

# Dominican Oaks February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Wellness Center</b> Across from D204</p> <p>Tuesdays from 1 to 2 PM</p> <p><i>Blood Pressure Checks &amp; More Staffed by Stacy Smith-Paynter, RN</i></p>	<p><b>Tony in Fitness</b> on call for <b>Jury Duty week of</b> <b>February 3rd thru 7th</b></p>	<p><b>SUAD...Sign Up at Activity Desk</b></p> <p>PDR...Private Dining Room CHP...Chapel OR...Oaks Room AR...Acorn Room LBY...Lobby WC...Wellness Center: Across from D204 ALAR... Assisted Living Act. Rm</p>	<p><b>Podiatrist</b> Across from D204 Dr. Mitnick February 12th</p> <p><b>Call 475-7900 to schedule</b></p>			<p><b>1</b> <i>Wish to attend Jewish services? Contact Activities during the week</i></p> <p><i>Come for raffle ticket between 10:30 &amp; 10:35 for ACTIVITY SIGN UPS / OR</i></p> <p>1:30 Table Games/ AR 4:00 Mass/OR 1:30—3:15 Movie/ALAR "Garden State" Rated R 7:20—9:05 Movie/OR "Paper Moon"</p>
<p><b>2</b> <b>Groundhog Day</b></p> <p>Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:00 Leave for Symphony (See wait List in Special Events book for ticket)</p> <p><i>NO ZUMBA or MOVIE today</i></p> <p><b>3:00 Super Bowl Party/OR</b> 7:45—9:30 Movie/OR "Garden State" Rated R</p>	<p><b>3</b> 9:30 Balance Exercises/OR <b>Or</b> PBS DVD "Rockies" 10:00 Poker / by C1 elevator 10:30 Resident Council/ PDR 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 1:30 Shop Lucky &amp; Rite Aide/ SUAD 1:45 Art Class /OR 7:00 Games /AR 7:20—9:20 Classic DVD/ OR "Roman Holiday"</p>	<p><b>4</b> 8:30 Rides/SUAD 9:30 Exercise with Tony/OR <b>Or</b> PBS DVD "Andes" 9:45 Trip to Dollar Tree/ SUAD 11:00 CHAIR YOGA / OR 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR</p>	<p><b>5</b> 8:30 Rides/SUAD 9:30 Balance Exercises /OR <b>Or</b> PBS DVD "Rivers of Life: Nile" 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 2:00 Speaker: UCSC Professor Faye Crosby: Affirmative Action" /OR 3:15 Knitting &amp; Crocheting /AR 7:00 Bingo/OR</p>	<p><b>6</b> 8:30 Rides /SUAD 9:30 Exercise /OR <b>Or</b> PBS DVD "Ancient Invisible Cities: Athens" 10:00—11:30 Bookmobile/Lobby 10:30 Healthy Mind / Healthy Body/OR <i>See newsletter</i> 12:30 Table Games /AR <i>No Tai Chi or Happy Hour today</i> "Something to Talk about Movie"/ OR 1:45 "Groundhog Day" <i>See newsletter</i> 7:30 Games/AR</p>	<p><b>7</b> 9:30 Exercise with Tony/OR <b>Or</b> PBS DVD "Ancient Invisible Cities: Cairo" 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp <i>Dominican Oaks Guys &amp; Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ AR 1:00 Bridge/OR 7:15 Martan on the Piano /OR <i>Bring song suggestions. He's terrific!</i></p>	<p><b>8</b> 10:45—12:00 Readers &amp; Thinkers /AR Contact leader Lesley in advance at (440) 333-6252 to get reading material 10:30 Qi Gong DVD/ OR 1:30 Table Games /AR 1:30—3:25 Movie/ALAR "Brooklyn" 4:00 Mass/OR 7:20—8:45 Movie/OR "Sound of My Voice" Rated R</p>
<p><b>9</b> Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR <i>NO Movie today</i> 4:00 Academy Awards Red Carpet/OR 5:00 Academy Awards on TV /OR 7:20—9:15 Movie/ OR "Brooklyn"</p>	<p><b>10</b> 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Conversations/OR <i>Hear the Latest at Dominican Oaks</i> 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:30 Shop Nob Hill &amp; CVS/ SUAD 1:45 Art Class /OR 2:30—4:00 Hearing Aid Check/ WC 7:00 Games/AR</p>	<p><b>11</b> 8:30 Rides/SUAD <i>No Exercise w/Tony today</i> 11:00 CHAIR YOGA / OR 11:30 New Resident Luncheon/ PDR 1:15 Trip to Capitola Mall/SUAD <i>NO Bridge or Mah Jong in OR or AR Staff Meeting</i> 3:30 Rosary/Chp 6:30 Table Games/ AR</p>	<p><b>12</b> 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 11:00 Episcopal Service/ Chp 2:30 Presentation by resident Dan Kriege: 'Is There enough Water?'/ OR 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p><b>13</b> 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 10:30—11:30 PBS DVD/ OR "Kingdoms of the Sky: Andes" 12:30 Games /AR 1:45 Tai Chi w/Melinda/OR 4:00-5:30 Happy Hour/OR <i>Dance with Mike Hadley Band!</i> 7:30 Games/AR</p>	<p><b>14</b> <b>Valentine's Day</b> <i>No Exercise today</i> 9:30—12:15 DVD/OR Andre Rieu: "LOVE in Venice" 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp 10:30 Meditation /Mindfulness Grp/ AR 1:00 Bridge/OR 1:30 Shabbot Service/AR 7:15 Villanelle Sings &amp; Plays! /OR</p>	<p><b>15</b> 10:30 Qi Gong DVD/ OR 1:15 Leave for Jewel Theatre (those with privately--bought tickets receive reminder) 1:30 Table Games/ AR 1:30—3:10 Movie/ALAR "The Sun is Also a Star" 4:00 Mass/ OR 4:30—5:30 Lobby Piano Serenade 7:20—9:55 Movie/OR "Gladiator" Rated R</p>
