

Dominican Oaks March 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 LB...Lobby WC...Wellness Center: Across from D204 CC...Coffee Corner / Assisted Living ALAR... Assisted Living Activity Rm</p>	<p>Wellness Center 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>Podiatrist Across from D204 April 4 May 1 & 2 Tuesdays appts. 9AM to 12 PM Wednesdays 9AM to 2:30 PM Call Dr. Alles at 609-6096 You may get voicemail.</p>	<p>Resident Support Group Acorn Room~~~3:15 PM Tuesdays March 6, 13, 20, & 27 If interested in this Senior Outreach grp from Family Service Agency, see the facilitator beforehand at 3 PM</p>	<p>1 8:30 Rides /SUAD 9:30 Exercise /OR SIGN UPS for ACTIVITIES in OR Come between 10:30 & 10:35 for your raffle ticket for place in signup 1:45 Tai Chi with Melinda/ OR 10:45 Episcopal Service/ Chapel 4:00—5:30 Happy Hour 7:30 Games/AR</p>	<p>2 9:30 Exercise with Tony/OR 10:00 Poker/ by C1 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 C1 7:15—8:50 DVD/OR “Le Maitre de Musique” —The Music Teacher <i>Recommended by Ann Hendricks</i></p>	<p>3 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 group/OR 1:30 Movie/ ALAR “My Cousin Rachel” 4:00 Mass/OR 7:15 Movie/OR “Dunkirk”</p>
<p>4 Rides to Church/SUAD 10:15 Qi Gong DVD/ OR 1:30 Texas Hold’ Em Poker / by C-1 elevator 1:30 Beading/SUAD/AR 2:00 Movie/ OR “Dunkirk” 7:15 Movie/ OR “My Cousin Rachel”</p>	<p>5 9:30 Balance Exercises/OR 10:00 Poker / by C-1 elevator 10:00 Resident Council/ PDR 1:00 Rummikub/ AR 1:30 Shop Nob Hill & CVS/ SUAD 1:45 Art Class (for those enrolled)/OR 7:00 Games/AR 7:15—9:15 Opera DVD/ OR “Jonas Kaufmann: An Evening with Puccini” <i>Shown again March 30th</i></p>	<p>6 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 3:30 Rosary for Peace/CHP 7:15—8:45 Documentary DVD/ OR “Ride a Wave” <i>Thank you Gary Snelson</i></p>	<p>7 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30 —11:30 Reading Great Short Stories #1 /OR <i>Previous signup required</i> 10:30 Grief & Loss Group / AR <i>Drop in and check it out</i> 2:15 Magician Doug Jones Performs /OR <i>Don’t miss it!</i> 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>8 8:30 Rides /SUAD 9:30 Exercise /OR 10:00—11:30 Bookmobile/Lby 10:30—11:20 DVD/ OR “Grand Canyon Serenade” <i>Scenery, classical music ... no dialogue</i> 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour/ OR 7:30 Games/AR</p>	<p>9 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/ C-1 Elevator 1:30 Jewish Cultural Club/AR 7:15 Villanelle Sings! /OR <i>A dynamic singing & instrumental grp.</i></p>	<p>10 10:15 Qi Gong DVD/ OR 11:00—12:00 Readers & Thinkers/ AR Sr. Rina’s magazine reading group\ Contact Sister <i>beforehand</i> for reading material if interested. 1:30 Table Games/AR 1:30 Movie/ALAR “The Iron Lady” 2:00 UCSC Singers Perform: Opera, Musicals & ...More! /OR 4:00 Mass/OR 7:15 Movie/OR “L.A. Confidential”</p>
<p>11 Daylight Savings Begins Rides to Church/SUAD 10:15 Qi Gong DVD/ OR 1:30 Texas Hold’ Em Poker / by C-1 2:00 Movie/ OR “L.A. Confidential” 7:15 Movie/ OR “The Iron Lady”</p>	<p>12 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 Lucky’s & Rite Aid / SUAD 2:00 Book Art with resident Dorothy Sanders/ SUAD/ OR 7:00 Games/AR 7:15—8:45 Nature DVD/ OR “Oceans”</p>	<p>13 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 11:30 New Resident Luncheon/ PDR 1:15 Leave for Capitola Mall/ SUAD 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp</p>	<p>14 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30 —11:30 Reading Great Short Stories #2 / OR <i>Previous signup required</i> 2:00 Guitarist & Vocalist Fred McCarthy does St. Pat’s Day...<i>early!