

# Lifestyles Weekly Recurring Programs

# Please Keep for Future Reference

Revised: March 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 / AS 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 <b>4p Girls' &amp; Guys' Night Out / TR</b> 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 March 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
			<p>1 <b>10a Walmart / SURB / L</b></p>	<p>2 10a Culinary Meeting / BR 10a Great Courses - Music as a Mirror of History: Gottschalk: The Union (1862) / Chan. 1-62 2p Acacia Creek Genealogy / MP <b>4p 13th Un-anniversary Mad Hatter's Party / 5th Fl Lobby</b></p>	<p>3 8a Mason's Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR <b>3p Silicon Valley Mobile Pack 2023 / SURB / L</b></p>	<p>4 <b>TBA Bay Philharmonic: The Kings of Soul and Swing / SURB / L</b></p>
<p>5 <b>9:30a Oakland Aviation Museum / SURB / L</b> <b>3p Classical Music Recital with Ryan Lu / TR</b> 7p Secrets of War: Vietnam, A War Unwanted - Ho Chi Minh's Revolution / Chan. 1-61</p>	<p>6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Our Debts to the Medieval World of Money / Chan. 1-62</p>	<p>7 <b>1:30p Glow Stick Drumming with Friends from Masonic Homes / MP</b></p>	<p>8 <b>1p Fitness Talk with Yanasa - Topic: L</b> 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61</p>	<p>9 10a Great Courses - Music as a Mirror of History: Verdi: Nabucco (1842) / Chan. 1-62 <b>2p "Raise a Puppy- Change a Life" - Guide Dogs for the Blind Presentation / MP</b></p>	<p>10 10a Resident Forum: What is in Your Meals How to Make Balanced Food Choices Presented by Jeegna Patel, MS, RD, Acacia Creek's Consulting Dietician / DR <b>3P Water Volleyball / P</b></p>	<p>11 <b>3p Classical Music Recital with Ryan Lu / TR</b></p>
<p>12 <b>3p Classical Music Recital with Ryan Lu / TR</b> 7p National Geographic Polar Explorations: Passion for the Poles / Chan. 1-61</p>	<p>13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Explosion of Documentation / Chan. 1-62 2p Fundraising Committee Meeting / GR <b>3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR</b></p>	<p>14 <b>10a Walking Trip: Dumbarton Quarry Campground / SURB / L</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>15 9a Costco: AutoMall / SURB / L 10:15a Sewing for Charity / TS (apt. 1441) <b>2p Urology Health Talk / DR</b> 3:30p Lifestyles Monthly Update Meeting / GR <b>5p Ides of March Team Member Fund Raffle / 5th Fl Lobby</b></p>	<p>16 <b>9a San Francisco Chinatown Tour / SURB / L</b> 10a Great Courses - Music as a Mirror of History: Wagner: The Ring (1876) / Chan. 1-62 5p Silicon Valley Senior Round Table Mixer / TR</p>	<p>17 <b>4p TGIF St. Patrick's Day Social / TR</b></p>	<p>18 <b>3p Classical Music Recital with Ryan Lu / TR</b></p>
<p>19 <b>2p Trivia with Penny / TR</b> 7p National Geographic Polar Explorations: Seasons at the Poles / Chan. 1-61</p>	<p>20 10a Safeway and Trader Joes (Fremont) / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Invention of Purgatory / Chan. 1-62</p>	<p>21 <b>9a The Walt Disney Family Museum / SURB / L</b> 10:30a Alameda County Library Book Club / Zoom 2p Finance Committee Meeting / AS 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 <b>2:30p Science and Engineering Group: Birth of the Universe Presented by Bill Quirk, PhD, Astrophysics and Astronomy, Columbia University, New York City / BR</b></p>	<p>23 10a Great Courses - Music as a Mirror of History: Dvorak: From the New World Symphony (1893) / Chan. 1-62 <b>2p From Berkeley to Berlin—Featuring Author Tom Ramos / DR</b></p>	<p>24 <b>10:30a Lunch Bunch: Vietnam Town / SURB / L</b></p>	<p>25</p>
<p>26 7p National Geographic Polar Explorations: Connections Between the Poles / Chan. 1-61</p>	<p>27 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Medieval Evolutions in Hospitals and Prisons / Chan. 1-62</p>	<p>28 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>29 <b>2p New Year, New Action Open House / L</b></p>	<p>30 10a Great Courses - Music as a Mirror of History: Balakirev: Symphony No. 1 (1898) / Chan. 1-62 <b>11:30p Lunch at Milk &amp; Honey Café / SURB / L</b></p>	<p>31</p>	 <p>ACACIA CREEK (510) 441-3700</p>