<p><b>16</b> Rides to Church/SUAD 9:30 Leave for UCSC Osher Lifelong Learners: <i>See newsletter for title</i> 10:30 Qi Gong DVD/OR 1:30—2:15 Zumba: Movement with Music/OR 2:45—5:20 Movie/OR "Gladiator" Rated R 7:20—9:00 Movie/ OR "The Sun is Also a Star</p>	<p><b>17</b> <b>Presidents' Day</b> 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30—11:00 / OR Sharing Tips for Better Living w/ Macular Degeneration 11:00 MOVIE Committee/ AR 1:00 Rummikub/AR 1:30 Bible Study/Chp <i>NO Art Class or Shopping today</i> 2:00—4:15 DVD by resident request/OR "The Hunt for Red October" 7:00 Games</p>	<p><b>18</b> 8:30 Rides/SUAD 9:30 Exercise with Tony /OR 11:00 CHAIR YOGA / OR 1:00 Bridge &amp; Mah Jong /OR 1:30 Shop Lucky &amp; Rite Aide/SUAD 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR 6:30 Threshold Choir / Chapel</p>	<p><b>19</b> 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 2:00 The Folk World Meets the Classical World...Piano &amp; Mandolins /OR 3:15 Knitting &amp; Crocheting AR 7:00 Bingo/OR</p>	<p><b>20</b> 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30—11:30 PBS DVD/ OR "Rivers of Life: Nile" 10:00—11:30 Bookmobile/Lobby 12:30 Games /AR 1:45 Tai Chi w/Melinda/OR 4:15 Birthday /New Resident Dinner/DR 7:30 Games/ AR</p>	<p><b>21</b> 9:30 Exercise with Tony /OR 9:45 Sit or Stroll at Lighthouse on West Cliff Dr (weather permitting) SUAD 10:00 Poker by C-1 elevator 10:15 DOGGS/Chp 10:30 Meditation/ Mindfulness /AR 1:00 Bridge/OR 7:15 Richard on Piano/ OR Songs for the month of Valentines</p>	<p><b>22</b> <i>Wish to attend Jewish services? Contact Activities during the week</i></p> <p>10:30 Qi Gong DVD/ OR 1:30 Table Games /By B-1 elevator 1:30—3:15 Movie "No Reservations" in ALAR 1:45 Beading Class/ AR/ SUAD 4:00 Mass/OR 7:20—9:20 Movie/OR "Little Women"</p>
<p><b>23</b> Rides to Church/SUAD 10:30 Qi Gong DVD/OR 12:30 Leave for Quilt Show at Fairgrounds / SUAD <i>See newsletter</i></p> <p><i>NO ZUMBA today</i></p> <p>2:45—4:45 Movie/OR "Little Women" 7:20—9:05 Movie/ OR "No Reservations"</p>	<p><b>24</b> 9:30 Balance /OR <b>10:00</b> Trader Joe's &amp; More / SUAD 10:00 Poker by C-1 elevator 10:30 Sharing Memories w/Fran/OR 1:00 Rummikub/ AR 7:00 Games/AR 1:30 Bible Study/Chp <b>NO Art Class</b> 1:45 WORD WARP / OR 1:15 Leave for Senior Connections/ SUAD <i>See newsletter for details</i></p>	<p><b>25</b> 8:30 Rides/SUAD 9:30 Exercise with Tony/ OR 11:00 CHAIR YOGA / OR 1:00 Bridge/OR 1:00 Mah Jong/OR 1:15 Trip to Capitola Mall/SUAD 3:30 Rosary for Peace/ Chp 6:30 Table Games/AR</p>	<p><b>26</b> <b>Ash Wednesday</b> 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30 Mass &amp; Distribution of Ashes/OR 11:35 Leave for Café Mare Italian Restaurant/SUAD 2:00—4:00 PBS DVD /OR "Ornament of the World" 3:15 Knitting,Etc./AR 7:00 Bingo/OR</p>	<p><b>27</b> 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30—11:30 PBS DVD "Ancient Invisible Cities: Athens" 12:30 Games /AR 1:45 Tai Chi w/Melinda/OR 4:00—5:30 Happy Hour/OR Joe Ferrara Plays &amp; Sings!</p>	<p><b>28</b> 9:30 Exercise with Tony /OR 10:00 Poker by C-1 elevator 10:15 DOGGS/Chp <i>Dominican Oaks Guys &amp; Gals Singing</i> 10:30 Meditation/ Mindfulness /AR 1:00 Bridge/OR 1:30 Jewish Cultural Club /AR 7:20 Los Gatos High School Jazz Ensemble...WOW!! OR</p>	<p><b>29</b> <i>Wish to attend Jewish services? Contact Activities during the week</i></p> <p>10:30 Qi Gong DVD/OR 1:30 Table Games/AR 1:30—3:50 Movie/OR "Mary Poppins" 4:00 Mass/OR 7:20—8:50 Movie/OR "Suspicion"</p>