



Acacia Creek Lifestyles Calendar

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flower of the Month! 		1 9:00 AM Sit & Be Fit/ MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM HERS Breast Cancer Store Visit/ L 10:00 AM Coffee Time / GR 10:30 AM Bridge Play / H 1:00 PM Piano Music with Nancy / L 2:00 PM Afternoon Sit & Be Fit / MP 2:00 PM Men's Meet / BDR 2:00 PM Line Dancing / G 3:00 PM Health & Healing through Exercise with Kathy O'Hare / G	2 9:00 AM Sit & Be Fit / MP 10:00 AM Shopping at Walmart / SUC 10:00 AM Coffee Time / GR 10:15 AM Women's Social Time & Quilting/TS 1:15 PM Balance / G 1:30 PM Water Aerobics / P 2:00 PM Afternoon Sit & Be Fit / G 3:00 PM My Stress Solutions / MP	3 8:00 AM Aerobics / G 8:45 AM 15 minutes of Meditation / MP 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Current Events / BDR 11:00 AM Lifestyles Planning Committee/ MP 1:00 PM Brain Games/Trivia / AS 1:30 PM Culinary Experience Com. (Open to all residents) / PD 3:00 PM Watercolor Art with Mary / AS	4 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Kitchen Tour / R 10:15 AM Women's Social Hour / TS 1:00 PM Afternoon Sit & Be Fit / G 2:00 PM Guest Speaker on Prostate Cancer Education / MP 6:15 PM Oakland Symphony Presents: A New World A-Comin (Pre-paid Event)/ L 7:00 PM Game Night / GR	5 9:00 AM Sit & Be Fit / G 10:00 AM Coffee Time / GR 11:30 AM 1st Annual Fashion Show / R 1:30 PM Bingo / MHA 2:00 PM Entertainer William Florian/MHA 2:30 PM Ice Cream Social / MHC Ice Cream Parlor 7:15 PM Movie Night – Lawrence of Arabia/ MP
6 9:00 AM Choir Practice / S 10:00 AM Worship Service / S 11:00 AM Coffee Time / GR 1:30 PM Bridge Play / H	7 8:00 AM Aerobics / G 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Grocery Shopping SUC / L 1:30 PM Water Aerobics / P 2:00 PM Afternoon Sit & Be Fit / G 3:00 PM Women's Social Time & Quilting /TS 3:00 PM Balance / G	8 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Bridge Play / H 11:00 AM Genealogy / AS 1:00 PM Piano Music with Nancy / L 2:00 PM Afternoon Sit & Be Fit / MP 3:00 PM Health & Healing through Exercise with Ziv / G	9 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM ACRC Executive Meeting/ PD 10:00 AM Holiday Shopping @ Gilroy Outlets & Lunch SURB / L 10:15 AM Women's Social Time & Quilting/TS 1:15 PM Balance / G 3:00 PM My Stress Solutions / MP	10 8:00 AM Aerobics / G 8:45 AM 15 minutes of Meditation / MP 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Current Events / BDR 11:00 AM Lunch Bunch (Resident Run) / L 1:00 PM Brain Games/Trivia / AS 3:00 PM Watercolor Art with Mary / AS 5:45 PM Birthday Celebration/ R	11 Veterans Day 9:00 AM Sit & Be Fit / MP 10:00 AM Veteran's Day Celebration @ MH Flagpole, Entertainment to follow with Livermore Youth Orchestra/ MHA 10:00 AM Coffee Time / GR 10:15 AM Women's Social Hour / TS 11:30 AM Veteran's Day Guest Speaker & Lunch / R 1:00 PM Afternoon Sit & Be Fit / G 7:00 PM Game Night / GR	12 9:00 AM Sit & Be Fit / G 10:30 AM NASA Ames Exploration Center & Lunch SURB/ L 10:00 AM Coffee Time / GR 1:30 PM Bingo / MHA 2:30 PM Ice Cream Social / MHC Ice Cream Parlor
13 9:00 AM Choir Practice / S 10:00 AM Worship Service / S 11:00 AM Coffee Time / GR 1:30 PM Bridge Play / H 2:30 PM Winter Benefit Piano Concert by Nancy Alden/L 7:15 PM The Art Theater – Bill Cunningham New York/ MP	14 8:00 AM Aerobics / G 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Grocery Shopping SUC / L 1:30 PM Water Aerobics / P 1:30 PM Siminoff Daylight Lodge #850 / Stated Meeting / S 2:00 PM Afternoon Sit & Be Fit / G 3:00 PM Balance / G 3:00 PM Women's Social Time & Quilting /TS	15 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Bridge Play / H 1:00 PM Piano Music with Nancy / L 2:00 PM