

Dominican Oaks January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign Up at Activity Desk PDR...Private Dining Room CHP...Chapel OR...Oaks Room AR...Acom Room LBY...Lobby WC...Wellness Center: Across from D204 CC...Coffee Corner / Assisted Living ALAR... Assisted Living Activity Rm</p>	<p>Wellness Center Across from D204</p> <p>Tuesdays from 1 to 2 PM</p> <p><i>Blood Pressure Checks & More Staffed by Stacy Smith-Paynter, RN</i></p>	<p>1 9:30 <i>New time just for today....</i> Qi Gong DVD/OR SIGN UPS for ACTIVITIES in OR <i>Come between 10:30 & 10:35 for your raffle ticket</i></p> <p>1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR</p>	<p>2 8:30 Rides/SUAD 9:30 Balance Exercises /OR 10:00 Ping Pong/ Thomas Patio 10:30—11:30 Blue Planet 2 DVD/ OR "Green Seas" /OR 2:00—4:10 DVD/ OR "The Red Violin" Rated "R" <i>By resident request</i> 3:15 Knitting, Etc./AR 7:00 Bingo/OR</p>	<p>3 8:30 Rides /SUAD 9:30 Exercise/ OR 10:30 NOVA DVD/OR "Fractals: Hunting the Hidden Dimension" 12:30 Table Games /AR 7:30 Games/AR 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour /OR 7:15—9:40 Classic Movie/ OR "Irma La Douce" <i>By resident request</i></p>	<p>4 9:30 Exercise with Tony/OR 10:00 Poker by C-1 Elevator 10:15 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 7:15 —8:55 DVD/OR "RBG" <i>By resident request Shown again 1/18</i></p>	<p>5 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services? Contact Activities during the week</i></p> <p>1:30 'First Saturday' Writing Grp/ OR 1:30 Table Games/ AR 4:00 Mass/OR 1:30 Movie/ALAR "And So It Goes" 7:15 Movie/OR "Saving Private Ryan"</p>
<p>6 Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/OR "Saving Private Ryan"</p> <p>7:15 Movie/ OR "And So It Goes"</p>	<p>7 9:30 Balance Exercises/OR 10:30 Resident Council / Oaks Room <i>All welcome! See newsletter</i> 10:00 Poker / by C1 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 1:30 Shop Nob Hill & CVS/ SUAD 1:45 Art Class Grp #1/OR 7:00 Games/AR 7:15—9:15 PBS Jazz DVD with Ken Burns #7/ OR "Dedicated to Chaos"</p>	<p>8 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD/OR 10:30—11:30 Adventures in Coloring /AR / SUAD <i>See newsletter</i> 11:30 New Resident Luncheon/ PDR 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>9 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30—11:30 Blue Planet 2 DVD /OR "Coasts" 11:00 Episcopal Service in Chapel 2:00 UCSC Professor Speaks: "Women in Early Hollywood" / OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>10 8:30 Rides /SUAD <i>No Fitness Today—Admin. using OR</i> 10:00—11:15 Hearing Aid Check /WC 10:00—11:30 Bookmobile/Lobby 10:30 '2nd Thursday' Writing Group in Acorn Rm 12:30 Table Games /AR No Tai Chi 7:30 Games/AR 4:00—5:30 Happy Hour /OR <i>Learn electric slide line dancing or... watch!</i></p>	<p>11 9:30 Exercise with Tony/OR 10:00 Poker by C-1 Elevator 10:15 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 1:30 Jewish Cultural Club/AR 7:15 Villanelle Sings! /OR <i>A dynamic singing & instrumental grp!</i></p>	<p>12 10:15 Qi Gong DVD/ OR <i>NO Readers & Thinkers today Contact Sister Rina for reading material if interested in February group.</i></p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR "The Book Thief" 4:00 Mass/OR 7:15 Movie/OR "Black Swan"</p>
<p>13 Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/OR "Black Swan" 7:15 Movie/ OR "The Book Thief"</p>	<p>14 9:30 Balance Exercises/OR 9:45 Trader Joe's & More/SUAD 10:00 Poker by C-1 10:30 Conversations: <i>Learn what's going on at Dominican /OR</i> 1:00 Rummikub/AR 1:30 Bible Study/Chp 12:30 Senior Connections/ SUAD 1:45 Art Class Grp #2/OR 7:00 Games/AR 7:15—9:15 PBS Jazz DVD with Ken Burns #8 /OR "Risk"</p>	<p>15 8:30 Rides/SUAD 9:30 Exercise with Tony OR 9:45 Trip to Dollar Tree/ SUAD 10:30 Qi Gong DVD / OR 10:30—11:30 Adventures in Coloring /AR / SUAD <i>See newsletter</i> 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp 6:30 Table Games/ AR</p>	<p>16 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 Resident Reading Mentors /OR <i>Previous