



Lifestyles Weekly Recurring Programs			Please Keep for Future Reference			Revised: January 2024	
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 <div>  <p>ACACIA CREEK</p> <p>(510) 441-3700</p> </div>	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 <div>  </div>	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 4:30p Acacia Creek Technology Team / L	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 4p Classical Music Recital with Ryan Lu / TR	
<div> Bolded weekly recurring programs are either new programs or updated. </div>		<div> Legend AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium 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) </div>					

Acacia Creek Lifestyles January 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	1	2	3 10a Safeway Grocery Shopping / SURB / L	4 10a Culinary Meeting / BR 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, II / Chan. 1-62 2p Acacia Creek Genealogy / MP	5 8a Mason’s Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR & Chan. 1-61	6
7	8 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: A Future Tibet without the Dalai Lama? / Chan. 1-62	9 10a Walking Trip: Ardenwood (\$3 entry fee) / SURB / L	10 1p Fitness Talk with Yanasa - Topic: Full Body Training Vs. Split Training / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	11 9a California Academy of Science / SURB / L 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, III / Chan. 1-62	12 10a Resident Forum: Long Term Care Services for Residents / DR	13
14	15 Martin Luther King, Jr. Day 3p Back in the Day... Sharing Life’s Adventures and Lessons with your Friends and Neighbors / TR	16 10a Safeway & Trader Joe's (Fremont) / SURB / L 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	17 10:15a Projects for Charity / TS (Apt. 1441) 3p Lifestyles Q&A Session / TR	18 10a Walmart / SURB / L 10a Great Courses - Concert Masterworks: Beethoven-Violin Concerto in D Major, IV / Chan. 1-62 2p Financial Frauds Awareness and Prevention with FBI Special Agent Lester Kwok / DR	19 10a San Jose Museum of Art / SURB / L	20
21	22 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - Tibet: History, Culture, and Religion: The History of Tibet in 24 Questions / Chan. 1-62	23 9a De Young Museum / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	24 11a Lunch Bunch: Mala Town / SURB / L 4:30p AC Drive in Movie: The Sound of Music Sing Along / DR	25 10a Great Courses - Concert Masterworks: Brahms-Violin Concerto in D Major, I / Chan. 1-62 2p Do More In 2024: Games, friends and much more! / MHA	26 9a Costco: Automall / SURB / L 3p Water Volleyball / P	27
28	29 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The World of Vincent Van Gogh / Chan. 1-62 10:30a Harlan Olson Pianist / TR	30 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	31 10a Landscaping Meeting with Bay Pro / TR 2p Understanding Dysphagia and Reflux Disease with Zaid Imam, MD., Gastroenterologist / DR 2:30p Blood Pressure Check with Mina / TR	<div>Legend</div> <div>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 MP = Multi-Purpose Room (3rd Floor)</div> <div>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)</div>		