



Lifestyles Weekly Recurring Programs			Please Keep for Future Reference			Revised: March 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 2p Qigong / GA 	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 2p 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 Posture & Pose / MP 1p Rummikub / MP 1p Bridge / AS 2p Dancing with Denise / GA 3p Pickleball / Pickleball Court 4:30p Acacia Creek Technology Team / BR	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 2p Reminiscing with friends at MH / MH 2nd North Music Room 2p Ping Pong / GA 2:30p AC Singers / MP 4p Episcopal Eucharist Service / Masonic	9:15a Physiofusion / Chan. 1-62 9:50a Core Connection / Chan. 1-62 10a Coffee Klatch / GR 10a Cornhole with Friends at MH / Sedam Patio (Weather Permitting) 10:15a Art & Crafts with Deborah / TS 10:20a Reset & Recovery / Chan. 1-62 1p Rummikub / MP 1:30p Hand and Foot / MP 2p Qigong / GA	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2p 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 March 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
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3 2p Somatic Movement / GA	4 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Nuenen Period / Chan. 1-62	5 11a Shriner's Children's Hospital Presentation / DR	6 10a Hobby Lobby (Hayward) / SURB / L	7 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, I / Chan. 1-62 10a Long-Term Care Options for Residents / DR 1p Culinary Meeting / BR 1p Acacia Creek Genealogy / MP	8 10a Resident Forum: Jason Toro, Executive Director of Tri-Ced Recycling Presents: Saving the Planet, One Item at a Time / DR 3p Back by Request: Victor Wong Presents First Lunar New Year Celebration in America / BR 4p Spring Forward Social / TR	9
10 2p Somatic Movement / GA	11 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent in Antwerp / Chan. 1-62	12 10a Walking Trip: Eden Shores Park / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 10:30a Harlan Olson Pianist and Cara Wang Cellist / TR 1p Fitness Talk with Yanasa - Topic: Nutrition and Wellness for Older Adults / L 4p Chat with Chuck / TR or Chan. 1-62 6:30p Annual Memorial Service with Chap. Joel / MHA 7p Replay of Chat with Chuck / Chan 1-62	14 9a Jelly Belly Tour / SURB / L 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, II / Chan. 1-62	15 2p Wine and Celtic Celebration Preview - Marketing Event / L and MH Event Center	16
17 1:45p Bay Philharmonic: Celtic Celebration / SURB / L 4p St. Patrick’s Day Pub Trivia / TR	18 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Paris Art Scene in the 1880s / 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 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) 2p Financial Frauds Awareness and Prevention with FBI Special Agent Lester Kwok / DR	21 8:30a San Francisco Chinatown by BART / SURB / L 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, III / Chan. 1-62	22 10a Walmart (Fremont) / SURB / L 4:30p TGIF / TR 5:30p Paint and Sip with Friends at MH / SURB / MH	23
24 2p Somatic Movement / GA	25 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent and Theo in Paris / Chan. 1-62	26 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	27 11a Lunch Bunch: New Yong Kang Seafood / SURB / L 2p Understanding Dysphagia and Reflux Disease with Zaid Imam, MD., Gastroenterologist / DR 2:30p Blood Pressure Check with Mina / TR	28 9a San Francisco City Hall Tour / SURB / L 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, IV / Chan. 1-62	29	30
31 2p Somatic Movement / GA						