

Dominican Oaks June 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...Acorn Room LBY...Lobby WC...Wellness Center: Across from D204 ALAR... Assisted Living Act. Rm</p>	<p style="text-align: center;">Wellness Center Across from D204</p> <p style="text-align: center;">Tuesdays from 1 to 2 PM</p> <p style="text-align: center;"><i>Blood Pressure Checks & More</i> <i>Staffed by Stacy Smith-Paynter, RN</i></p>	<p style="text-align: center;">Podiatrist Across from D204 Dr. Mitnick</p> <p style="text-align: center;">June 12</p> <p style="text-align: center;">Call 475-7900 to schedule</p>				<p>1 <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i> Come for raffle ticket between 10:30 & 10:35 for ACTIVITY SIGN UPS / OR</p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR "Two for the Road" 4:00 Mass/OR 7:20 Movie/OR "Masterpiece Contemporary: Page Eight"</p>
<p>2 Rides to Church/SUAD 10:30 Qi Gong DVD/OR</p> <p>1:30—2:15 ZUMBA: Movement with Music /OR</p> <p>2:45 Movie/OR "Masterpiece Contemporary: Page Eight"</p> <p>7:20 Movie/ OR "Two for the Road"</p>	<p>3 9:30 Balance Exercises/OR 10:00 Poker / by C1 elevator 10:30 Resident Council / PDR 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 1:30 Shop Nob Hill & CVS/ SUAD <i>No Art Class today</i> 1:00—3:00 CLOTHES SWAP / OR 7:20 —9:10 DVD/ OR "Can You Ever Forgive Me?" 7:00 Games /AR</p>	<p>4 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Rep from Vista Center for the Visually Impaired: Presentation on Lighting / Magnifier Options /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>5 8:30 Rides/SUAD 9:30 Balance with Tony /OR 10:00 Ping Pong/ Thomas Patio 10:30 Music Therapist Presents: "Why Music Therapy Matters!" /OR <i>With intro by resident Dr. Rodney Lowe</i> 2:00 Celebration of Life for Bleema Pressman-Damon/ OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>6 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30 Facilitator Leslie Tremaine, Ph.d <i>"Love & Loss: Finding a Path of Healing" / OR See newsletter</i> 12:30 Table Games /AR 1:45 TAI CHI /OR 4:00—5:30 Happy Hour /OR <i>Johnny Fabulous plays & sings!</i> 7:30 Games/AR</p>	<p>7 9:30 Exercise with Tony/OR 9:45 Sit or Stroll at Seaciff Beach/ SUAD 10:00 Poker by C-1 10:15 DOGGS/ AR 10:30 Meditation /Mindfulness Grp/ Chp</p> <p style="text-align: center;"><i>No bridge in Oaks Room today</i></p> <p>2:00 Professor of Music Neal Zaslaw of Cornell: "Mozart's Violin Sonatas: Why do Performers of Classical Music make such a fuss about 'Authenticity'?" <i>See newsletter</i></p>	<p>8 10:30 Qi Gong DVD/ OR</p> <p><i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i> 10:30—12 Readers & Thinkers /AR Magazine Article Grp with Sr. Rina <i>Previous sign up required</i></p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR "Stan & Ollie" 4:00 Mass/OR 7:20 Movie/OR "The Sound of Music"</p>
<p>9 Rides to Church/SUAD 10:30 Qi Gong DVD/OR</p> <p>NO ZUMBA: Movement w/ Music today</p> <p>2:45 Movie/OR "The Sound of Music"</p> <p>7:20 Movie/ OR "Stan & Ollie"</p>	<p>10 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Conversations/OR 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:30 Shop Lucky's & Rite Aid/ SUAD 1:45 Art Class Grp # 2 /OR 2:30—4:00 Hearing Aid Check /WC 7:20—8:50 Classic DVD/ OR "A Night at the Opera" 7:00 Games/AR</p>	<p>11 8:30 Rides/SUAD 9:30 Exercise /OR 9:30 Leave for Neary Lagoon for Walk & See Goats as Summer 'Lawnmovers' /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/Chp 6:30 Table Games/ AR</p>	<p>12 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30—11:15 The Great Courses DVD "The Revue versus the Book Musical" 11:00 Episcopal Service/ Chp 2:00 Wellness Series /OR "How to Meet New People & Transform Acquaintances into Friends" 3:15 Knitting, Etc. 7:00 Bingo/OR</p>	<p>13 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 9:30 Play or Watch Bocce Ball /SUAD 10:00—11:30 Bookmobile/Lobby 12:30 Games /AR 1:45 TAI CHI with Melinda / OR 4:00—5:30 Happy Hour with young contestant from "The Voice" <i>Wow!</i> /OR 7:30 Games/AR</p>	<p>14 Flag Day 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 9:00 Monterey Shopping & Lunch/SUAD 10:15 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 1:30 Shabbot Service /AR 7:15 Villanelle Sings & Plays ! /OR</p>	<p>15 10:30 Qi Gong DVD/ OR</p> <p><i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i></p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "Julie & Julia" 4:00 Mass/ OR 4:30—5:30 Lobby Piano Serenade 7:20 Movie/OR "A Little Chaos"</p>
