

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15 10a 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 / AS 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	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 Rummikub / MP 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.

Legend AS = Art Studio (3 rd Floor) BR = Board Room (5 th Floor) DR = Dining Room (5 th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness	Center) GR = Game Room (5 th Floor) L = Lobby (1 st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3 rd Floor) P = Pool (Wellness Center)	PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mailroom)	TR = Turkey Roost (5 th Floor Lounge) TS = The Studio (Apt. 1441)
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Acacia Creek Lifestyles October 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
						1 10a Hershey Felder: Great American Songs and the Fascinating Stories Behind Them / Chan. 1-61 2p The Coolest Instrument Series: Part 1 / TR
2 7p Hershey Felder: Chopin & Liszt / Chan. 1-61	3 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Discovering the Medieval Legacy / Chan. 1-62	4 10a Hobby Lobby / SURB / L 10a Hershey Felder: Chopin & Liszt / Chan. 1-61 3:30p Meet and Greet with New Residents / By Invitation Only / TR	5 3p Science and Engineering Discussion Group: Guest Speaker Ron Adamson on "Radiation, Nuclear Power and You" / BR	6 10a Culinary Meeting / BR 10a Great Courses - The Roman Empire: Chariot Racing, Spectacles, and Theater / Chan. 1-62 12p USS Potomac: Watch the Blue Angels / SURB / L 2p Acacia Creek Genealogy / MP	7 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR 2p Grief, Loss and Self Care / DR	8 10a Hershey Felder: Puccini / Chan. 1-61 2p The Coolest Instrument Series: Part 2 / TR
9 7p Hershey Felder: Dante & Beatrice in Florence / Chan. 1-61	10 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Birth of the Book / Chan. 1-62	11 10a Walking Trip: Lake Chabot / SURB / L 10a Hershey Felder: Dante & Beatrice in Florence / Chan. 1-61 3p Science and Engineering Discussion Group: "Silicon Valley: Yesterday, Today, and Tomorrow" by Guest Speaker Kevin Wheeler / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	12 1p Fitness Talk with Yanasa - Topic: How to Benefit From Days of Rest / L 4p T.G.I.F. with Special Guest, Acacia Creek Board Member, Narbeh Bagdasarian and his friend Johnathan Playing Violin & Piano / TR	13 9a Costco: Hesperian / SURB / L 10a Great Courses - The Roman Empire: The Roman Army / Chan. 1-62 2p Working with Parents Presented by Carole S. / BR 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	14 10a Resident Forum: Guest Speaker Executive Chef Fernando / DR 11a Resident and Team Member COVID Booster Shot Clinic / GR	15 1p Acacia Creek Street Faire / Outside Lobby
16 5p Hershey Felder: The Crazy Widow (of Moses de Leon) - Live Performance from Italy / Chan. 1-61	17 10:45a Great Courses - The Medieval Legacy: Medieval Innovations in Record Keeping / Chan. 1-62 2p Everything You Want To Know about Lorber Skilled Nursing / DR	18 9a Oakland Zoo / SURB / L 10a Hershey Felder: The Crazy Widow (of Moses de Leon) / 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	19 10a Fremont HUB / SURB / L 3p Lifestyles Monthly Update Meeting / GR 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	20 10a Great Courses - The Roman Empire: Barbarians Overwhelm the Western Empire / Chan. 1-62 2p Lifestyle Review and Root Beer Float Social / TR	21 Annual Communication 2p Fending off Falls with Carolee / BR	22 Annual Communication 10a Hershey Felder: A Paris Love Story / Chan. 1-61
23 Annual Communication 7p Hershey Felder: Nicholas, Anna & Sergei / Chan. 1-61	24 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Beginnings of Orthodoxy and Heresy / Chan. 1-62	25 10a Hershey Felder: Nicholas, Anna & Sergei / Chan. 1-61 10a Stoneridge Mall / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	26 10a Landscaping Meeting with Bay Pro / TR 2:30p Blood Pressure Check with Mina / BR	27 9a Scenic Drive: Bodega Bay / SURB / L 10a Great Courses - The Roman Empire: The Byzantine Empire / Chan. 1-62	28 11a Lunch Bunch: Baby Cafe / SURB / L	29 10a Hershey Felder: George Gershwin Alone / Chan. 1-61 2p The Coolest Instrument Series: Part 3 / TR
30 5p Hershey Felder: The Assembly / Chan. 1-61	31 10:45a Great Courses - The Medieval Legacy: The Beginnings of Orthodoxy and Heresy / Chan. 1-62 4p Halloween Social / TR			 ACACIA CREEK (510) 441-3700		