

**Lifestyles Weekly Recurring Programs**

**Please Keep for Future Reference**




**Revised: September 2022**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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 / GR	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 2:30p Ping Pong / GA 7:30p Saturday Night Movie / Chan. 1-61

**Bolded weekly recurring programs are either new programs or updated.**

<b>Legend</b> <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)	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>SUMB</b> = Signup in Masonic Binder (Mailroom)	<b>TR</b> = Turkey Roost (5 <sup>th</sup> Floor Lounge) <b>TS</b> = The Studio (Apt. 1441)
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# Acacia Creek Lifestyles September 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
 <b>ACACIA CREEK</b> (510) 441-3700				1 10a Culinary Meeting / BR 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: The Crisis of the 3rd Century / Chan. 1-62 2p Acacia Creek Genealogy / MP <b>2p Honor Flight Presentation / BR</b>	2 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR <b>11:30a Labor Day BBQ / Open to all Residents and Team Members / L</b>	3 2p Hershey Felder: Musical Tales of the Venetian Jewish Ghetto / Chan. 1-61
4 2p Labor Day Trivia with Penny / TR 7p Hershey Felder: Irving Berlin / Chan. 1-61	5  <b>LABOR DAY</b>	6 10a Hershey Felder: Irving Berlin / Chan. 1-61	7 <b>11a Lunch Bunch: Baby Café Hong Kong Bistro / SURB / L</b> 11:30a AC Block Party BBQ - Makeup BBQ / By Invite Only / Pickleball Court 3p Science and Engineering Discussion Group: Guest Speaker Kevin Wheeler Presents "Silicon Valley – Yesterday, Today and Tomorrow" / BR	8 <b>10a The Modern Jewish Museum / SURB / L</b> 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Diocletian and Late 3rd-Century Reforms / Chan. 1-62 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	9 10a Resident Forum: Meet the Candidates for Resident Council for 2023 / DR	10 2p Hershey Felder: Violetta / Chan. 1-61
11 10:30a Hershey Felder as Monsieur Chopin / SURB / L 7p Hershey Felder: Beethoven / Chan. 1-61	12 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: The Maya, Ancient and Modern / Chan. 1-62	13 10p Hershey Felder: Beethoven / Chan. 1-61 10a Walking Trip: The Gardens at Palmdale / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	14 1p Fitness Talk with Yanasa - Topic: Exercise and Cell Turnover / GA	15 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Early Christianity and the Rise of Constantine / Chan. 1-62 <b>4p Autumn Faire Social / TR</b>	16 10a Walmart / SURB / L 4p TGIF / TR	17 2p Hershey Felder: Mozart and Figaro / Chan. 1-61
18 7p Hershey Felder: The Assembly / Chan. 1-61	19 <b>10a Goodwill / L</b> 10:45a Great Courses - Peoples and Cultures of the World: Maya Resurgence in Guatemala and Mexico / Chan. 1-62	20 10a Hershey Felder: The Assembly / Chan. 1-61 10a Walmart / SURB / L 10:30a Alameda County Library Book Club / Zoom <b>2p League of Women Voters Election Presentation / DR</b> 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	21 9a Costco: Automall / SURB / L 3p Lifestyles Monthly Update Meeting / GR 4p Meet with Martin / TR or Chan. 1-61 7p Replay of Meet with Martin / Chan 1-61	22 <b>9a Red and White Fleet: Golden Gate Bay Cruise / SURB / L</b> 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Constantine and His Successors / Chan. 1-62	23 10a Safeway Grocery Shopping / SURB / L <b>2p A Traditional Vietnamese Wedding Presented by Nancy Nguyen, Lifestyles Coordinator / BR</b>	24 2p Hershey Felder: Backstory / Chan. 1-61
25 7p Hershey Felder: Before Fiddler / Chan. 1-61	26 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Peoples and Cultures of the World: The Janus Face of Globalization / Chan. 1-62	27 10a Hershey Felder: Before Fiddler / Chan. 1-61 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	28 <b>9:30a Walk Across the Golden Gate Bridge / SURB / L</b> 2:30p Blood Pressure Check with Mina / BR	29 10a Great Courses - The Roman Empire: From Augustus to The Fall of Rome: Gladiators and Beast Hunts / Chan. 1-62 <b>4:30 pm Oktoberfest Celebration/ DR</b>	30 <b>10a Ikea / SURB / L</b> 3p Water Volleyball Game / P	