

# Dominican Oaks May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SUAD...Sign Up at Activity Desk</b> 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><b>Resident Support Group</b> Acorn Room~~~3:15 PM <b>Tuesdays</b> May 1, 8, 15, 22, &amp; 29th If interested in this Senior Outreach grp from Family Service Agency, see the facilitator beforehand at 3 PM</p>	<p><b>1</b> 8:30 Rides/SUAD <b>9:30 Exercise with Tony/OR</b> <b>SIGN UPS for ACTIVITIES in OR</b> <b>Come between 10:30 &amp; 10:35</b> <b>1:00—3:00</b> Bridge and Mah Jong /OR <b>1:15</b> Leave for Capitola Mall/ SUAD <b>3:30</b> Rosary for Peace/CHP</p>	<p><b>2</b> 8:30 Rides/SUAD <b>9:30</b> Balance Exercises/OR <b>10:30</b> Making Yarn Necklaces with Resident Margaret Hartmann /AR <b>2:30</b> Kentucky Derby...<i>Betting &amp; Winning &amp; Liquid Refreshments</i> <b>Dominican Oaks Style! / OR &amp; AR</b> <b>3:15</b> Knitting, Etc. /AR <b>7:00</b> Bingo/OR</p>	<p><b>3</b> 8:30 Rides /SUAD <b>9:30</b> Exercise with Tony/OR <b>10:00—11:30</b> Bookmobile/Lby <b>10:30</b> Movie/OR “Carl Perkins &amp; Friends” <b>10:45</b> Episcopal Service/ Chapel <b>1:45</b> Tai Chi with Melinda/ OR &amp; AR <b>4:00—5:30</b> Happy Hour~~ Mariachis Return! <i>Thank you John Wasserburger &amp; Lynne McCall-Caldwell</i> <b>7:30</b> Games</p>	<p><b>4</b> <b>9:30</b> Exercise with Tony/OR <b>10:00</b> Poker by C1 elevator <b>10:30</b> DOGGS/ AR <b>10:30</b> Meditation /Mindfulness Grp/ Chp <b>1:00</b> Bridge/OR <b>1:30</b> Texas Poker by C1 <b>2:00</b> “Philosophical Foundations of Modern Social Science” # 21 / AR <b>7:15—9:15</b> Movie/OR “A Man Called Ove”</p>	<p><b>5</b> <b>10:15</b> Qi Gong DVD/ OR <i>Wish to attend Jewish services? Contact Activities during the week</i> <b>1:30</b> Table Games/AR <b>1:30</b> “First Saturday” Writing Grp in <i>Private Dining Room</i> <b>1:30</b> Movie/ ALAR “Coal Miner’s Daughter” <b>2:00</b> Movement with Music /OR <b>4:00</b> Mass/OR <b>7:15</b> Movie/OR “Rio Bravo”</p>
<p><b>6</b> Rides to Church/SUAD <b>10:15</b> Qi Gong DVD/ OR <b>1:00</b> Leave for SC County Symphony <i>Sign up on waiting list for ticket</i> <b>1:30</b> Texas Hold’ Em Poker / by C-1 <b>2:00</b> FIAT MUSICA /OR <i>Women’s Acapella Singing Group!</i> <b>7:15</b> Movie/ OR “Coal Miner’s Daughter”</p>	<p><b>7</b> <b>9:30</b> Balance Exercises/OR <b>10:00</b> Poker by C-1 elevator <b>10:00</b> Resident Council/ PDR <b>1:00</b> Rummikub/ AR <b>1:30</b> Shop Lucky’s &amp; Rite Aid / SUAD <b>1:45</b> Art Class (for those enrolled)/OR <b>7:00</b> Games/AR <b>7:15—9:00</b> Movie/OR “Coco” <i>Thank you Mary Celestino!</i></p>	<p><b>8</b> 8:30 Rides/SUAD <b>9:30</b> Exercise with Tony/OR <b>10:30</b> Qi Gong DVD/ OR <b>11:30</b> New Resident Luncheon/ PDR <b>1:00</b> Bridge/OR <b>1:00</b> Mah Jong /OR <b>3:30</b> Rosary for Peace/CHP</p>	<p><b>9</b> 8:30 Rides/SUAD <b>9:30</b> Balance Exercises/OR <b>10:30 —11:30</b> BBC DVD /OR “Blue Planet 2—One Ocean” <b>11:00</b> Leave for Michael’s on Main in Soquel/ SUAD <b>1:45—4:45</b> Met Opera: “Carmen” /OR <i>With champagne intermission</i> <b>3:15</b> Knitting &amp; Crocheting /AR <b>7:00</b> Bingo/OR</p>	<p><b>10</b> 8:30 Rides /SUAD <b>9:30</b> Exercise with Tony /OR <b>9:45</b> Leave for Dollar Tree/ SUAD <b>10:30—11:30</b> PBS DVD/ OR “Ireland’s Wild River” <b>1:45</b> Tai Chi with Melinda/ OR <b>4:00—5:30</b> Happy Hour/ OR <i>Johnny Fabulous Returns!