15a Posture &amp; Recovery Stretching / GA</p> <p>11:45a Personal Training One-On-One / GA</p> <p>1p Bridge / MP</p> <p>2p An Afternoon of 99 / AS</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit, Stand &amp; Circuit Train / GA</p> <p>9:50a Sit &amp; Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:25a Balance: Assess &amp; Strength / GA</p> <p>10:30a Water Aerobics / P</p> <p>11a Posture &amp; Recovery Stretching / GA</p> <p>11:30a Personal Training One-On-One: Assess &amp; Recharge / GA</p> <p>1p Art Class / AS</p> <p>1:30p AC Singers Sing Along / TR</p>	<p>9:15a Sit &amp; Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p><b>10:15a</b> Exercise for Pain Management / Chan. 1-62</p> <p>10:15a Beading with Deborah / TS</p> <p><b>10:45a</b> Exercise for Blood Flow, Flexibility &amp; Fine Motor Skills / Chan. 1-62</p> <p>1p Rummikub / MP</p> <p>1p Mexican Train / AS</p> <p>1:30p Hand and Foot / MP</p> <p>2:30p Ping Pong / GA</p>	<p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>11a Practice Qigong / Chan. 1-61</p> <p>2:30p Ping Pong / GA</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>
<p><b>Bolded weekly recurring programs are either new programs or updated.</b></p>	 <p>ACACIA CREEK (510) 441-3700</p> 					

# Acacia Creek Lifestyles June 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Events:</b>						
<p><b>Legend</b></p> <p><b>AS</b> = Art Studio (3<sup>rd</sup> Floor)  <b>BR</b> = Board Room (5<sup>th</sup> Floor)  <b>DR</b> = Dining Room (5<sup>th</sup> Floor)  <b>G</b> = Gym (Wellness Center)  <b>GA</b> = Gym Annex (Wellness Center)  <b>GR</b> = Game Room (5<sup>th</sup> Floor)  <b>L</b> = Lobby (1<sup>st</sup> Floor)  <b>MHA</b> = Masonic Home Auditorium  <b>MP</b> = Multi-Purpose Room (3<sup>rd</sup> Floor)  <b>P</b> = Pool (Wellness Center)  <b>PBC</b> = Pickleball Court  <b>S</b> = Siminoff Center  <b>SURB</b> = Signup in Recreation Binder (Mailroom)  <b>SUC</b> = Signup at Concierge  <b>TR</b> = Turkey Roost (5<sup>th</sup> Floor Lounge)  <b>TS</b> = The Studio</p>						
5 3p Sudoku with Carole S. / AS 7p Sunday Theatre: Little Women the Musical / Chan. 1-61	6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Family, Marriage, and Incest / Chan. 1-62	7 10a Fremont HUB - Target & Daiso / SURB / L	8 1p Fitness Talk with Yanasa - Topic: The Aging Man: How Exercise Can Help Slow Down Father Time / GA 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	9 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Hazards of Life in Ancient Rome: The Five Fs / Chan. 1-62 <b>11:30a M4W Finish Line BBQ / Ticket Required / L</b> 7:30p After Dinner Drink and Discussion / TR	10 10a Resident Forum / To Be Announced 4p TGIF / TR	11 10a Rocky Mountain Animal Rescue: Lights Out / Chan. 1-61
12 7p Sunday Theatre: The Inspector General / Chan. 1-61	13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Multiple Spouses and Matrilineality / Chan. 1-62	14 <b>10a Walking Trip: Leo J. Ryan Park / SURB / L</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	15 9a Costco: Hesperian / SURB / L <b>11a AC Block Party BBQ - 1st Odd West &amp; 4th Even East &amp; T Section / By Invite Only / Pickleball Court</b> 3:00p Lifestyles Monthly Update Meeting / GR	16 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Roman Art and Architecture / Chan. 1-62 4p Musical Songs - Along Social / TR	17 <b>11a Lunch Bunch: Falafel, etc. - Middle Eastern Restaurant / SURB / L</b>	18 10a Rocky Mountain Animal Rescue: Fowl Play / Chan. 1-61 2p Eternity Band Performance / DR
19 <b>11a Ragtime / SURB / L</b> 7p Hershey Felder: George Gershwin Alone / Chan. 1-61 / Chan. 1-61	20 10a Seafood City Grocery Store / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - Peoples and Cultures of the World: Gatherers and Hunters / Chan. 1-62	21 10a Hershey Felder: George Gershwin Alone / Chan. 1-61 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	22 <b>11a AC Block Party BBQ - 1st Even West &amp; 3rd Even West / By Invite Only / Pickleball Court</b> 3p Science and Engineering Discussion Group: "The Fundamental Particle and Forces Zoo" by AC Resident Dr. Byron Roe / BR	23 <b>10a Stanford Shopping Center / SURB / L</b> 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Roman Literature / Chan. 1-62	24 <b>9a Ferry Building Tour / SURB / L</b>	25 10a Rocky Mountain Animal Rescue: Hit & Run / Chan. 1-61 2p Trivia with Penny / TR
26 7p Hershey Felder: Great American Songs and the Fascinating Stories Behind Them / Chan. 1-61	27 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Headmen and Horticulturists / Chan. 1-62	28 10a Goodwill Donation / L 10a Hershey Felder: Great American Songs and the Fascinating Stories Behind Them / Chan. 1-61 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	29 <b>2p Washington Township Hospital Presentation on Stroke Awareness / DR</b> 2:30p Blood Pressure Check with Mina / BR	30 <b>9a De Young Museum / SURB / L</b> 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Ordinary Roman Speaks: Graffiti / Chan. 1-62		