

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a Start of Shuttle Service to Siminoff Chapel / L 10:00a Worship Service / Siminoff Chapel & Chan. 1-15 10a Coffee Klatch / GR 2p Chinese Mahjong / MP	9:30a HIIT, Health & Hustle / GA 10:05a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:35a Balance, Pace, Power / GA 11:05a Exercise For Neuropathy & Sciatica / GA 11:35a Mobility, Flex, & Stretch / GA 12:05p 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 Chair Aerobics / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 11:00a Pain Management / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Ping Pong / GA	9:30a HIIT, Health & Hustle / GA 10:05a Whole Body Sit & Be Fit / GA 10a Acacia Creek Technology Team / BR 10a Coffee Klatch / GR 10:35a Balance, Pace, Power / GA 11:05a Posture & Pose / GA 11:35a Pain Management / GA 1p Rummikub / MP 1p Bridge / AS 2p Dancing with Denise / GA	9:30a HIIT, Health & Hustle / GA 10:05a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 10:35a Balance, Pace, Power / GA 11:05a Posture & Pose / GA 11:35a Mobility, Flex, & Stretch / GA 2p Relax and Create / AS 2p Reminiscing with Friends at MH / MH 2nd North Music Room 2p Ping Pong with Dante / GA 4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	9:15a Whole Body Stretching / Chan. 1-62 10a Coffee Klatch / GR 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 (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) TR = Turkey Roost (5 th Floor Lounge) TS = The Studio (Apt. 1441)
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Acacia Creek Lifestyles August 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
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4 2p Somatic Movement / GA	5 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Samarkand, Crossroads of Central Asia / Chan. 1-62	6 1:30p Community Unity Communication Session / MHA 4p Community Unity Dinner Session / SURB / MH Patio	7 12:30p Community Unity Resident Town Hall / MHA 2-3p Ice Cream Social for Town Hall participants / MH Patio 3p Community Unity Resident Town Hall / MHA	8 9a The Tides Wharf / SURB / L 10a Great Courses - How Railways Transformed the World: Britain's Railway Pioneers / Chan. 1-62 11:30a Block Party BBQ / 3rd Floor East Wing / By Invite Only / Pool Patio	9 10a Resident Forum: Learn About VA Benefits for Professional Home Care Services / DR 1p Walking Tour of Masonic Homes / SURB / L	10 4p Classical Music Recital with Ryan Lu / TR
11 2p Somatic Movement / GA	12 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Ancient Egyptian Thebes / Chan. 1-62	13 10a Walking Trip: Lake Chabot / SURB / L 2p Active Living: Daily Practices To Stay Healthy and Prevent Cancer / MHA 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	14 1p Fitness Talk with Yanasa - Topic: Sciatica & Neuropathy / L 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62	15 10a Great Courses - How Railways Transformed the World: The First American Railroads / Chan. 1-62 11:30a Block Party BBQ / 1st Floor West Wing / By Invite Only / Pool Patio 4p Bes - Teas Social Hour / TR	16 10a Alameda County Library Book Club / Zoom 3p Movie Committee / AS 3p Play Jenga & Bananagrams / GR 4p True or False with Penny / TR	17 4p Classical Music Recital with Ryan Lu / TR
18 2p Somatic Movement / GA	19 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: The Forbidden City of Beijing / Chan. 1-62 3p "Back in the Day with Kathy Troll / TR	20 8a Alcatraz / SURB / L 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	21 9a Costco: Hesperian / SURB / L 10:15a Projects for Charity / TS (Apt. 1441)	22 10a Great Courses - How Railways Transformed the World: Early European Ventures / Chan. 1-62 11:30a Block Party BBQ / 1st Floor East Wing / By Invite Only / Pool Patio	23 10a Fremont HUB - Target & Daiso / SURB / L 4p TGIF with Guitarist, John Vickroy / TR	24 4p Classical Music Recital with Ryan Lu / TR
25 2p Somatic Movement / GA	26 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Mount Fuji, the Symbol of Japan / Chan. 1-62	27 10a Stoneridge Mall / SURB / L 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	28 11a Lunch Bunch: New China / SURB / L 2:30p Blood Pressure Check with Mina / TR	29 7:30a The SMART Train / SURB / L 10a Great Courses - How Railways Transformed the World: Railways go to War / Chan. 1-62	30 10a Marina Shopping Center / SURB / L 4p Pub Trivia with Penny / TR	31 4p Classical Music Recital with Ryan Lu / TR