

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: December 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	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:25a Balance, Pace, Power / GA 11a Posture & Pose / GA 11:30a Open Gym Q&R / GA 1:30p Hand and Foot / MP 2p Chinese Mahjong / MP 2:30p Qigong / GA 7p Bingo / MP	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 Dancing / P 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	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:25a Balance, Pace, Power / GA 11:05a Fine Motor Fitness / MP 11:35a Sit & Get Fit: Bike & Box / MP 1p Rummikub / MP 1p Bridge / AS 2p An Afternoon of 99 / AS 2p Dancing with Denise / GA	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:25a Balance, Pace, Power / GA 10:30a Water Aerobics / P 11:30a Exercise for Neuropathy & Sciatica / 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 Qigong / GA	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2:30p Ping Pong / GA 3p Girls' & Guys' Night Out / TR



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 December 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Legend</p> <p>AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium</p> </div> <div style="width: 30%;"> <p>MP = Multi-Purpose Room (3rd 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 (5th Floor Lounge) TS = The Studio (Apt. 1441)</p> </div> <div style="width: 30%; text-align: center;">  </div> </div>						
3 4p Pub Trivia with Penny / TR	4 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: World War II, China, and the 14th Dalai Lama / Chan. 1-62	5 2p Talk Back with Jung Ho Pak - Holiday Concert / DR	6 10a San Francisco Union Square / SURB / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	7 10a Great Courses - Concert Masterworks: Strauss-Death and Transfiguration, II / Chan. 1-62 2p Acacia Creek Genealogy / MP 5:30p Masonic Homes Annual Tree Lighting / MHA	8 10a Resident Forum: Chuck Major, President and CEO Reviews the 2023 Resident Satisfaction Survey / DR 2p Hanukkah Celebration / L	9 4p Classical Music Recital with Ryan Lu / TR
10	11 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: Tibetan Diaspora: Hardship and New Realities / Chan. 1-62 4p TGIF: Sweet Adelines / TR	12 10a Walking Trip: Eden Shore Park / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 1p Fitness Talk with Yanasa - Topic: Controlling Diabetes and Diabetic Related Conditions with Diet and Exercise / L 4p Resident Holiday Party / DR	14 10a Fremont HUB - Target & Daiso / SURB / L 10a Great Courses - Concert Masterworks: Strauss-Death and Transfiguration, III / Chan. 1-62	15 10a Park Lane Jewelry Sale / L 6p Mamma Mia! / SURB / L	16 1:30p Grace Cathedral Performance / SURB / L 4p Classical Music Recital with Ryan Lu / TR
17 1:45p Bay Philharmonic: A Holiday Spectacular! / SURB / L 2:30p Holiday Brain Games and Beverages with Carolee / TR	18 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: How Tibetan Art Keeps Heart and Soul Alive / 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 11a Lunch Bunch: Din Ding Dumpling /SURB / L 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	20 9a Costco: Hesperian / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Q&A Session / TR	21 10a Great Courses - Concert Masterworks: Strauss-Death and Transfiguration, IV / Chan. 1-62 4p 4th Annual Winter Light Festival / L	22 10:15 Snowflake Making with Deborah & Penny / TS	23
24	25 	26 10a Raley's Grocery Shopping / 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 Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, I / Chan. 1-62	29	30 12:30p Shen Yun / SURB / L
31 4:30p New Year's Eve Party / DR						