

Dominican Oaks June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>	<p><u>Resident Support Group</u> Acorn Room~~~3:15 PM Tuesdays June 19, 26, July 3, 10, 17, & 24. If interested in this Senior Outreach grp from Family Service Agency, see the facilitator beforehand at 3 PM</p>	<p><u>Wellness Center</u> Across from D204 on Tuesdays from 1 to 2 PM (except on Tuesdays when used by podiatrist) <i>Blood Pressure Checks & More Staffed by Stacy Smith-Paynter, RN</i></p>	<p><u>Podiatrist</u> Across from D204 Please call the Front Desk for Podiatry info</p>		<p>1 9:30 Exercise with Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS/ AR <u>SIGN UPS for ACTIVITIES in OR</u> Come between 10:30 & 10:35 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 1:30 Texas Poker by C1 2:00 "Philosophical Foundations of Modern Social Science" # 23 / AR</p>	<p>2 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 "First Saturday" Writing Grp /PDR 1:30 Movie/ ALAR "Walkabout" 2:00 Movement with Music /OR 4:00 Mass/OR 7:15 Movie/OR "Woman on The Verge of a Nervous Breakdown"</p>
<p>3 Rides to Church/SUAD 10:15 Qi Gong/OR 1:30 Texas Hold' Em Poker by C-1 1:15 Leave for Pacific Voices Concert / <i>Previous Sign up Required</i> 2:00 Movie/OR "Woman on the Verge of a Nervous Breakdown" 7:15 Movie/OR "Walkabout"</p>	<p>4 9:30 Balance Exercises/OR 10:00 Poker by C-1 elevator 10:00 Resident Council/ PDR 10:30—11:00 PBS DVD/OR "Animal Reunions" 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>5 Election Day <i>We are a polling station</i> 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 Leave for Capitola Mall/ SUAD 3:30 Rosary for Peace/CHP</p>	<p>6 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30 —11:30 BBC DVD /OR "Blue Planet 2—"Big Blue" 2:00 Dominican Plaza Pharmacist Presents: "Generic versus Trade name Pharmaceuticals" /OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>7 8:30 Leave for Breakfast at Seacliff Beach/ SUAD 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 10:30 Opening to Joy #3 / OR 10:45 Episcopal Service/ Chapel 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour/ OR <i>Joe Ferrara on Guitar & Vocals</i> 7:30 Games/AR</p>	<p>8 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:30 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 1:30 Texas Poker by C-1 Elevator 1:30 Jewish Cultural Club/AR 7:15 Villanelle Sings! /OR <i>A dynamic singing & instrumental grp.</i></p>	<p>9 10:15 Qi Gong DVD/ OR <i>No Readers & Thinkers this month</i> 1:30 Table Games/AR 1:30 Movie/ALAR Bombshell: "The Hedy Lamarr Story" 2:00 Movement with Music /OR 4:00 Mass/OR 7:15 Movie/OR "Taxi Driver"</p>
<p>10 Rides to Church/SUAD 10:15 Qi Gong/OR 1:30 Beading/SUAD/AR 1:30 Texas Hold' Em Poker by C-1 2:00 Movie/OR "Taxi Driver" 7:15 Movie/ OR "Bombshell: The Hedy Lamarr Story"</p>	<p>11 9:30 Balance Exercises/OR 10:00 Poker by C-1 elevator 10:30 Conversations: <i>Learn what's going on at Dominican Oaks</i> /OR 1:00 Rummikub/ AR 1:30 Shop Lucky's & Rite Aid / SUAD 2:45 WORD WARP /OR 7:00 Games/AR</p>	<p>12 8:30 Rides/SUAD 9:30 Exercise with Tony OR 9:45 Leave for Alladin Nursery in Watsonville/ SUAD 10:30 Qi Gong DVD / OR 11:30 New Resident Luncheon/ PDR 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp</p>	<p>13 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30 —11:30 BBC DVD /OR "Blue Planet 2—"Green Seas" 1:15 Snacks in the Sequoias in Henry Cowell State Park/ SUAD 2:00 — 4:10 DVD/OR "Gorillas in the Mist" 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>14 Flag Day 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lby 10:30 Opening to Joy #4 / OR 1:45—3:00 One-Woman Show with Resident Billie Harris—<i>Amazing!