<p>16 Father's Day Rides to Church/SUAD 10:30 Qi Gong DVD/OR</p> <p>1:30—2:15 ZUMBA: Movement with Music /OR</p> <p>2:45 Movie/OR "A Little Chaos" 7:20 Movie/ OR "Julie & Julia"</p>	<p>17 9:30 ZUMBA: Movement with Music /OR 10:00 Poker by C-1 10:30 Sharing Memories with resident Fran Stekoll /OR 11:00 MOVIE Committee/ AR 1:00 Rummikub AR 1:30 Bible Study/Chp 1:30 Shop Nob Hill & CVS / SUAD 1:45 Art Group #1 /OR 7:00 Games/AR 7:20—9:05 DVD/ OR "The Lunch Box"</p>	<p>18 8:30 Rides/SUAD 9:30—11:30 Full Power for Seniors <i>See Newsletter</i> <i>No bridge or mah jong in Oaks Room</i> <i>Administration uses Oaks Room from 2:00 to 4 PM</i> 1:15 Trip to Capitola Mall/ SUAD 3:30 Rosary for Peace /Chp 6:30 Table Games/ AR 6:30 Threshold Choir Rehearses/Chp</p>	<p>19 8:30 Rides/SUAD 9:30 ZUMBA: Movement with Music /OR 10:00 Ping Pong/ Thomas Patio 10:45—11:30 Youtube /OR "Valley of Heart's Delight" The Santa Clara Valley in 1948 & 1962 2:00 Two for the Show / OR <i>Fabulous Song, Dance & Music!</i> 3:15 Knitting, Etc /AR 7:00 Bingo/OR</p>	<p>20 8:30 Rides /SUAD 9:30 ZUMBA: Movement with Music /OR 10:30—12:30 Work on YOUR Crafts/ OR 12:30 Games /AR 1:45 TAI CHI with Melinda/ OR 4:15 Birthday /New Resident Dinner/DR 7:30 Games/AR</p>	<p>21 Summer begins 9:30 Movement with Music /OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ AR <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation/ Mindfulness /Chp 1:00 Bridge/OR 1:00 Trip to Winery/SUAD 7:20 —9:10 DVD/ OR "Can You Ever Forgive Me?"</p>	<p>22 10:30 Qi Gong DVD/ OR</p> <p><i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i></p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "The Front Runner" 1:45 Beading Class/ AR/ SUAD 4:00 Mass/OR 7:20 Movie/OR "Widows"</p>
<p>23 Church Rides/SUAD 10:30 Qi Gong/ OR 11:15 Musical & Concert at UCSC /SUAD 1:30 Movement with Music /OR 2:45 Movie/ OR "Widows" 7:20 Movie/OR "The Front Runner"</p> <p>30 Church Rides/SUAD 10:30 Qi Gong/OR 1:15 Leave for Musical "Beehive" /SUAD 1:30 Movement /OR 2:45 Movie/ OR "Gran Torino" 7:20 Movie/OR "The Verdict"</p>	<p>24 9:30 Balance /OR 9:45 Trader Joe's & More / SUAD 10:00 Poker by C 1 elevator 10:30—12:00 Classic DVD/ OR "A Night at The Opera" 1:00 Rummikub/ AR 1:15 Leave for Senior Connections / SUAD ~ See newsletter for details 1:30 Bible Study/Chp 1:45 Art Group #2 /OR 7:00 Games/AR</p>	<p>25 8:30 Rides/SUAD 9:30 Exercise with Tony/ OR 9:45 Trip to Dollar Tree/ SUAD 10:30 Qi Gong DVD/OR <i>No bridge or mah jong in Oaks Room</i> 2:30 NEW Resident Social /OR <i>Come welcome new residents!</i> 3:30 Rosary /Chp 6:30 Table Games/AR</p>	<p>26 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30 WORD WARP / OR 1:15 Leave for Museum of Art & History: "We're still here... Stories of Seniors & Social Isolation" / SUAD 2:00 —3:35 Classic DVD/ OR "Arch of Triumph" with Ingrid Bergman 3:15 Knitting, Etc /AR 7:00 Bingo/OR</p>	<p>27 8:30 Rides /SUAD 8:30 Breakfast at the Beach/ SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lobby 10:30 DVD /OR "Touch" <i>Discussion led by resident Dr. Rodney Lowe</i> 12:30 Games /AR 7:30 Games/AR 1:45 TAI CHI /OR 4:00 —5:30 Happy Hour/OR /OR <i>The Black Eyed Susies</i></p>	<p>28 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 /Chp 1:00 Bridge/OR 1:30 Jewish Cultural Club/ AR 7:15—8:15 Pianist Richard Stauff/OR "Song Hits of 1953"</p>	<p>29 10:30 Qi Gong DVD/ OR</p> <p><i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i></p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "The Verdict" 7:20 Movie/OR "Gran Torino"</p>