

**Lifestyles Weekly Recurring Programs**

**Please Keep for Future Reference**

**Revised: May 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>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>10:25a Balance Level: 1 / GA</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>7:30p Pinochle / 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>10:25a Balance Level: 1 / GA</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>10a Exercise for Pain Management / Chan. 1-62</p> <p>10:15a Beading with Deborah / TS</p> <p>11a 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>
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Bolded weekly recurring programs are either new programs or updated.</b></p> </div>						<div style="text-align: center;">  <p><b>ACACIA CREEK</b></p> <p>(510) 441-3700</p>  </div>

# Acacia Creek Lifestyles May 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Events:</b>						
<p>1 3p Sudoku with Carole S. / AS 7p Sunday Theatre: Jesus Christ Superstar / Chan. 1-61</p>	<p>2 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Languages, Dialects, and Social Categories / Chan. 1-62</p>	<p>3 <b>1:45p M4W Group Photo and Starting Line Party / L</b></p>	<p>4 11a Lunch Bunch: Joyheart Café / SURB / L</p>	<p>5 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Augustus, the First Emperor / Chan. 1-62 2p Acacia Creek Genealogy / MP 4:30p Cinco de Mayo Celebration / DR</p>	<p>6 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR or Chan. 1-61 7p Replay of Council Meeting / Chan 1-61</p>	<p>7 10a The Lost Tomb of Alexander the Great / Chan. 1-61 2:30p Kentucky Derby with Carolee / TR</p>
<p>8 11a Mother's Day Brunch / DR 7p Sunday Theatre: Jane Eyre (1997) / Chan. 1-61</p>	<p>9 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Language and Thought / Chan. 1-62</p>	<p>10 10a Walking Trip: Sabercat Park / SURB / L</p>	<p>11 1p Fitness Talk with Yanasa - Topic: The Power of Muscles / GA 1:30p Pant Sale / TS (apt. 1441) 4p Meet with Martin / TR or Chan. 1-61 7p Replay of Meet with Martin / Chan 1-61</p>	<p>12 9a Japanese Tea Garden and Ferris Wheel / SURB / L 10:30a Resident Forum: Guest Speaker Gary Charland, President and CEO of Masonic Homes Topic: Update: Masonic Home Construction <b>1:30p M4W T-shirt Thursdays Walk with Pop-up Gym Raffle / L</b> 7:30p After Dinner Drink and Discussion / TR 7p Replay of the Resident Forum / Chan. 1-61</p>	<p>13 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Tiberius and Caligula / Chan. 1-62</p>	<p>14 10a The Lost City of Machu Picchu / Chan. 1-61</p>
<p>15 7p Sunday Theatre: Lucky Stiff / Chan. 1-61</p>	<p>16 10a 99 Ranch Market - Warm Springs Plaza / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - Peoples and Cultures of the World: Constructing Emotions and Identities / Chan. 1-62</p>	<p>17 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</p>	<p>18 9a Costco: Automall / SURB / L 2p Washington Hospital Presentation on POLST, Advanced Directives and Medicare Open Enrollment / DR 3:00p Lifestyles Monthly Update Meeting / GR</p>	<p>19 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Claudius and Nero / Chan. 1-62 <b>1:30p M4W T-shirt Thursday walk ending at AC Pool for M4W Water Volleyball Game / L</b> 4p AC Family Game Night Social / TR</p>	<p>20 11a San Jose Historical Park / SURB / L 4p TGIF / TR</p>	<p>21 10a Lost Temple of the Inca / 1-61</p>
<p>22 7p Sunday Theatre: Great Expectations / Chan. 1-61</p>	<p>23 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Magic, Religion, and Codes of Conduct / Chan. 1-62</p>	<p>24 10a Walmart / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>25 10a Ease the Stress Outing with Penny to Half Moon Bay / SURB / L 2:30p Blood Pressure Check with Mina / BR</p>	<p>26 9:30a Filoli / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Flavian Emperors and Roman Bath Culture / Chan. 1-62 <b>1:30p M4W T-shirt Thursday walk and conclusion of Scavenger Hunt / L</b></p>	<p>27 11:30a Memorial Day Picnic / RSVP Event Only / SURB / L</p>	<p>28 10a Petra: Secrets of the Ancient Builders / Chan. 1-61 3p Trivia with Penny / TR</p>
<p>29 5p Hershey Felder: The Assembly (Live Performance) / Chan. 1-61</p>	<p>30 <b>Memorial Day</b> 10:45a Great Courses - Peoples and Cultures of the World: Rights of Passage / Chan. 1-62</p>	<p>31 10a Hershey Felder: The Assembly / Chan. 1-62 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>				