



Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM Start of Shuttle Service to Siminoff Chapel / L 10:00 AM Worship Service / Siminoff Chapel & Chan. 1-15 10a Coffee Klatch / GR 2p Chinese Mahjong / MP	9a Water Dancing / P 9:15a HIIT, Health & Hustle / GA 9:45a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:30a Balance, Pace, Power / GA 11:15a Posture & Pose / GA 11:45a Open Gym Q&R / GA 1:30p Hand and Foot / MP 2p Chinese Mahjong / MP 2:30p WaiDanGong / GA 7p Bingo / MP  ACACIA CREEK (510) 441-3700	9a Water Dancing / P 9:15a Whole Body Sit & Be Fit / Chan. 1-62 9:50a Exercise For Neuropathy & Sciatica / Chan. 1-62 10a Coffee Klatch / GR 10a Water Walking / P 10:25a Physiofusion / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 11:00a Core Connection / 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 HIIT, Health & Hustle / GA 9:45a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:30a Balance, Pace, Power / GA 11:25a Fine Motor Fitness / MP 11:55a Cardio Sit & Glo / MP 1p Rummikub / MP 1:30p Bridge / AS 2p An Afternoon of 99 / AS 2p Dancing with Denise / GA	9a Water Dancing / P 9:15a HIIT, Health & Hustle / GA 9:45a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Walking / P 10:30a Water Aerobics / P 10:35a Balance, Pace, Power / GA 11:05a Posture & Pose / GA 11:45a Brain & Memory Fitness / GA 2p Relax and Create / AS 2:30p Ping Pong / GA 4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	9:15a Physiofusion / Chan. 1-62 9:50a Core Connection / Chan. 1-62 10a Coffee Klatch / GR 10:15a Art & Crafts with Deborah / TS 10:20a Reset & Recovery / Chan. 1-62 1p Rummikub / MP 1:30p Hand and Foot / MP 2:30p WaiDanGong / GA	10a Coffee Klatch / GR 10a Water Walking / P 10:30a Water Aerobics / P 2:30p Ping Pong / GA 4p Girls' & Guys' Night Out / TR 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)	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 September 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<p>Legend</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>AS = Art Studio (3rd Floor)</p> <p>BR = Board Room (5th Floor)</p> <p>DR = Dining Room (5th Floor)</p> <p>G = Gym (Wellness Center)</p> <p>GA = Gym Annex (Wellness Center)</p> </div> <div style="width: 15%;"> <p>Center)</p> <p>GR = Game Room (5th Floor)</p> <p>L = Lobby (1st Floor)</p> <p>MHA = Masonic Home Auditorium</p> <p>MP = Multi-Purpose Room (3rd Floor)</p> </div> <div style="width: 15%;"> <p>P = Pool (Wellness Center)</p> <p>PBC = Pickleball Court</p> <p>S = Siminoff Center</p> <p>SURB = Signup in Recreation Binder (Mailroom)</p> <p>SUC = Signup at Concierge</p> </div> <div style="width: 15%;"> <p>SUMB = Signup in Masonic Binder (Mailroom)</p> <p>TR = Turkey Roost (5th Floor Lounge)</p> <p>TS = The Studio (Apt. 1441)</p> </div> </div>						
					1 8a Mason's Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR 11:30a Labor Day Picnic for Residents and Team Members / L	2
3 7p National Geographic Polar Explorations: The Icy Heart of Polar Seas / Chan. 1-61	4 Labor Day	5 10a Safeway Grocery Shopping / SURB / L	6 10a Walmart / SURB / L	7 10a Culinary Meeting / BR 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, I / Chan. 1-62 2p Acacia Creek Genealogy / MP 2p Marketing Event - "Staying Active as You Age" with Alisa Curry, MPT Washington Hospital / DR	8 10a Raley's Grocery Shopping / SURB / L 10a Wai Dan Gong with Joan / GA 11:30a Block Party BBQ / Make up BBQ / By Invite Only / Pool Patio	9 2p Celebrate Grandparenthood with a Milkshake / TR
10 9:30a Oakland Aviation Museum / SURB / L 1:30p Classical Music Recital with Ryan Lu / TR 7p National Geographic Polar Explorations: Geology of the Arctic Circle / Chan. 1-61	11 10:45a Great Courses - Tibet: History, Culture, and Religion: Christians, Muslims, and Bonpos of Tibet / Chan. 1-62	12 10a Walking Trip: Lake Elizabeth / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 1p Fitness Talk with Yanasa - Topic: The Importance of Exercise with Parkinson's: Exercises That Give the Most Benefits / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	14 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, II / Chan. 1-62 2p Marketing Summer Series - Guest Speaker Sam Olson - Medicare - "What you Need to Know About your Benefits" / DR	15 11:30a Block Party BBQ / Make up BBQ / By Invite Only / Pool Patio 3p Science and Engineering Group: Guest Tim Maloney Presents "Tom Swift Saves the Kansas City Hyatt Skywalk from Collapse, 1981" / BR 4p TGIF / TR	16 11a TED Talk Viewing Followed by Discussion with Nancy: Why Change is so Scary and How to Unlock its Potential / BR
17 1:30p Classical Music Recital with Ryan Lu / TR 4:00p Pub Trivia with Penny / TR 7p National Geographic Polar Explorations: Science and Spirits of the Arctic Sky / Chan. 1-61	18 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: Tibetan Tantra and Taboo / Chan. 1-62 3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors / TR	19 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	20 9a Costco: Automall / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Monthly Q&A Session / TR	21 9a Walk Across the Golden Gate Bridge / SURB/ L 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, III / Chan. 1-62	22 1:30p Oktoberfest Celebration / MHA	23 4:30p Classical Music Recital and Mooncake Demonstration with the Eternity Band / TR
24 1:30p Classical Music Recital with Ryan Lu / TR 7p National Geographic Polar Explorations: Indigenous Peoples of the Arctic / Chan. 1-61	25 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: The Good Eating and Fun of Tibetan Cuisine / Chan. 1-62	26 11a Lunch Bunch: Garam Mirchi / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	27 2:30p Blood Pressure Check with Mina / TR	28 10a Devil's Slide and Half Moon Bay / SURB / L 10a Great Courses - Concert Masterworks: Mozart-Piano Concerto No. 25 in C Major, IV / Chan. 1-62	29 4p Mid-Autumn Festival Social / TR	30