

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: July 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 Acacia Creek Technology Team / BR 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	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 1:30p AC Singers / MP	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2p Ping Pong / GA



Bolded weekly recurring programs are either new programs or updated.

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)
 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)
 TR = Turkey Roost (5th Floor Lounge)
 TS = The Studio (Apt. 1441)

Acacia Creek Lifestyles July 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Special Events:							
	<p>1 10a Safeway Grocery Shopping / SURB / L 1p One on One Tech Support with Darryl M. / L</p>	<p>2 10a Walmart / SURB / L 1p One on One Tech Support with Darryl M. / L</p>	<p>3 10a Whole Foods / SURB / L 1p One on One Tech Support with Darryl M. / L</p>	<p>4 Independence Day 1p Acacia Creek Genealogy / MP 1p One-on-One Tech Support with Darryl M. / L 7:15p 4th Of July Celebration at the Event Center / SURB / L</p>	<p>5 8a Men's Breakfast Sponsored by the Masons of Acacia Creek / DR 1p Resident Council Meeting / BR & Chan. 1-61</p>	<p>6 4p Classical Music Recital with Ryan Lu / TR 7p Saturday Movie Night: Maestro - the Life of Leonard Bernstein (2023) / TR</p>	
<p>7 2p Somatic Movement / GA</p>	<p>8 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Persepolis, the Great Persian Capital / Chan. 1-62 1p One on One Tech Support with Darryl M. / L</p>	<p>9 10a Walking Trip: Quarry Lakes / SURB / L 1p One-on-One Tech Support with Darryl M. / L</p>	<p>10 9a Costco: Automall / SURB / L 1p Fitness Talk with Yanasa - Topic: Superfoods / L 1p One-on-One Tech Support with Darryl M. / L 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62</p>	<p>11 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Frances Benjamin Johnston, Photographer / Chan. 1-62 1p One on One Tech Support with Darryl M. / L 4p Filipino Night Social / TR</p>	<p>12 10a Resident Forum: Health Services Available on Campus Sedam Clinic, Whitney Williams, Nurse General Practitioner / DR</p>	<p>13 2p What is Lifestyles? Presented by Nancy / BR</p>	
<p>14 2p Somatic Movement / GA</p>	<p>15 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Easter Island and the Moai / Chan. 1-62</p>	<p>16 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>17 10:15a Projects for Charity / TS (Apt. 1441)</p>	<p>18 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Alice Paul, National Woman's Party Leader / Chan. 1-62 11:30a Block Party BBQ / 3rd Floor West Wing / By Invite Only / Pool Patio 2p True or False with Friends at Masonic Homes / MHA</p>	<p>19 9:30a Rosicrucian Egyptian Museum / SURB / L 10a Alameda County Library Book Club / Zoom 2p Play Jenga & Bananagrams / GR 3p Movie Committee / AS</p>	<p>20 4p Classical Music Recital with Ryan Lu / TR</p>	
<p>21 2p Somatic Movement / GA</p>	<p>22 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Canada's Rocky Mountains / Chan. 1-62</p>	<p>23 2p What the Honk!! - Driving Skills and Technology with Melanie Henry / DR 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>24 11a Moss Beach Distillery / SURB / L</p>	<p>25 10a Great Courses -12 Women Who Shaped America: 1619 to 1920: Mary Church Terrell: Suffrage to Civil Rights / Chan. 1-62 11:30a Block Party BBQ / 2nd Floor East Wing / By Invite Only / Pool Patio 2p Root Beer Float Social with Friends of Masonic Homes / MH Patio</p>	<p>26 10a Marina & Daiso / SURB / L 10a Save a Life from Opioid Overdose / DR 4p TGIF with Music by Narbeh and Johnathan / TR</p>	<p>27 4p Classical Music Recital with Ryan Lu / TR</p>	
<p>28 2p Somatic Movement / GA</p>	<p>29 9a Washington Jewelry Sale / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Teotihuacán, Largest City of Mesoamerica / Chan. 1-62</p>	<p>30 9a The Tides Wharf / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>31 11a Lunch Bunch: Burma Bay Cafe / SURB / L 2:30p Blood Pressure Check with Mina / TR 4p Pub Trivia with Penny / TR</p>	<p>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)</p>			<p>PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441)</p>