

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: August 2022

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

Bolded weekly recurring programs are either new programs or updated.

<p>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)</p>	<p>Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3rd Floor) P = Pool (Wellness Center)</p>	<p>PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mailroom)</p>	<p>TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441)</p>
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Acacia Creek Lifestyles August 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	1 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: The Role of Reciprocity / Chan. 1-62	2 10a Fremont HUB - Target & Daiso / SURB / L	3 3p Science and Engineering Discussion Group: "Global Temperature Cycles" by AC Resident Dr. James Darrah / BR	4 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Roman Literature / Chan. 1-62 2p Acacia Creek Genealogy / MP	5 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR 11a Lunch Bunch: New Yong Kang Seafood Restaurant / SURB / L	6 10a Disney's Sacred Planet / Chan. 1-61
7 5p Hershey Felder: Chopin in Paris / Chan. 1-61	8 10:45a Great Courses - Peoples and Cultures of the World: Chiefdoms and Redistribution / Chan. 1-62	9 10a Walking Trip: Bedwell Bayfront Park / SURB / L 10a Hershey Felder: Chopin in Paris / Chan. 1-61	10 10a Raley's Grocery Shopping / SURB / L 11:30a AC Block Party BBQ - 2nd Odd West + 3rd Odd West / By Invite Only / Pickleball Court 1p Fitness Talk with Yanasa - Topic: Muscle Cramps - Their Origin and How to Manage Them / GA 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	11 8a Roaring Camp Train to Santa Cruz Beach Boardwalk / SURB / L 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Ordinary Roman Speaks: Graffiti / Chan. 1-62 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	12 10a Resident Forum: Health Care for Seniors: Issues, Solutions and the Future Presented by a Panel, Featuring Mayors of Union City and Fremont, Representatives of Alzheimer's Association, and Leading Age / DR 1:00p Water Volleyball / P	13 10a Maui Shark Mystery / Chan. 1-61
14 2p Banana Splits with Carolee / TR 7p Hershey Felder: Beethoven / Chan. 1-61	15 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Cultural Contact and Colonialism / Chan. 1-62	16 9a Legion of Honor / SURB / L 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	17 11:30a AC Block Party BBQ - 2nd Even West + 3rd Odd East and T / By Invite Only / Pickleball Court 3p Lifestyles Monthly Update Meeting / GR	18 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Final Words: Burial and Tombstone Epitaphs / Chan. 1-62 2p Medicare Seminar with Sam Olson / DR	19 4p TGIF / TR	20 10a Most Wanted Sharks / Chan. 1-61
21 7p Hershey Felder: The Assembly / Chan. 1-61	22 10:45a Great Courses - Peoples and Cultures of the World: Is Economics Rational? / Chan. 1-62	23 2p Fall Prevention and Recovery Presented by Alisa Curry PT DPT / DR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	24 11:30a AC Block Party BBQ - 2nd Odd East + 4th Odd West / By Invite Only / Pickleball Court	25 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: From Commodus to Caracalla / Chan. 1-62 3:30p Hot August Nights Celebration Begins/ L	26 2p USS Potomac and Blue Angels: A Slideshow Interspersed with a Little History / BR	27 10a Mission Pluto / Chan. 1-61 2p Trivia with Penny / TR
28 2p Banana Splits with Carolee / TR 7p Sunday Theatre: The Inspector General / Chan.1-61	29 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: Late Capitalism-From Ford to Disney / Chan. 1-62	30 7:45a SMART Train / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	31 9a Costco: Hesperian / SURB / L 11:30a AC Block Party BBQ - 2nd Even East + 4th Even West + Cottages / By Invite Only / Pickleball Court 2:30p Blood Pressure Check with Mina / BR		 ACACIA CREEK (510) 441-3700	