

Dominican Oaks March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Rides to Church/SUAD Come for raffle ticket between 10:30 & 10:35 for ACTIVITY SIGN UPS / OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45—4:15 Movie/OR “Suspicion” 7:20-9:40 Movie/OR “Mary Poppins”</p>	<p>2 9:30 Balance Exercises/OR 10:00 Poker / by C1 elevator 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 7:00 Games /AR 1:30 Shop Nob Hill & CVS/ SUAD 1:45 WORD WARP/ OR NO ART today 7:20—9:10 DVD/ OR By resident Request... “An Finished Life”</p>	<p>3 Election Day Dominican Oaks is a polling place NO ACTIVIITES in Oaks Room today 8:30 Rides/SUAD 9:45 Trip to Dollar Tree/ SUAD 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR</p>	<p>4 8:30 Rides/SUAD 9:30 Balance Exercises /OR 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 2:00 UCSC Professor Gary Griggs: “The Natural Disaster History of the Monterey Bay Region” /OR 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>5 8:30 Rides /SUAD 9:30 Exercise /OR 10:00—11:30 Bookmobile/Lobby 12:30 Table Games /AR 2:00—3:00 PBS DVD: “Ancient Invisible Cities: Cairo” 4:00-5:30 Happy Hour/OR with pianist Barry Levine 7:30 Games/AR</p>	<p>6 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp Dominican Oaks Guys & Gals Singing 10:30 Meditation /Mindfulness Grp/ AR 1:00 Bridge/OR 7:20—9:05 DVD/OR By Resident Request ... “Love is a Many-Splendored Thing”</p>	<p>7 Wish to attend Jewish services? Contact Activities during the week 10:30 Qi Gong DVD/ OR 1:30 Table Games / AR 1:30—3:10 Movie “Nanny McPhee”/ALAR 4:00 Mass/OR 7:20—9:00 Movie/OR “The Big Short” Rated R</p>
<p>8 Daylight Savings Begins Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45—4:55 Movie/OR “The Big Short” Rated R 7:20—9:00 Movie/OR “Nanny McPhee”</p>	<p>9 9:30 Balance /OR 10:00 Trader Joe’s / SUAD 10:00 Poker by C-1 10:30 Conversations/OR Hear the Latest at Dominican Oaks 1:00 Rummikub/AR 1:30 Bible Study /Chp 1:15 Leave for Senior Connections/ SUAD See newsletter for details NO ART today 2:30—4:00 Hearing Aid Check/ WC 7:20—8:50 DVD/OR “Best in Show” 7:00 Table Game/AR</p>	<p>10 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 11:00 CHAIR YOGA / 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 for Peace/Chp 6:30 Table Games/ AR</p>	<p>11 8:30 Rides/SUAD 9:30 Balance Exercises /OR 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 11:00 Episcopal Service/ Chp 2:00 NextStage Musical Productions Presents “Cruzin’ California”/ OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>12 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30—11:30 PBS DVD: “Ancient Invisible Cities: Istanbul” 10:45 Leave for Britannia Arms Restaurant in Capitola/ SUAD 12:30 Table Games /AR 4:00-5:30 Happy Hour/OR Dance with Mike Hadley Band! 7:30 Games/AR</p>	<p>13 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp Dominican Oaks Guys & Gals Singing 10:30 Meditation /Mindfulness Grp/ AR 1:00 Bridge/OR 1:30 Jewish Cultural Club: Shabbat Service/ AR 7:15 Villanelle Sings & Plays! /OR A dynamic singing & instrumental grp</p>	<p>14 11:00—12:00 Readers & Thinkers/ PDR Contact leader Lesley in advance at (440) 333-6252 to get reading material 10:30 Qi Gong DVD/ OR 1:30 Table Games /AR 1:30—3:25 Movie/ALAR “Charade” 4:00 Mass/OR 7:20— 9:20 Movie/OR “Arrival”</p>
