

Dominican Oaks March 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>Podiatrist Across from D204 Dr. Mitnick</p> <p>March 6th</p> <p><u>Call 475-7900 to schedule</u></p>			<p>1 9:30 Exercise with Tony/OR 10:00 Poker by C-1 Elevator 10:15 DOGGS/AR 10:30—10:35 <i>Come for your raffle ticket for SIGN UPS for ACTIVITIES in Oaks Room</i> 10:30 Meditation Grp/Chp 1:00 Bridge/OR 7:15 Pianist Martan Plays: Bring a Request! /OR</p>	<p>2 10:30 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 "Belle" 7:20 Movie/OR "Leave No Trace"</p>
<p>3 Rides to Church/SUAD 10:30 Qi Gong DVD/OR</p> <p>1:30—2:15 ZUMBA: Movement with Music /OR 2:15 Leave for Santa Cruz Baroque Festival at UCSC / Use Waiting List 2:45 Movie/OR "Leave No Trace" 7:20 Movie/ OR "Belle"</p>	<p>4 9:30 Balance Exercises/OR 10:30 Residents' Council / PDR 10:00 Poker / by C1 elevabr 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 1:30 Shop Nob Hill & CVS/ SUAD 1:45 Art Class <u>Grp #1</u>/OR 7:00 Games/AR 7:20—9:05 2nd & Last Showing of DVD "The Wife" / OR</p>	<p>5 8:30 Rides/SUAD 9:30 Exercise with Tony OR 9:45 Trip to Dollar Tree/ SUAD 10:30 Qi Gong DVD/OR 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR</p>	<p>6 Ash Wednesday 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30 Resident Reading Mentors /AR <i>Previous Sign up Required</i> 10:30 Mass & Distribution of Ashes/OR 2:00 Book Reading: "Brave Hearts: A S.F. Story—The Dreams of an Irish Immigrant Family"/OR <i>See newsletter</i> 3:15 Knitting, Etc./AR 7:00 Bingo/OR</p>	<p>7 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lobby 10:30—11:15 The Great Courses/OR Broadway Musicals: "The Essence of The Musical" 12:30 Table Games/AR 1:45 TAI CHI /OR 4:00—5:30 Happy Hour/OR Black-Eyed Susans perform Vocals & Instrumentals—Thank you John Wasserburger! 7:30 Games/AR</p>	<p>8 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 SHABBOT Service/AR 7:15 Villanelle Sings! /OR <i>A dynamic singing & instrumental grp!</i></p>	<p>9 10:30 Qi Gong DVD/ OR</p> <p>10:30 to 12 Readers & Thinkers <i>Contact Sister Rina for reading material beforehand if interested in group/ AR</i></p> <p>1:30 Table Games/AR 1:30 Movie/ALAR "Dark Victory" 4:00 Mass/OR</p>
<p>10 Daylight Saving Begins</p> <p>Rides to Church/SUAD 10:30 Qi Gong DVD/OR</p> <p>1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/OR "On the Waterfront" 7:20 Movie/ OR "Dark Victory"</p>	<p>11 9:30 Balance Exercises/OR 10:00 Poker 9:45 Trader Joe's / SUAD 10:30 Conversations/OR See newsletter 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:15 Lecture at Temple Beth El: <i>Great Jewish Comedians/ SUAD</i> 1:45 Art Class <u>Grp #2</u>/OR 7:00 Games/AR 2:30—4:00 Hearing Aid Check WC 7:20 Movie by request/OR "City Lights"</p>	<p>12 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 Mah Jong /OR 1:15 Trip to Capitola Mall/ SUAD 3:30 Rosary/Chp 6:30 Table Games/ AR 6:30 Table Games/ AR</p>	<p>13 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30—11:15 The Great Courses/ OR <i>"The Essence of The Musical"</i> 11:00 Episcopal Service/ Chp 10:45 Leave for Britannia Arms Restaurant in Capitola / SUAD 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>14 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 10:30 Facilitator Leslie Tremaine, Ph.d: <i>"Friendship: the Harvest of a Lifetime OR</i> 12:30 Games /AR 1:45 TAI CHI / OR 4:00—5:30 Happy Hour /OR MIKE HADLEY BAND! 7:30 Games/AR</p>	<p>15 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 7:20—9:10 PBS DVD/ OR <i>"Dorothea Lange"</i></p>	<p>16 10:30 Qi Gong/ OR <i>Wish to attend Jewish services? Contact Activities during the week</i></p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "Ocean's 8" 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade 7:20 Movie/OR "The Lion King"</p>
