

# Dominican Oaks April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Easter Sunday</b> Rides to Church/SUAD <i>No Qi Gong</i> <b>8—9 Continental Breakfast/ Oaks Rm</b> <b>10:00 Mass in Oaks Room</b> <b>11:00 Easter Buffet Starts /Main DR</b> <b>2:00 Movie/OR “Prince of Tides”</b> <b>5—6 Box Dinner (at Front Desk)</b> <b>7:15 Movie/OR “The Verdict”</b>	<b>2 9:30 Balance Exercises/OR</b> 10:00 Poker / by C-1 elevator <b>10:00 Resident Council/ PDR</b> 1:00 Rummikub/ AR <b>SIGN UPS for ACTIVITIES in OR</b> <b>Come between 12:30 &amp; 12:35</b> <i>for your raffle ticket for place in signup</i> <b>1:30 Shop Lucky’s &amp; Rite Aid/ SUAD</b> 7:00 Games/AR	<b>3</b> 8:30 Rides/SUAD <b>9:30 Exercise with Tony/OR</b> <b>10:30 Qi Gong DVD/ OR</b> 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/CHP	<b>4</b> 8:30 Rides/SUAD <b>9:30 Balance Exercises/OR</b> <b>10:30 MakingYarn Necklaces DEMO</b> with resident Margaret Hartmann/ PDR <b>10:30 Good Grief! Grp. / AR</b> <b>12:45 Museum of Art &amp; History /SUAD</b> <i>See newsletter for details</i> <b>2:00 Movie/OR “The Straight Story”</b> 3:15 Knitting, Etc. /AR 7:00 Bingo/OR	<b>5</b> 8:30 Rides /SUAD <b>9:30 Exercise with Tony/OR</b> <b>10:00—11:30 Bookmobile/Lby</b> <b>10:30 Opening to Joy #3/ OR</b> <b>10:45 Episcopal Service/ Chapel</b> <b>1:45 Tai Chi with Melinda/ OR</b> <b>4:00—5:30 Happy Hour</b> 7:30 Games/AR	<b>6 9:30 Exercise with Tony/OR</b> 10:00 Poker/ by C1 elevator <b>10:30 DOGGS/ AR Dominican Oaks</b> <i>Guys &amp; Gals Singing</i> <b>10:30 Meditation /Mindfulness Grp/ Chp</b> 1:00 Bridge/OR 1:30 Texas Poker/ by C1 <b>7:15—9:25 Movie/ OR “The Grapes of Wrath”</b> <i>We just went to the Steinbeck National Museum in March!</i>	<b>7 10:15 Qi Gong DVD/ OR</b> <i>Wish to attend Jewish services? Contact Activities during the week</i> 1:30 Table Games/AR <b>1:30 “First Saturday” Writing Grp in Private Dining Room</b> <b>1:30 Movie/ ALAR “Chicago”</b> <b>2:00 Movement with Music Exercise /OR</b> 4:00 Mass/OR 7:15 Movie/OR “Die Hard”
<b>8</b> Rides to Church/SUAD <b>10:15 Qi Gong DVD/ OR</b> <b>1:30 Texas Hold’ Em Poker / by C-1 elevator</b>  <b>1:30 Beading/SUAD/AR</b> <b>2:00 Movie/ OR “Die Hard”</b> <b>7:15 Movie/ OR “Chicago”</b>	<b>9 9:30 Balance Exercises/OR</b> 10:00 Poker / by C-1 elevator <b>10:30 Conversations: Learn what’s going on at Dominican Oaks/ OR</b> 1:00 Rummikub/ AR <b>1:30 Shop Nob Hill &amp; CVS / SUAD</b> <b>1:45 Art Class (for those enrolled)/OR</b> 7:00 Games/AR <b>7:15—8:15 NOVA DVD/ OR</b> <b>“Great Cathedral Mystery”</b>	<b>10</b> 8:30 Rides/SUAD <b>9:30 Exercise with Tony/OR</b> <b>10:30 Qi Gong DVD/ OR</b> 11:30 New Resident Luncheon/ PDR 1:00 Bridge/OR 1:00 Mah Jong /OR <b>1:15 Leave for Capitola Mall/ SUAD</b> 3:30 Rosary for Peace/CHP	<b>11</b> 8:30 Rides/SUAD <b>9:30 Balance Exercises/OR</b> <b>10:30—11:30 BBC Earth DVD/OR</b> <b>“Penguins”—Part 1</b> <b>1:30—4:30 S.F OPERA DVD /OR</b> <b>“Mefistofele” with Samuel Ramey</b> Champagne intermission... 