

# Lifestyles Weekly Recurring Programs

# Please Keep for Future Reference

Revised: February 2023

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	9a Water Dancing / P 9:15a Circuit Training / GA 9:45a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:20a Balance Level: 2 / GA 11:05a Posture & Recovery Stretching / GA 11:45a Cardio Sit & Glow / MP 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 10:10a Exercise For Neuropathy & Sciatica / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 10:45a Manual Dexterity / Chan. 1-62 11:15a Exercise for Pain Management / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2:30p Ping Pong / GA	9a Water Dancing / P 9:15a Circuit Training / GA 9:45a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10:20a Balance Level: 2 / GA 11:15a Manual Dexterity / MP 11:45a Cardio Sit & Glow / MP 1p Rummikub / MP 1:30p Bridge / MP 2p An Afternoon of 99 / AS <b>2p Dancing with Denise / GA</b>	9a Water Dancing / P 9:15a Circuit Training / GA 9:45a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10a Water Walking / P 10:20a Fall Prevention / GA 10:30a Water Aerobics / P 10:55a Posture & Back Strengthening / GA 11:30a Recovery Stretching / 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 Neuropathy & Sciatica / Chan. 1-62 10:15a Beading with Deborah / TS 10:45a Exercise for Pain Management / 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> AS = Art Studio (3 <sup>rd</sup> Floor) BR = Board Room (5 <sup>th</sup> Floor) DR = Dining Room (5 <sup>th</sup> Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness	Center) GR = Game Room (5 <sup>th</sup> Floor ) L = Lobby (1 <sup>st</sup> Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3 <sup>rd</sup> 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 <sup>th</sup> Floor Lounge) TS = The Studio (Apt. 1441)
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# Acacia Creek Lifestyles February 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
			<p>1 <b>11a Wai Dang Gong (外丹功) Exercise / GA</b></p>	<p>2 10a Culinary Meeting / BR 10a Great Courses - Music as a Mirror of History: Chopin: Etude in C Minor, Op. 10, No. 12 (1831) / Chan. 1-62 2p Acacia Creek Genealogy / MP <b>3p Exploratorium After Dark: Wonderous Fungus / SURB / L</b></p>	<p>3 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR <b>2p Grief, Loss and Self Care with J.B. Goodier, Spiritual Care Coordinator at Washington Hospital / DR</b></p>	<p>4</p>
<p>5 7p Secrets of War: Vietnam, A War Unwanted - Alpha Strike / Chan. 1-61</p>	<p>6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Medieval Narratives in Modern War / Chan. 1-62</p>	<p>7 <b>10a Card Making with Brenda R. / TS (apt. 1441)</b></p>	<p>8 11:30a Lunch Bunch: Lotus Café / SURB / L <b>1p Fitness Talk with Yanasa - Topic: Fitness Resolutions: Why People Make Them, Break Them, and Ways to Keep Them / L</b> 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61</p>	<p>9 <b>10a Resident Forum: Carol Hunter, CFO, Grand Lodge - Review of the 2023 Budget / DR</b> 10a Great Courses - Music as a Mirror of History: Glinka: A Life for the Tsar (1836) / Chan. 1-62 <b>5p California Academy of Science Nightlife / SURB / L</b></p>	<p>10 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" - Guest Speaker Karon McAninch / TR</p>	<p>11 <b>1p Eternity Band Lunar New Year Variety Show / DR</b> <b>4p Eternity Band Classical Music Recital / TR</b></p>
<p>12 <b>3p Super Bowl Party / TR</b> 7p Secrets of War: Vietnam, A War Unwanted - Hidden in Plain Sight / Chan. 1-61</p>	<p>13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The University's Medieval Origins / Chan. 1-62</p>	<p>14 10a Walking Trip: Hayward Heritage Plaza &amp; Veteran's Memorial / SURB / L <b>11a Ecstatic Dance with Amanda Miller / GA</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62 <b>4p Valentine Social / TR</b></p>	<p>15 9a Costco: Hesperian / SURB / L 10:15a Sewing for Charity / TS (apt. 1441) 3p Lifestyles Monthly Update Meeting / GR</p>	<p>16 10a Great Courses - Music as a Mirror of History: Strauss Sr.: Radetzky March (1848) / Chan. 1-62 <b>2p NYNA Getting to Know You Social / MHA</b></p>	<p>17 <b>4p TGIF / TR</b></p>	<p>18</p>
<p>19 7p Secrets of War: Vietnam, A War Unwanted - Special Operation / Chan. 1-61</p>	<p>20 <b>Presidents' Day</b></p>	<p>21 <b>9:30a SF Museum of Modern Art / SURB / L</b> 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>22 2:30p Blood Pressure Check with Mina / TR</p>	<p>23 <b>10a Safeway &amp; Trader Joes / SURB / L</b> 10a Great Courses - Music as a Mirror of History: Brahms: Piano Quartet in G Minor, Op. 25 (1861) / Chan. 1-62</p>	<p>24 10a Fremont HUB - Target &amp; Daiso / SURB / L</p>	<p>25</p>
<p>26 7p Secrets of War: Vietnam, A War Unwanted - Johnson's Battleground / Chan. 1-61</p>	<p>27 <b>10a Paper Bag Donation / L</b> 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Origins of the Scientific Method / Chan. 1-62</p>	<p>28 <b>2p NYNA Ice Cream Social / TR</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>				 <p>ACACIA CREEK (510) 441-3700</p>