</i> 3:15 Knitting & Crocheting./AR 7:00 Bingo/OR</p>	<p>15 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 9:45 Leave for Dollar Tree /SAUD 10:00—11:15 Hearing Aid Check /WC 1:45 Tai Chi with Melinda/ OR 4:15 Birthday / New Resident Dinner in DR 7:30 Games /AR</p>	<p>16 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:30 DOGGS/ AR 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 1:30 Texas Poker/ C-1 1:00 Leave for Steinbeck Museum in Salinas / SUAD \$7.50 cash on bus 7:15—8:35 Musical DVD/ OR “Andre Rieu: Live in Dublin”</p>	<p>17 10:15 Qi Gong/ OR St. Pat’s Day 1:00 “Third Saturday” Writing Grp in <i>Private Dining Room</i> 1:30 Table Games/AR 1:30 Movie/ALAR “Ordinary People” 2:00 Zumba Gold— check it out! /OR 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade w/Bob 7:15 Movie/OR “Like Water for Chocolate”</p>
<p>18 Rides to Church/SUAD 9:25 Leave for Life Long Learners Lecture AT UCSC: “What Can we Learn from the DNA of Extinct Animals?” 10:15 Qi Gong/OR 1:30 Texas Poker / by C-1 elevator 2:15 “The Passover Story for ALL of Us” /OR <i>All faith traditions welcome!</i> 7:15 Movie/OR “Ordinary People”</p>	<p>19 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 Nob Hill & CVS / SUAD 1:45 Art Class (for those enrolled)/OR 7:00 Games/AR 7:15—8:50 DVD/OR “Le Maitre de Musique” —The Music Teacher <i>Recommended by Ann Hendricks</i></p>	<p>20 First Day of Spring 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 10:30 Qi Gong DVD/ OR 10:45 Leave for Britannia Arms Restaurant in Capitola /SUAD 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary /Chp 6:30 Threshold Choir Rehearses/Chp</p>	<p>21 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30 —11:30 Reading Great Short Stories #3 / OR <i>Previous signup req’d</i> 10:30 Grief & Loss Group / AR <i>Drop in and check it out</i> 2:00 The Great Morgani Sings!/OR <i>Thank you John Wasserburger!</i> 3:15 Knitting & Crocheting./ AR 7:00 Bingo/OR</p>	<p>22 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lby 10:30 Opening to Joy #1/ OR 1:45 Holy Cross Students visit their Assigned Resident Buddies/OR 4:00—5:30 Happy Hour /OR <i>Stardust Swing Band performs!</i> 7:30 Games /AR</p>	<p>23 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 Pianist Richard Stauff: Musical Hits of 1942! / OR</p>	<p>24 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 “Now, Voyager” 2:00 Zumba Gold—check it out! /OR 4:00 Mass/OR 7:15 Movie/OR “Persuasion”</p>
<p>25 Palm Sunday Rides to Church/SUAD 10:15 Qi Gong/OR 1:00 LEAVE for Santa Cruz County Symphony—previous sign up required <i>Sign up on waiting list.</i> 1:30 Texas Hold’ Em Poker / by C-1 2:00 Movie/OR Persuasion” 7:15 Movie/ OR “Now, Voyager”</p>	<p>26 9:30 Balance Exercises/OR 9:45 Trader Joe’s, Bed, Bath & Beyond / SUAD 10:00 Poker / by C-1 1:00 Rummikub/ AR 7:00 Games/AR 1:15 Leave for Temple Beth-El /SUAD “Passover Past & Present: A Musical Retrospective” with musician Mark Levy... <i>Everyone welcome!</i> 2:00—3:30 Nature DVD/ OR “Oceans”</p>	<p>27 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>28 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30 WORD WARP/ OR 2:30 New Resident Social/ OR Pianist Richard Stauff...Refreshments.. <i>Come & Welcome new Residents</i> 3:15 Knitting & Crocheting/ AR 7:00 Bingo/OR</p>	<p>29 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30 Opening to Joy #2/ OR 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour /OR JADE performs: Guitar and Vocals <i>Yes, it’s spelled right... Check it out!</i> 7:30 Games /AR</p>	<p>30 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:30 First Congregational Serv /Chp 10:30 DOGGS/ AR 1:00 Bridge/OR 11:00—2:30 ‘Downtown Santa Cruz On Your Own’ / SUAD See <i>newsletter</i> 1:30 Texas Poker by C-1 elevator 7:15—9:15 Opera DVD/ OR “Jonas Kaufmann: An Evening with Puccini”</p>	<p>31 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 “The Verdict” 2:00 Zumba Gold—check it out! /OR 4:00 Mass/OR 7:15 Movie/OR “The Prince of Tides”</p>