Afternoon Sit & Be Fit / MP 2:00 PM Line Dancing / G 3:00 PM Health & Healing through Exercise with Ziv / G	16 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Shopping at Newpark Mall / SUC 10:15 AM Women's Social Time & Quilting/TS 11:00 AM Book Club / AS 1:15 PM Balance / G 1:30 PM Generator Test (lights will flicker & elevator doors will shut, stand clear) 2:00 PM Open Forum / R	17 8:00 AM Aerobics / G 8:45 AM 15 minutes of Meditation / MP 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Current Events / BDR 11:30 AM Tea Party Luncheon / R 1:00 PM Brain Games/Trivia / AS 2:00 PM Mobility Assessment/Review & Smoothie Party/G 3:00 PM Watercolor Art with Mary / AS 3:30 PM Blood Pressure Check / MP	18 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:15 AM TCHO Chocolate Factory Tour SURB/L 10:15 AM Women's Social Hour / TS 1:00 PM Afternoon Sit & Be Fit / G 4:00 PM Social Hour / TR 7:00 PM Game Night / GR	19 9:00 AM Sit & Be Fit / G 10:00 AM Coffee Time / GR 1:30 PM Bingo / MHA 2:30 PM Ice Cream Social / MHC Ice Cream Parlor 7:15 PM Movie Night – Schindler's List/ MP
20 9:00 AM Choir Practice / S 10:00 AM Worship Service / S 11:00 AM Coffee Time / GR 1:30 PM Bridge Play / H	21 8:00 AM Aerobics / G 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Grocery Shopping SUC / L 1:30 PM Water Aerobics / P 2:00 PM Afternoon Sit & Be Fit / G 3:00 PM Balance / G 3:00 PM Women's Social Time & Quilting /TS	22 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Bridge Play / H 11:00 AM Genealogy / AS 1:00 PM Piano Music with Nancy / L 2:00 PM Christmas Around the World / MHA 3:00 PM Health & Healing through Exercise with Ziv / G 3:30 PM Welcoming Committee / PD	23 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Shopping at Stoneridge Mall / SUC 10:15 AM Women's Social Time & Quilting/TS 1:15 PM Balance / G 1:30 PM Water Aerobics / P 2:00 PM Afternoon Sit & Be Fit / G 3:00 PM My Stress Solutions / MP	Thanksgiving 10:00 AM Coffee Time / GR 	24 10:00 AM Coffee Time / GR 10:15 AM Women's Social Hour / TS 1:00 PM Entertainment by Steven Gary/L 7:00 PM Game Night / GR	25 9:00 AM Sit & Be Fit / G 10:15 AM Blackhawk Museum & Lunch in Danville SURB / L 10:00 AM Coffee Time / GR 1:30 PM Bingo / MHA 2:30 PM Ice Cream Social / MHC Ice Cream Parlor
27 9:00 AM Choir Practice / S 10:00 AM Worship Service / S 11:00 AM Coffee Time / GR 1:30 PM Bridge Play / H 7:15 PM The Art Theater – In Pursuit of a Dream / MP	28 8:00 AM Aerobics / G 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM Grocery Shopping SUC / L 1:30 PM Water Aerobics / P 2:00 PM Afternoon Sit & Be Fit / G 2:30 PM Fremont Christian School Hand Bell Choir and Jazz Band / MHA 3:00 PM Balance / G 3:00 PM Women's Social Time & Quilting /TS	29 9:00 AM Sit & Be Fit / MP 9:00 AM Dr. Shuttle SUC / L 10:00 AM Coffee Time / GR 10:30 AM Bridge Play / H 1:00 PM Piano Music with Nancy / L 2:00 PM Afternoon Sit & Be Fit / MP 3:00 PM Health & Healing through Exercise with Ziv / G	30 9:00 AM Sit & Be Fit / MP 10:00 AM Coffee Time / GR 10:00 AM I.T. Discussion with Will / GR 10:00 AM Shopping at Target / SUC 10:15 AM Women's Social Time & Quilting/TS 11:30 AM Volunteer Appreciation Lunch/R 1:30 PM Water Aerobics / P 2:00 PM Afternoon Sit & Be Fit / G 3:00 PM My Stress Solutions / MP 3:00 PM Balance / G	LEGEND AS = Art Studio GR = Game RM G = Gym H = Hospitality Suite (4 th Floor RM 1437) LIB = Library L = Lobby MHA = MH Auditorium P = Pool PC = Porte –cochere MP = Multi-Purpose RM BDR = Board of Directors RM R = Acacia Restaurant SURB = Signup in Recreation Binder (Mail RM) SUC = Signup at Concierges TS = The Studio (RM 1100) S = Siminoff TR = Turkey Roost (Lounge)		

CALENDAR EVENTS SUBJECT TO CHANGE

Spiritual – Intellectual – Physical - Social