

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: May 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 2p Chinese Mahjong / 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 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 11a Posture & Pose / GA 11:30a Core Connection / GA 1p Rummikub / MP 1p Bridge / AS 2p Dancing with Denise / GA 3p Pickleball with Dante / Pickleball Court 4p 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 4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	9:15a Physiofusion / Chan. 1-62 9:50a Reset & Recovery / Chan. 1-62 10a Coffee Klatch / GR 10a Cornhole with Friends at MH / Sedam Patio (Weather Permitting) 10:15a Art & Crafts with Deborah / TS 1p Rummikub / MP 3p AC Singers / MP	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



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) 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 May 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
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			1 2p Move More in 2024 (MM 2024) Kick Off Parade & Patio Party / L	2 10a Culinary Meeting / BR 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Phillis Wheatley Peters, Founding Poet / Chan. 1-62 1p Acacia Creek Genealogy / MP 3pm Water Volleyball / P	3 8a Men's Breakfast Sponsored by the Masons of Acacia Creek / DR 1p Resident Council Meeting / BR & Chan. 1-61 4:30p Tres de Mayo / DR	4 1pm Walk in Nature With Nancy / L 7p Saturday Movie Night: The Boys in the Boat / TR
5 11a Walk Around the Building with Penny & Olive / L 4p True and False with Penny / TR	6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent in Auvers-sur-Oise / Chan. 1-62	7 10a CBD Education and Informational Presentation / TR 1p Walking Tour of Masonic Homes with Penny / SURB / L 2p Walmart / SURB / L	8 9a Costco: Automall / SURB / L 1p Fitness Talk with Yanasa - Topic: Different Ways to Exercise For Move More in 24 / L 2:30p MM 2024 - Play Shuffleboard / MH 2nd Adams 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62	9 10a Raley's Grocery Shopping / SURB / L 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Martha Washington, First Lady of the Republic / Chan. 1-62 2p Move More in '24 Group Photo & Farmers Market / L	10 10a Resident Forum: Council Committee Report / DR	11
12	13 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: An End and a Beginning / Chan. 1-62 2:00p Meet and Greet with Yanasa of AC and Cherie of MH / GA	14 2p As You Age: Stay Fit, Stay Safe with Larry Aseo, PT of Washington Hospital / DR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	15 10a Devil's Slide and Half Moon Bay / SURB / L 10:25a MM 2024 - Balance, Pace & Power with friends from MH / GA 10:15a Projects for Charity / TS (Apt. 1441)	16 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Sacagawea, Shoshone Diplomat and Guide / Chan. 1-62	17 11a Bocce Ball & Lunch / SURB / L 1pm Golf Cart & Walking Tour of Masonic Homes with Penny / SURB / L	18
19	20 10:45a Great Courses - How Hamilton Revolutionized the Broadway Musical / Chan. 1-62 3p Back in the Day...With Chuck Major, Sharing Life's Adventures and Lessons with Your Friends and Neighbors / TR	21 10a Safeway & Trader Joe's (Fremont) / SURB / L 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	22 10a Lunch Bunch: Red Lobster / SURB / L 10:30a MM 2024 - Glow Stick Drumming with Friends from MH / MP 4p Pub Trivia with Penny / TR	23 9:30a SF City Hall Tour / SURB / L 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Sojourner Truth, Crusader for Human Rights / Chan. 1-62 2p Turkey Trott - Campus Walk / L 4p True and False with Penny / TR	24 11:30a Memorial Day BBQ - for Residents / Outside Lobby Doors 4p TGIF / TR	25
26	27 Memorial Day	28 7:30a Monterey Bay Aquarium / SURB / L 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	29 10:30a Plant Sale / TS (Apt. 1441) 10:30a Fall Recovery / MH Grider Gym 2:30p Blood Pressure Check with Mina / TR	30 10a Raley's Grocery Shopping / SURB / L 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Catharine Beecher, Author and Educator / Chan. 1-62 2p Long Term Health Services: Cost and Coverage Options / DR	31 8a Graton Casino / SURB / L	