<p>17 Rides to Church/SUAD 9:30 Leave for UCSC Life-Long Learners: <i>"What Reading is, was & may be" Prof. of Literature Juan Poblete/ SUAD</i></p> <p>10:30 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/ OR "The Lion King" 7:20 Movie/OR "Ocean's 8"</p>	<p>18 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 MOVIE Committee/ AR 10:30 Presentation /OR "Baha'i Faith: A Message of Hope from the Middle East" with Brian Miller, Ph.D 1:00 Rummikub AR 1:30 Bible Study/Chp 1:30 Shop Lucky's & Rite Aid/ SUAD 1:45 Art Group #1 /OR 7:00 Games/AR 7:20—9:35 HBO DVD/ OR "Bessie"</p>	<p>19 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 6:30 Table Games/ AR 6:30 Threshold Choir Rehearses/Chp</p>	<p>20 Spring begins 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30—11:15 The Great Courses/ OR <i>"The Minstrel Era (1828—c.1900)"</i> 10:30—11:00 Sharing Tips for Better Living with Macular Degeneration /AR 2:00 Readings by Resident Billie Harris/OR <i>Don't miss this!</i> 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>21 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 1:30 WORD WARP /OR 4:15 Birthday /New Resident Dinner/DR 7:30 Games/AR</p>	<p>22 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 <i>"Hit Parade of 1951!"</i></p>	<p>23 10:30 Qi Gong DVD/ OR</p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "West Side Story" 4:00 Mass/OR 7:20 Movie/OR "A Special Day"</p>
<p>24 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 Movement with Music/OR 2:45 Movie/ OR "A Special Day" 7:20 Movie/OR "West Side Story"</p>	<p>25 9:30 Balance Exercises/OR 10:00 Poker 10:30 Sharing Memories/OR 1:00 Rummikub/AR 1:30 Shop Nob Hill & CVS / SUAD 1:30 Bible Study/ Chp 1:45 Art Class <u>Grp #2</u>/OR 7:00 Games/AR 7:20—8:50 DVD "Alive Inside" / OR <i>Discuss after w/resident Dr. Rod Lowe</i></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 6:30 Table Games/ AR</p>	<p>27 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30—11:15 The Great Courses/ OR <i>"The Minstrel Era (1828—c. 1900)"</i> 1:00-2:30 Spring Swap/ OR <i>See newsletter</i> 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>28 8:30 Rides /SUAD 9:30 Exercise with Tony /OR 9:45 Sit or Stroll at Seacliff /SUAD 12:30 Table Games /by B-1 elevator today 1:45 TAI CHI / OR 7:30 Games/AR 1:45 Holy Cross Students Visit their Resident Buddies / Acom Rm. 4:00—5:30 Happy Hour /OR <i>Chance to learn LINE DANCING!!</i></p>	<p>29 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 7:20—9:05 Classic Movie/ OR <i>"Autumn Sonata" with Ingrid Bergman</i></p>	<p>30 10:30 Qi Gong DVD/ OR</p> <p>1:30 Table Games /AR 1:30 Movie/ALAR "A Raisin in the Sun" 4:00 Mass/OR 7:20 Movie/OR "Green Book"</p>
<p>31 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30 Movement with Music/OR 2:45 Movie/ OR "Green Book" 7:20 Movie/OR "A Raisin in the Sun"</p>						