<p>15 Rides to Church/SUAD 9:30 Leave for UCSC Osher Lifelong Learners: See newsletter for title 10:30 Qi Gong DVD/OR 1:30—2:15 Movement w/ Music/ OR 2:45—4:45 Movie/OR “Arrival” 7:20—9:15 Movie/ OR “Charade”</p>	<p>16 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Resident Council/ PDR 11:00 MOVIE Committee/ AR 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:30 Shop Lucky & Rite Aide/ SUAD NO ART today 7:00 Games/AR 7:20—10:20 By Resident Request DVD/OR “The Godfather” Part 1</p>	<p>17 St. Patrick’s Day 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 11:00 CHAIR YOGA / OR 9:45 Sit or Stroll at Seacliff/ SUAD 1:00 Bridge /OR 1:00 Mah Jong /OR 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR 6:30 Threshold Choir / Chapel</p>	<p>18 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 2:00 “History of Santa Cruz” with author Deborah Muth /OR Find out about SC in pictures & talk 3:15 Knitting & Crocheting. /AR 7: 00 Bingo/OR</p>	<p>19 8:30 Rides/SUAD 9:30 Exercise with Tony/OR 10:30 Healthy Mind / Healthy Body/OR See newsletter 10:00—11:30 Bookmobile/Lobby 12:30 Games /AR 2:00 New Resident Social / OR Welcome New Residents! 7:30 Games/AR</p>	<p>20 First Day of Spring No Fitness today 10:30—11:30 PBS DVD/ OR “Decoding Da Vinci” 10:00 Poker by C-1 10:15 DOGGS/ Chp 10:30 Meditation /Mindfulness Grp/ AR No Bridge in Oaks Room 2:00—3:00 Dr. Eric Hohn: “Managing Shoulder & Knee Pain”/OR 7:20—9:25 New Release DVD! /OR “Harriet”</p>	<p>21 10:30 Qi Gong DVD/ OR 1:30 Table Games/ By B-1 elevator 1:30—3:20 Movie/ALAR “The Art of Racing in the Rain” 1:45 Beading Class / AR/ SUAD 4:00 Mass/ OR 4:30—5:30 Lobby Piano Serenade 7:20—9:15 Movie/OR “Disobedience” Rated R</p>
<p>22 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 Movement with Music/ OR 2:45—4:40 Movie/OR “Disobedience” Rated R 7:20—9:10 Movie/ OR “The Art of Racing in the Rain”</p>	<p>23 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Sharing Memories w/ Fran/AR 1:00 Rummikub/AR 1:30 Bible Study/Chp 7:00 Games/AR 1:30 Shop Nob Hill & CVS/ SUAD 1:45 Art Class/ OR 7:20—10:45 By Resident Request ... DVD/OR “The Godfather” Part 2</p>	<p>24 8:30 Rides/SUAD 9:30 Exercise with Tony /OR 11:00 CHAIR YOGA / OR 1:00 Bridge & Mah Jong /OR 1:15 Trip to Capitola Mall/SUAD 3:30 Rosary for Peace/Chp 6:30 Table Games/ AR</p>	<p>25 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:00 Ping Pong/ Thomas Patio 10:30 Qi Gong DVD/OR 2:00 UCSC Professor Carrie Partch: “Morning Larks & Night Owls: How Circadian Timing Influences your Life”/OR 3:15 Knitting, Etc./AR 7:00 Bingo/OR</p>	<p>26 8:30 Rides /SUAD 9:30 Exercise /OR 10:30—12 iPhone Class 101/ AR /SUAD 10:30—11:30 PBS DVD/ OR “Rivers of Life: the Mississippi” 12:30 Games /AR 4:00-5:30 Birthday Happy Hour/OR Johnny Fabulous performs! Thank you Pat Hanson 7:30 Games /AR</p>	<p>27 9:30 Exercise with Tony /OR 10:00 Poker by C-1 elevator 10:15 DOGGS/Chp 10:30 Meditation/ Mindfulness /AR 1:00 Bridge/OR 1:30 Jewish Cultural Club/AR “What you don’t know about Passover might surprise you!” 7:15 Richard on Piano/OR ~ Hits of 1960!</p>	<p>28 Wish to attend Jewish services? Contact Activities during the week 10:30 Qi Gong DVD/ OR 1:30 Table Games 1:30—3:00 Movie/ALAR “The 39 Steps” 4:00 Mass/OR 7:20— 9:05 Movie/OR “Doubt”</p>
<p>29 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:00 Leave for Symphony (See wait List in Special Events book for ticket) NO ZUMBA today 2:45—4:30 Movie/OR “Doubt” 7:20—8:50 Movie/ OR “The 39 Steps”</p>	<p>30 9:30 Balance with Tony/OR 10:00 Poker by C-1 elevator 1:00 Rummikub/ AR 1:30 Bible Study/Chp 1:30 Shop Lucky & Rite Aide/ SUAD 1:45 Art Class/ OR 7:00 Games/AR 7:20—10:10 By Resident Request DVD/OR “The Godfather” Part 3</p>	<p>31 8:30 Rides/SUAD 9:30 Exercise with Tony/ OR 11:00 CHAIR YOGA / OR No Bridge or Mah Jong in AR or OR 2:30 County Line Trio Group Sponsored by Margaret Hartmann, Lynne McCall-Caldwell and John Wasserburger</p>		<p>Wellness Center Across from D204 Tuesdays from 1 to 2 PM Blood Pressure Checks & More Staffed by Stacy Smith-Paynter, RN</p>	<p>Podiatrist Across from D204 Dr. Mitnick <u>Call 475-7900 to schedule</u></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 ALAR... Assisted Living Act. Rm</p>