</i> / OR 4:00—5:30 Happy Hour/ OR <i>Johnny Fabulous Performs</i> 7:30 Games /AR</p>	<p>15 9:30 Exercise with Tony/OR 10:00 Poker by C-1 10:30 DOGGS/ AR 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 1:30 Texas Poker C-1 1:00 Leave for Winery / SUAD 2:00 "Philosophical Foundations of Modern Social Science" # 24 / AR 7:15—8:15 Marvelous pianist Martan Mann! / OR <i>Request a song</i></p>	<p>16 10:15 Qi Gong/ OR 1:00 "Third Saturday" Writing Grp in Private Dining Room 1:30 Table Games/AR 1:30 Movie/ALAR "You Can Count on Me" 2:00 Movement with Music /OR 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade w/Bob 7:15 Movie/OR "La Vie en Rose"</p>
<p>17 Father's Day Rides to Church/SUAD 10:15 Qi Gong/OR 1:30 Texas Poker by C-1 elevator 2:00 Movie/ OR "La Vie en Rose" 7:15 Movie/OR "You Can Count on Me"</p>	<p>18 9:30 Movement with Music /OR 10:00 Poker by C-1 elevator 10:30 Memoir Writing Grp /OR with Fran Stekoll 10:30 MOVIE Committee/ Acorn Rm 1:00 Rummikub/ AR 7:00 Games/AR 1:30 Shop Nob Hill & CVS / SUAD 1:45 Art Class (for those enrolled) /OR 7:15—9:10 DVD/ OR "Goodbye Christopher Robin"</p>	<p>19 8:30 Rides/SUAD 10:00 Annual Employee Recognition Residents are invited to ceremony Honoring staff for 5, 10, & 15 Years of Service! /OR <i>Refreshments</i> 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp 6:30 Threshold Choir Rehearses /Chp</p>	<p>20 8:30 Rides/SUAD 9:30—10:15 Movement with Music /OR 10:30 —11:30 BBC DVD /OR "Blue Planet 2—"Coasts" 2:30—4:00 Fabulous Singing & Dancing Duo: "Two for the Show" <i>Dance, People Watch, Enjoy!</i> /OR 3:15 Knitting & Crocheting / AR 7:00 Bingo/OR</p>	<p>21 Summer begins 8:30 Rides /SUAD 9:30—10:15 Movement with Music /OR 9:45 Trip to Dollar Tree /SUAD 10:00—11:15 Hearing Aid Check /WC 10:30 —11:30 PBS DVD/OR "Legendary White Stallions" 1:45 Tai Chi with Melinda/ OR 4:15 Birthday /New Resident Dinner /DR 7:15— 8:45 DVD/OR "Dolores" 7:30 Games /AR</p>	<p>22 9:00 Shop at Del Monte Shopping Center in Monterey with Lunch on Your Own / SUAD 9:30—10:15 Movement with Music /OR 10:00 Poker by C-1 10:30 DOGGS/ AR 10:30 Meditation Grp/Chp 1:00 Bridge/OR 1:30 Texas Poker by C-1 1:30 Jewish Cultural Club/AR 7:15—10:00 DVD/ OR "Andre Rieu: The Homecoming"</p>	<p>23 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 "Little Miss Sunshine" 2:00 Movement with Music /OR 4:00 Mass/OR 7:15 Movie/OR "To Kill a Mockingbird"</p>
<p>24 Rides to Church/SUAD 9:45 Bus Trip to San Lorenzo Valley with our guide Bob Wall/ SUAD 10:15 Qi Gong/OR 1:30 Texas Hold' Em Poker by C-1 2:00 JUNE TUNES! /OR Student Piano Recital— Classical to Modern Pieces 7:15 Movie/ OR "Little Miss Sunshine"</p>	<p>25 9:30 Balance Exercises/OR 9:45 Trader Joe's, Bed, Bath & Beyond / SUAD 10:00 Poker by C-1 1:00 Rummikub/ AR 1:15 Senior Connections at Temple Beth-El: "The Rosenberg Case Revisited" with UCSC's Bruce Thompson/SUAD 7:00 Games/ AR 7:15—8:50 DVD/OR "A Better Life"</p>	<p>26 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</p>	<p>27 8:30 Rides/SUAD 9:30 Balance Exercises/OR 9:45 Stroll or Sit on West Cliff /SUAD 10:30 —11:30 BBC DVD /OR "Our Blue Planet" 2:00 UCSC's Prof. Miriam Ellis: "Favorite Tenors & Tenor Favorites" 3:15 Knitting & Crocheting /AR 7:00 Bingo /OR</p>	<p>28 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30—11:30 PBS DVD/ OR "Arctic Ghost Ship" 10:00—11:30 Bookmobile/Lby 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour /OR 7:30 Games /AR</p>	<p>29 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:30 DOGGS/ AR Dominican Oaks Guys & Galls Singing 10:30 First Congregational Church/Chp 1:00 Bridge/OR 1:30 Texas Poker by C-1 elevator 7:15—8:15 Pianist Richard Stauff: Hit Parade of 1943!</p>	<p>30 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 "Dark Passage" 2:00 Movement with Music /OR 4:00 Mass/OR 7:15 Movie/OR "The Man in the Gray Flannel Suit"</p>