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR	<b>12</b> 8:30 Rides /SUAD <b>9:30 Exercise with Tony /OR</b> <b>9:45 Leave for Dollar Tree/ SUAD</b> <b>10:30 Opening to Joy #4/ OR</b> <b>1:45 Tai Chi with Melinda/ OR</b> <b>4:00—5:30 Happy Hour/ OR</b> Featuring Johnny Fabulous! <i>Thank you Pat Hanson!</i> 7:30 Games/AR	<b>13 9:30 Exercise with Tony/OR</b> 10:00 Poker by C-1 elevator <b>10:30 DOGGS/ AR Dominican Oaks</b> <i>Guys &amp; Gals Singing</i> <b>10:30 Meditation /Mindfulness Grp/ Chp</b> 1:00 Bridge/OR 1:30 Texas Poker/ C-1 Elevator <b>1:30 Jewish Cultural Club/AR</b> <b>7:15 Villanelle Sings! /OR</b> <b>A dynamic singing &amp; instrumental grp.</b>	<b>14 10:15 Qi Gong DVD/ OR</b> 11:00—12:00 Readers & Thinkers/ AR Sr. Rina’s magazine reading group! Contact Sister <u>beforehand</u> for reading material if interested. 1:30 Table Games/AR <b>1:30 Movie/ALAR “Key Largo”</b> <b>2:00 Movement with Music Exercise /OR</b> 4:00 Mass/OR 7:15 Movie/OR <b>“Call Me By Your Name”</b>
<b>15</b> Rides to Church/SUAD <b>9:25 Leave for Life Long Learners Lecture at UCSC: “Preparing Underrepresented Students for Science Careers”</b> <b>10:15 Qi Gong DVD/ OR</b> <b>1:30 Texas Hold’ Em Poker / by C-1</b> <b>2:00 Movie/ OR</b> <b>“Call Me By Your Name”</b> <b>7:15 Movie/ OR “Key Largo”</b>	<b>16 9:30 Balance Exercises/OR</b> <b>9:45 Trader Joe’s, Bed, Bath &amp; Beyond / SUAD</b> 10:00 Poker / by C-1 <b>10:30 MOVIE Committee/ Acorn Rm</b> <b>10:30—11:30 NOVA DVD/ OR “Great Cathedral Mystery”</b> 1:00 Rummikub/ AR <b>2:15—3:50 Special Intro to movie “The Green Promise” with Robert Paige &amp; Natalie Wood</b> 7:00 Games/AR	<b>17</b> 8:30 Rides/SUAD <b>9:30 Exercise with Tony OR</b> <b>10:30 Qi Gong DVD / OR</b> 1:00 Bridge/OR 1:00 Mah Jong /OR <b>1:00 Leave for Castro Adobe near Watsonville / SUAD</b> <i>See newsletter for details</i> 3:30 Rosary for Peace/Chp 6:30 Threshold Choir Rehearses /Chp	<b>18</b> 8:30 Rides/SUAD <b>9:30 Balance Exercises/OR</b> <b>9:45 Shopping at Christopher Banks in Mall (Women’s Clothing) /SUAD</b> <b>10:30—11:30 BBC Earth DVD/OR</b> <b>“Penguins”— Part 2</b> <b>10:30 Good Grief! Grp. / AR</b> <b>2:00—4:30 Game Day! OR &amp; AR</b> 3:15 Knitting, Etc./ <u>by DR</u> 7:00 Bingo/OR	<b>19</b> 8:30 Rides /SUAD <b>9:30 Exercise with Tony/OR</b> <b>10:00—11:30 Bookmobile/Lby</b> <b>10:00—11:15 Hearing Aid Check /WC</b> <b>10:30 A NEW Mind Game: Frame Games —check it out! 1:45 Holy Cross Students visit Assigned Resident Buddies/R</b> 4:15 Birthday and/ New Resident Dinner /DR 7:30 Games /AR	<b>20 9:30 Exercise with Tony/OR</b> 10:00 Poker by C-1 elevator <b>10:30 DOGGS/ AR</b> <b>10:30 Meditation /Mindfulness Grp/ Chp</b> <b>No bridge today</b> 2:00 Spring Lakes Choir / OR & AR <i>Thanks Fran Stekoll!</i> 1:30 Texas Poker/ C-1 elevator <b>7:15—8:45 Movie/ OR “I Know Where I’m Going!”</b>	<b>21 10:15 Qi Gong/ OR</b> <b>1:00 “Third Saturday” Writing Grp in Private Dining Room</b> 1:30 Table Games/AR <b>1:30 Movie/ALAR “Hopscotch”</b> <b>2:00 Movement with Music Exercise /OR</b> 4:00 Mass/OR <b>4:30—5:30 Lobby Piano Serenade w/Bob</b> <b>7:15 Movie/OR “The Theory of Everything”</b>
