

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30a Start of Shuttle Service to Siminoff Chapel / L</p> <p>9:45a Worship Service / Siminoff Chapel & Chan. 1-15</p> <p>10a Coffee Klatch / GR</p> <p>2p Chinese Mahjong / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Circuit Training / GA</p> <p>9:45a Sit & Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Needle Arts Group / TS</p> <p>10:20a Balance Level: 2 / GA</p> <p>11:05a Posture & Recovery Stretching / GA</p> <p>11:45a Cardio Sit & Glow / MP</p> <p>1:30p Hand and Foot / MP</p> <p>2p Chinese Mahjong / MP</p> <p>2p Relax and Color / AS</p> <p>2:30p Ping Pong / GA</p> <p>7p Bingo / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:10a Exercise For Neuropathy & Sciatica / Chan. 1-62</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Acacia Creek Bible Study / BR</p> <p>10:45a Manual Dexterity / Chan. 1-62</p> <p>11:15a Exercise for Pain Management / Chan. 1-62</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2:30p Ping Pong / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Circuit Training / GA</p> <p>9:45a Sit & Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10:20a Balance Level: 2 / GA</p> <p>11:15a Manual Dexterity / MP</p> <p>11:45a Cardio Sit & Glow / MP</p> <p>1p Rummikub / MP</p> <p>1:30p Bridge / AS</p> <p>2p An Afternoon of 99 / AS</p> <p>2p Dancing with Denise / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Circuit Training / GA</p> <p>9:45a Sit & Be Fit (Total Body) / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:20a Fall Prevention / GA</p> <p>10:30a Water Aerobics / P</p> <p>10:55a Posture & Back Strengthening / GA</p> <p>11:30a Recovery Stretching / GA</p> <p>1p Art Class / AS</p> <p>1:30p AC Singers Sing Along / TR</p>	<p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Exercise For Neuropathy & Sciatica / Chan. 1-62</p> <p>10:15a Art & Crafts with Deborah / TS</p> <p>10:45a Exercise for Pain Management / Chan. 1-62</p> <p>1p Rummikub / MP</p> <p>1:30p Hand and Foot / MP</p> <p>2:30p Ping Pong / GA</p>	<p>10a Coffee Klatch / GR</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>2:30p Ping Pong / GA</p> <p>4p Girls' & Guys' Night Out / TR</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>

Bolded weekly recurring programs are either new programs or updated.

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

Acacia Creek Lifestyles May 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	<p>1 8:30a Washington Jewelry Sale / SURB / L 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Artistic Imagination Persists / Chan. 1-62</p>	<p>2 9a Washington Jewelry Sale / SURB / L 3:30p M4W T-Shirt Distribution Party / 5th Floor</p>	<p>3 11a Plant Sale / TS (appt 1441)</p>	<p>4 10a Culinary Meeting / BR 10a Great Courses - Music as a Mirror of History: Berg: Wozzeck (1922) / Chan. 1-62 2p Acacia Creek Genealogy / MP 2p M4W Starting Line Party / Event Center</p>	<p>5 8a Mason's Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR</p>	<p>6 2:30p Kentucky Derby Day Social / TR</p>
<p>7 7p National Geographic Polar Explorations: Indigenous Peoples of the Arctic / Chan. 1-61</p>	<p>8 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Black Death's Lasting Lessons / Chan. 1-62</p>	<p>9 10a M4W Walking Trip: Sycamore Grove / SURB / L 2p M4W Group Photo and Farmers Market / Outside Lobby</p>	<p>10 1p Fitness Talk with Yanasa - Topic: How Exercise Improves Dementia / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61</p>	<p>11 10a Great Courses - Music as a Mirror of History: Shostakovich: Symphony No. 13 (1962) / Chan. 1-62 2p Finders Keepers Rock Painting / AS</p>	<p>12 10a Resident Forum: Joan Malloy, City Manager, Union City Presents "What Happens When You Dial 911?" / DR 2p Fundraising Committee Meeting / GR 3p M4W Water Volleyball / P</p>	<p>13 1:30p Classical Music Recital with Ryan Lu / TR</p>
<p>14 7p National Geographic Polar Explorations: Greenland and Arctic Islands / Chan. 1-61</p>	<p>15 10a Walmart (Fremont) / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Invention of Race? / Chan. 1-62 3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors / TR</p>	<p>16 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>17 9a Costco: Automall / SURB / L 10:15a Sewing for Charity / TS (apt. 1441) 2p M4W Walk and Roll / Lobby</p>	<p>18 9a De Young Museum / SURB / L 10a Great Courses - Music as a Mirror of History: Copland: Symphony No. 3 (1946) / Chan. 1-62</p>	<p>19 4p TGIF with Special Guest, Acacia Creek Board Member, Narbeh Bagdasarian and his friend Johnathan / TR</p>	<p>20 1:30p Classical Music Recital with Ryan Lu / TR</p>
<p>21 7p National Geographic Polar Explorations: Terrestrial Mammals in the Changing Arctic / Chan. 1-61</p>	<p>22 10a Trader Joes & Safeway (Fremont) / SURB / L 10:45a Great Courses - The Medieval Legacy: Medievalism and Modern Racism / Chan. 1-62 2p Staying Active to Manage Diabetes with Guest Speaker Lina Huang, PharmD, Clinical Manager of Washington Hospital Diabetes Program / DR</p>	<p>23 10:30a Walking Tour of Masonic Homes / Sign-up with Penny 2p Shuttle Tour of Masonic Homes / Sign up with Penny 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>24 9a Silicon Valley Advanced Water Purification Center Tour / SURB / L</p>	<p>25 10a Great Courses - Music as a Mirror of History: Gorecki: Symphony No. 3 (1976) / Chan. 1-62 11a Lunch Bunch: Joyheart Cafe / SURB / L 4p Hats Off to Spring Social Hour / TR</p>	<p>26 4p M4W Bar Game Social / 5th Floor</p>	<p>27 1:30p Classical Music Recital with Ryan Lu / TR 3p M4W Football Toss with Nancy / GA</p>
<p>28 7p National Geographic Polar Explorations: Seabirds of the Arctic and Antarctic / Chan. 1-61</p>		<p>30 10a Goodwill Donation / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>31 9a M4W Japanese Tea Garden / SURB / L 2:30p Blood Pressure Check with Mina / TR</p>			 ACACIA CREEK (510) 441-3700