

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: September 2024

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 Coffee Klatch / GR 10:35a Balance, Pace, Power / GA 11:05a Posture & Pose / GA 11:35a Pain Management / GA 1p Rummikub / MP 1p Bridge / GR 2p Dancing with Denise / GA 4p Acacia Creek Technology Team / BR	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 12:30p Ping Pong with Dante / GA 2p Relax and Create / AS 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 September 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
1 2p Somatic Movement / GA	2 Labor Day	3 1p Hillside Cinema - Singing in the Rain / MHA	4 10a Safeway Grocery Shopping / SURB / L 10a Paper Bag Donation / L	5 10a Culinary Meeting / BR 10a Great Courses - How Railways Transformed the World: America's Transcontinental Railroads / Chan. 1-62 1p Acacia Creek Genealogy / MP 1:30p A Netflix Interactive Series: Nailed it! (Is It Cake?) / MH 2nd Adams Multipurpose Room 2p Elite Case Management Solutions with Maricel Tinio / L	6 8a Men's Breakfast Sponsored by the Masons of Acacia Creek / DR 1p Resident Council Meeting / BR & Chan. 1-61	7 4p Classical Music Recital with Ryan Lu / TR 7p Saturday Movie Night: Where the Crawdads Sing / TR
8 2p Somatic Movement / GA	9 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Timbuktu, Islam's Center by the Sahara / Chan. 1-62 1p Fitness Talk with Yanasa - Topic: Chronic Pain Management / L	10 10a Walking Trip: Marina / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	11 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62	12 9a Valley Ford Cheese & Creamery / SURB / L 10a Great Courses - How Railways Transformed the World: Railways and Colonialism / Chan. 1-62 4p True or False with Penny / TR	13 10a Resident Forum: Meet the Resident Council Candidates Statements / DR	14 4p Classical Music Recital with Ryan Lu / TR
15 2p Somatic Movement / GA	16 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: The Ruins of Pompeii and Herculaneum / Chan. 1-62 3p "Back in the Day with Eberhard Spiller" / TR 4:30p Mexican Independence Day Celebration / DR	17 10a Walmart / SURB / L 1p Hillside Cinema - The Boys in the Boat / MHA 2p Zumba with Pinkie / L 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	18 9a Costco: Automall / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 2p As You Age: Stay Fit, Stay Safe With Larry Aseo, PT / DR	19 10a Great Courses - How Railways Transformed the World: Mountain Railways / Chan. 1-62 1:30p A Netflix Interactive Series: Nailed it! (Is It Cake?) / MH 2nd Adams Multipurpose Room 3p Acacia Creek's Final Game of the 2024 Pool Olympics - Dippy Dolphins VS Nutty Neptunes / P	20 10a Alameda County Library Book Club / Zoom 3p Movie Committee / AS 3p Play Jenga & Bananagrams / GR	21 4p Classical Music Recital with Ryan Lu / TR
22 2p Somatic Movement / GA	23 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Virunga National Park, Gorilla Sanctuary / Chan. 1-62	24 11a Lunch Bunch: Ocean Oyster Bar / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	25 10a Rethink Your Retirement with Didi Piyahon / TR 2:30p Blood Pressure Check with Mina / TR 4p Pub Trivia with Penny / TR	26 9a Walk Across the Golden Gate Bridge / SURB / L 10a Great Courses - How Railways Transformed the World: The Invention of Tourism / Chan. 1-62	27 1:30p Oktoberfest / MH Patio 4p TGIF / TR	28 4p Classical Music Recital with Ryan Lu / TR
29 11a The Magic Flute / Nancy x3719 / L 2p Somatic Movement / GA	30 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Angkor Wat, the Great Khmer Temple / Chan. 1-62	<p>Legend</p> <p>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)</p>				