

Dominican Oaks July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <i>No Qi Gong today</i></p> <p>Rides to Church/SUAD SIGN UPS for ACTIVITIES in OR <i>Come between 10:30 & 10:35</i></p> <p>2:00 Movie/OR "The Man in the Gray Flannel Suit" 7:15 Movie/OR "Dark Passage"</p>	<p>2 9:30 Balance Exercises/OR 10:00 Poker by C-1 elevator 10:00 Resident Council/ PDR 1:00 Rummikub/ AR 1:30 Shop Lucky's & Rite Aid / SUAD 7:00 Games/AR 7:15—9:20 Classic Movie/ OR "Mr. Roberts"</p>	<p>3 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / 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 Games/ AR</p>	<p>4 4th of July <i>No Rides today</i></p> <p>9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 —11:30 ????? 2:00 New Resident Social AND 4th of July Festivities! <i>Joe Ferrara on Guitar and Vocals</i> 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>5 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30—11:30 PBS DVD/OR "Outback Pelicans" 10:45 Episcopal Service/ Chp 11:15 Picnic at Henry Cowell Pk /SUAD 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour/ OR 7:30 Games/AR</p>	<p>6 9:30 Exercise with Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS/ AR <i>Dominican Oaks</i> <i>Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 7:15—8:45 PBS DVD/OR "Edgar Allen Poe: Buried Alive"</p>	<p>7 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i> 1:30 Table Games/AR "First Saturday" Writing Grp NOT meeting this month 1:30 Movie/ ALAR "Seven Brides for Seven Brothers" 2:00 Movement with Music /OR 4:00 Mass/OR 7:15 Movie/OR "Notting Hill"</p>
<p>8 Rides to Church/SUAD 10:15 Qi Gong/OR</p> <p>2:00 Movie/OR "Notting Hill"</p> <p>7:15 Movie/ OR "Seven Brides for Seven Brothers"</p>	<p>9 9:30 Balance Exercises/OR 10:00 Poker by C-1 elevator 10:30 Conversations: <i>Learn what's going on at Dominican Oaks/ OR</i> 1:00 Rummikub/ AR 1:30 Shop Nob Hill & CVS / SUAD 1:45 Art Class (for those enrolled)/OR 7:00 Games/AR</p>	<p>10 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 11:30 New Resident Luncheon/ PDR 1:00 Bridge/OR 1:00—2:30 iPad Class /AR/ SUAD (see newsletter) 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp 6:30 Games/ AR</p>	<p>11 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 —11:30 Physical Therapist: Proper Use of Walkers /OR 1:45—4:20 Opera DVD/ OR <i>Donizetti's "La Fille du Regiment"</i> <i>Champagne intermission at 3:05</i> 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>12 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lby 10:30 'Mary Boer Writing Grp' / OR 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour/ OR <i>JADE performs again!</i> <i>Daughter of resident Estelle Appleby</i> 7:30 Games/AR</p>	<p>13 9:30 Exercise with Tony/OR 9:30 Corn Shucking /Thomas Patio/SUAD 10:00 Poker by C-1 elevator 10:15 DOGGS/ AR <i>Dominican Oaks</i> <i>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>14 8:00—9:00 Continental Breakfast in Oaks Room 11:30—1:30 Family BBQ Previous Sign up Required 1:30 Table Games/AR 1:30 Movie/ <u>Coffee Corner of AL</u> "Look at Me" 4:00 Mass/OR 7:15 Movie/OR "The Greatest Showman"</p>
<p>15 Rides to Church/SUAD 10:15 Qi Gong/OR</p> <p>2:00 Movie/OR "The Greatest Showman"</p> <p>7:15 Movie/ OR "Look at Me"</p>	<p>16 9:30 Balance Exercises/OR 10:00 Poker by C-1 elevator 10:30 MOVIE Committee/ Acorn Rm 1:00 Rummikub/ AR 1:30 Shop Lucky's & Rite Aid / SUAD 2:00— 4:00 Classic DVD / OR "Rear Window" 7:00 Games/AR 7:15—9:15 Classic DVD /OR "Rear Window"</p>	<p>17 8:30 Rides/SUAD 9:30 Exercise with Tony OR 9:45 Sit or Stroll on West Cliff/ SUAD 10:30 Qi Gong DVD / OR 1:00—2:30 iPad Class /AR/ SUAD (see newsletter) 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary /Chp 6:30 Games/ AR 6:30 Threshold Choir Rehearses /Chp</p>	<p>18 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 