Sign up Required</i> 2:30 NEW RESIDENT S OCIAL/OR Refreshments & Music 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>17 8:30 Rides/SUAD 9:30 Exercise with Tony/ OR 10:30 Facilitator Leslie Tremaine, Ph.d: "Beyond Resolutions: Guides for a Good Year" /OR 12:30 Games /AR No Tai Chi 1:30 WORD WARP/ OR 4:15 Birthday /New Resident Dinner/DR 7:30 Games/AR</p>	<p>18 9:30 Exercise with Tony/OR 10:00 Poker by C-1 by C-1 Elevator 10:15 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 7:15 —8:55 DVD/OR "RGB" <i>By resident request</i></p>	<p>19 10:15 Qi Gong/ OR <i>Wish to attend Jewish services? Contact Activities during the week</i> 1:30 Table Games /by B-1 elevator 1:30 Movie/ALAR "Love Actually" 1:45 Beading/ AR/ SUAD No Table Games 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade w/Bob 7:15 Movie/OR "Gravity"</p>
<p>20 Rides to Church/SUAD 10:00 Leave for UCSC Life-Long Learners: "Effects of Minimum Drinking Age on Health & Crime" with Professor Carlos Dobkin/SUAD 10:15 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/ OR "Gravity"</p>	<p>21 Martin Luther King, Jr. Day 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 MOVIE Committee/ AR 10:30 PBS DVD/ OR "In Remembrance of Martin" 1:00 Rummikub AR 1:30 Bible Study/Chp 1:45 Art Group #1 /OR 7:00 Games/AR 7:15-8:15 DVD/ OR "Mr. Civil Rights: Thurgood Marshall & the NAACP"</p>	<p>22 8:30 Rides/SUAD 10:30—11:30 Adventures in Coloring /AR / SUAD <i>See newsletter</i> No Fitness, Qi Gong, Bridge or Games in Oaks Room Used by Administration 1:30 Shop Lucky's & Rite Aid/ SUAD 3:30 Rosary for Peace /Chp 6:30 Threshold Choir Rehearses/Chp</p>	<p>23 8:30 Rides/SUAD 10:30—11:00 Macular Degeneration Support Group/ AR No Fitness or other Activity in OR Used by Administration 11:30 Leave for Splash Restaurant on the Wharf/ SUAD 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>24 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lobby 10:30—12:30 Work on YOUR Crafts/ OR 12:30 Table Games /AR No Tai Chi 1:45 Holy Cross Students Visit their Resident Buddies / Acorn Rm. 3:30—5:00 Dance at Happy Hour /OR 'Island Wave Duo' Performs 7:30 Games/AR</p>	<p>25 9:30 Exercise with Tony/OR 10:00 Poker by C-1 10:15 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation/ Mindfulness /Chp 1:00 Bridge/OR 1:30 Jewish Cultural Club/AR 7:15—8:15 Pianist Richard Stauff/ OR "Hit Parade of 1949!"</p>	<p>26 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services? Contact Activities during the week</i> 1:30 Table Games/ AR 1:30 Movie/ALAR "Chariots of Fire" 4:00 Mass/OR 12:30 Table Games /AR 7:15 Movie/OR "Chinatown"</p>
<p>27 Rides to Church/SUAD 10:15 Qi Gong DVD/OR 1:00 S.C County Symphony <i>Sign up on Waiting List</i> 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/ OR "Chinatown" 7:15 Movie/OR "Chariots of Fire"</p>	<p>28 9:30 Balance Exercises/OR 10:00 Poker by C-1 elevabr 10:30 NOVA DVD/ OR "Fractals" 1:00 Rummikub/ AR 7:00 Games/AR 1:30 Bible Study/ Chp 1:30 Shop Nob Hill & CVS/ SUAD 1:45 Art Class Grp #2/OR 7:15—9:15 PBS Jazz Doc with Ken Burns #9/ OR "The Adventure"</p>	<p>29 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD/OR 10:30—11:30 Adventures in Coloring /AR / SUAD <i>See newsletter</i> 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>30 8:30 Rides/SUAD 9:30 Balance Exercises/OR 9:45 Sit or Stroll at Seacliff /SUAD 10:00 Ping Pong/ Thomas Patio 10:30 Blue Planet 2 DVD /OR "Our Blue Planet" 2:30 Show & Tell/ OR <i>See newsletter</i> 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>31 8:30 Rides /SUAD 9:30 Exercise with Tony /OR 10:30—11:30 PBS DVD/ OR "My Life as a Turkey" 12:30 Table Games /AR No Tai Chi 4:00 —5:30 Happy Hour /OR Musical & Vocal Duo JADe (<i>dtg. of resident Estelle Appleby</i>) 7:30 Games/AR</p>	<p>Resident Support Group Private Dining Room Fridays 10:30 AM January 11, 18, 25, & Feb. 1, 8, 15 If interested in this Senior Outreach grp from Family Service Agency, see the facilitator right before 10:30 AM</p>	<p>Podiatrist Across from D204 Dr. Mitnick January 23rd March 13th Call 475-7900 to schedule</p>