<b>22</b> Rides to Church/SUAD <b>10:15 Qi Gong/OR</b> <b>1:30 Texas Poker / by C-1 elevator</b> <b>2:00 Movie/ OR</b> <b>“The Theory of Everything”</b> <b>7:15 Movie/OR “Hopscotch”</b>	<b>23</b> <b>9:30 Balance Exercises/OR</b> 10:00 Poker / by C-1 elevator <b>10:30 Memoir Writing Grp with Fran Stekoll /OR</b> 1:00 Rummikub/ AR <b>1:30 Shop Lucky’s &amp; Rite Aid / SUAD</b> <b>1:45 Art Class (for those enrolled) /OR</b> 7:00 Games/AR <b>7:15—8:40 Movie /OR “Mully”</b>	<b>24</b> 8:30 Rides/SUAD <b>9:30 Exercise with Tony/OR</b> <b>10:30 Qi Gong DVD/ OR</b> <b>11:15 Pacific Grill Restaurant in Moss Landing/ SUAD</b> 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp	<b>25</b> 8:30 Rides/SUAD <b>9:30 Balance Exercises/OR</b> <b>10:30—11:30 BBC Earth DVD/OR</b> <b>“Penguins”—Part 3</b> <b>1:15 WORD WARP/OR</b> <b>2:15 Girl Scout Troop #11205 Songs &amp; Games! Support the kids!</b> 3:15 Knitting & Crocheting / AR 7:00 Bingo/OR	<b>26</b> 8:30 Rides /SUAD <b>9:30 Exercise with Tony/OR</b> <b>10:30—11:20 DVD/ OR</b> <b>“Grand Canyon Serenade”</b> <i>Scenery, classical music ... no dialogue</i> <b>1:45 Tai Chi with Melinda/ OR</b> <b>4:00—5:30 Happy Hour /OR</b> <b>Joe Ferrara Vocals &amp; Guitar!</b> <i>Guess the Singer...Guess the movie</i> 7:30 Games /AR	<b>27 9:30 Exercise with Tony/OR</b> 10:00 Poker by C-1 elevator <b>10:30 DOGGS/ AR</b> <b>10:30 First Congregational Church/Chp</b> 1:00 Bridge/OR 1:30 Texas Poker by C-1 elevator <b>1:30 Jewish Cultural Club/AR</b> <b>7:15 Pianist Richard Stauff/ OR</b> <b>Arbor Day today: Bet you can’t imagine all the tree songs there are!</b>	<b>28 10:15 Qi Gong DVD/ OR</b> <i>Wish to attend Jewish services? Contact Activities during the week</i> 1:30 Table Games/AR <b>1:30 Movie/ALAR “Darkest Hour”</b> <b>2:00 Movement with Music Exercise /OR</b> 4:00 Mass/OR <b>7:15 Movie/OR</b> <b>“The Breadwinner”</b>
<b>29</b> Rides to Church/SUAD <b>10:15 Qi Gong/OR</b> <b>1:30 Texas Hold’ Em Poker / by C-1</b> <b>2:00 Movie/OR “The Breadwinner”</b> <b>7:15 Movie/ OR “Darkest Hour”</b>	<b>30 9:30 Balance Exercises/OR</b> 10:00 Poker / by C-1 elevator <b>10:30 Memoir Writing Grp /OR with Fran Stekoll</b> 1:00 Rummikub/ AR <b>1:30 Shop Nob Hill &amp; CVS / SUAD</b> <b>1:00—2:30 Clothes Swap/OR</b> 7:00 Games/AR 7:15—8:15 NATURE DVD/ OR “H Is for Hawk”	<b>Resident Support Group</b> <b>Acorn Room~~~3:15 PM</b> <b>Tuesdays</b> April 3, 24 & May 1,8,15,22, & 29th If interested in this Senior Outreach grp from Family Service Agency, see the facilitator beforehand at 3 PM	<b>Wellness Center</b> <b>Across from D204 on</b> <b>Tuesdays from 1 to 2 PM</b> (except on Tuesdays when used by podiatrist)  <i>Blood Pressure Checks &amp; More Staffed by Stacy Smith-Paynter, RN</i>	<b>Podiatrist</b> <b>Across from D204</b> April 4 May 1 & 2 <b>Tuesdays appts. 9AM to 12 PM</b> <b>Wednesdays 9AM to 2:30 PM</b> <b>Call Dr. Alles at 609-6096</b> <b>You may get voicemail.</b>	SUAD...Sign Up at Activity Desk PDR...Private Dining Room CHP...Chapel OR...Oaks Room AR...Acorn Room LB...Lobby WC...Wellness Center: Across from D204 CC...Coffee Corner / Assisted Living ALAR... Assisted Living Activity Rm	