District Attorney's Office Speaker: SENIOR SCAMS /OR 2:00 —3:00 Physical Therapist: Proper Use of Walkers /OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>19 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 9:45 Bocce Ball at local Park/ SUAD 10:00—11:15 Hearing Aid Check /WC 10:30 Opening to Joy/ OR 1:45 Tai Chi with Melinda / OR 4:15 Birthday /New Resident Dinner /DR 7:15—8:45 PBS DVD/OR "Edgar Allen Poe: Buried Alive" 7:30 Games/AR</p>	<p>20 9:30 Exercise with Tony/OR 10:00 Poker by C-1 10:15 DOGGS/ AR <i>Dominican Oaks</i> <i>Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 7:15—8:15 Marvelous pianist Martan Mann! / OR <i>Come with Song Requests!</i></p>	<p>21 10:15 Qi Gong/ OR "Third Saturday" Writing Grp—has moved to the second Thursday at 10:30 AM 1:30 Table Games/AR 1:30 Movie/ALAR "Working Girl" 2:00 Movement with Music /OR 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade w/Bob 7:15 Movie/OR "Lady Bird"</p>
<p>22 Rides to Church/SUAD 10:15 Qi Gong/OR</p> <p>1:30 Beading/ AR / SUAD</p> <p>2:00 Movie/ OR "Lady Bird"</p> <p>7:15 Movie/OR "Working Girl"</p>	<p>23 9:30 Balance Exercises/OR 9:45 Trader Joe's./Bed, Bath & Beyond/ SUAD 10:00 Poker by C-1 elevator 1:00 Rummikub/ AR 1:15 Movie Temple Beth-El: "Making Trouble" (2007) 3 Generations of Jewish Female Comedians" <i>All Welcome!</i> 7:00 Games/AR 1:45 Art Class (for those enrolled)/OR</p>	<p>24 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 1:00—2:30 iPad Class /AR/ SUAD (see newsletter) 1:00 Bridge/OR 1:00 Mah Jong /OR 1:15 Trip to Capitola Mall/ SUAD 3:30 Rosary for Peace /Chp 6:30 Games/ AR</p>	<p>25 8:30 Rides/SUAD 9:30 Balance Exercises/OR 9:45 Trip to Dollar Tree/ SUAD 10:00 Ping Pong/ Thomas Patio 1:30 WORD WARP / OR 2:45—4:30 Classic Movie/ OR "Young Frankenstein" w /Gene Wilder 3:15 Knitting & Crocheting / AR 7:00 Bingo/OR</p>	<p>26 8:30 Rides /SUAD 8:30 Leave for Breakfast at Seaclyff SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lby 10:30—11:30 PBS DVD/OR "Birds of The Gods" 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour/ OR <i>Joe Ferrara on Guitar and Vocals</i> 7:30 Games /AR</p>	<p>27 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ AR <i>Dominican Oaks</i> <i>Guys & Gals Singing</i> 10:30 Meditation Grp/Chp 1:00 Bridge/OR 1:30 Jewish Cultural Club/AR 7:15—8:15 Pianist Richard Stauff/OR "Hit Parade of 1944" as well as some Moon Songs for the Full Moon!</p>	<p>28 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i> 1:30 Table Games/AR 1:30 Movie/ALAR "I, Tonya" 2:00 Movement with Music /OR 4:00 Mass/OR 7:15 Movie/OR "Beirut"</p>
<p>29 Rides to Church/SUAD</p> <p>10:15 Qi Gong/OR</p> <p>2:00 Movie/ OR "Beirut"</p> <p>7:15 Movie/ OR "I, Tonya"</p>	<p>30 9:30 Balance Exercises/OR 10:00 Poker by C-1 10:30 Memoir Writing with Resident Fran Stekoll/ OR 1:00 Rummikub/ AR 1:30 Shop Nob Hill & CVS / SUAD 2:00—3: 50 DVD/ OR "Big Miracle" 7:00 Games/ AR 7:15—9:05 DVD /OR "Big Miracle"</p>	<p>31 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 9:15 Leave for Festival of Contemporary Music at Civic / SUAD 10:30 Qi Gong DVD/ OR 1:00—2:30 iPad Class /AR/ SUAD 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp 6:30 Games/ AR</p>		<p>Resident Support Group Acorn Room~~~3:15 PM Tuesdays</p> <p>July 3, 10, 17, & 24.</p> <p>If interested in this Senior Outreach grp from Family Service Agency, see the facilitator beforehand at 3 PM</p>	<p>Wellness Center Across from D204 on Tuesdays from 1 to 2 PM</p> <p><i>Blood Pressure Checks & More</i> <i>Staffed by Stacy Smith-Paynter, RN</i></p>	<p>SUAD...Sign Up at Activity Desk PDR...Private Dining Room CHP...Chapel OR...Oaks Room AR...Acorn Room LBY...Lobby WC...Wellness Center: Across from D204 CC...Coffee Corner / Assisted Living ALAR... Assisted Living Activity Rm</p>