</i> <b>7:30</b> Games/AR</p>	<p><b>11</b> <b>9:30</b> Exercise with Tony/OR <b>10:00</b> Poker by C-1 elevator <b>10:30</b> DOGGS/ AR <i>Dominican Oaks Guys &amp; Gals Singing</i> <b>10:30</b> Meditation /Mindfulness Grp/ Chp <b>1:00</b> Bridge/OR <b>1:30</b> Texas Poker by C-1 Elevator <b>1:30</b> Jewish Cultural Club/AR <b>7:15</b> Villanelle Sings! /OR <i>A dynamic singing &amp; instrumental grp.</i></p>	<p><b>12</b> <b>Dinner is last served</b> at 5:30 PM in prep for Mother’s Day <b>10:15</b> Qi Gong DVD/ OR <i>No Table Games in Acorn Room Today</i> <b>1:30</b> Movie/ALAR “Mamma Mia” <b>2:00</b> Movement with Music /OR <b>4:00</b> Mass/OR <b>7:15</b> Movie/OR “State of Play”</p>
<p><b>13</b> <b>Mother’s Day</b> Rides to Church/SUAD <b>8—9</b> Continental Breakfast/ <u>Oaks Rm</u> <i>with Bob Hughes on piano</i> <b>11:00</b> Mother’s Day Buffet Starts (previous sign up required) <b>2:00</b> Movie/OR “State of Play” <b>5—6</b> Box Dinner (at Front Desk) <b>7:15</b> Movie/OR “Mamma Mia”</p>	<p><b>14</b> <b>9:30</b> Balance Exercises/OR <b>10:00</b> Poker by C-1 elevator <b>10:30</b> Conversations: <i>Learn what’s going on at Dominican Oaks/ OR</i> <b>1:00</b> Rummikub/ AR <b>1:30</b> Shop Nob Hill &amp; CVS / SUAD <b>2:15 —3:45</b> Movie/ OR “Loving Vincent” <i>Recommended by our art teacher</i> <b>7:00</b> Games/AR <b>7:15</b> “Loving Vincent”/OR</p>	<p><b>15</b> 8:30 Rides/SUAD <b>9:30</b> Exercise with Tony OR <b>10:30</b> Qi Gong DVD / OR <b>1:00</b> Bridge/OR <b>1:00</b> Mah Jong /OR <b>1:15</b> Leave for Capitola Mall/ SUAD <b>3:30</b> Rosary for Peace/Chp <b>6:30</b> Threshold Choir Rehearses /Chp</p>	<p><b>16</b> 8:30 Rides/SUAD <b>9:30</b> Balance Exercises/OR <b>10:30 —11:30</b> BBC DVD /OR “Blue Planet 2—The Deep” <b>2:00</b> Rabbi Eli: Kabbalah and the Tree of Life /OR <i>Articulate &amp; knowledgeable speaker for those of all faith traditions</i> <b>3:15</b> Knitting, Etc. /AR <b>7:00</b> Bingo/OR</p>	<p><b>17</b> 8:30 Rides /SUAD <b>9:30</b> Exercise with Tony/OR <b>10:00—11:30</b> Bookmobile/Lby <b>10:00—11:15</b> Hearing Aid Check /WC <b>2:00</b> Dietitian Joan Le Ber: “Eating Wisely &amp; Making Healthy Choices at Dominican Oaks/ OR <b>7:30</b> Games /AR <b>4:15</b> Birthday /New Resident Dinner /DR <b>6:50</b> Trip to Cabrillo Orchestra / SUAD</p>	<p><b>18</b> <b>9:30</b> Exercise with Tony/OR <b>10:00</b> Poker by C-1 elevator <b>10:30</b> DOGGS/ AR <b>10:30</b> Meditation /Mindfulness Grp/ Chp <b>1:00</b> Bridge/OR <b>1:30</b> Texas Poker C-1 <b>2:00</b> “Philosophical Foundations of Modern Social Science” # 22 / AR <b>7:15—8:15</b> Marvelous pianist Martan Mann! / OR <i>Request a song</i></p>	<p><b>19</b> <b>10:15</b> Qi Gong/ OR <b>1:00</b> “Third Saturday” Writing Grp in <i>Private Dining Room</i> <b>1:30</b> Table Games/AR <b>1:30</b> Movie/ALAR “All of Me” <b>2:00</b> Movement with Music /OR <b>4:00</b> Mass/OR <b>4:30—5:30</b> Lobby Piano Serenade w/Bob <b>7:15</b> Movie/OR “The Post”</p>
<p><b>20</b> Rides to Church/SUAD <b>9:25</b> Leave for Life Long Learners Lecture at UCSC: “The Edge—The Pressured Past &amp; Precarious Future of California’s Coast”/ SUAD <b>10:15</b> Qi Gong/OR <b>1:30</b> Texas Poker by C-1 elevator <b>2:00</b> Movie/ OR “The Post” <b>7:15</b> Movie/OR “All of Me”</p>	<p><b>21</b> <b>9:30</b> Balance Exercises/OR <b>9:45</b> Trader Joe’s, Bed, Bath &amp; Beyond / SUAD <b>10:00</b> Poker by C-1 <b>10:30</b> Memoir Writing Grp /OR with Fran Stekoll <b>10:30</b> MOVIE Committee/ Acorn Rm <b>1:00</b> Rummikub/ AR <b>1:45</b> Art Class (for those enrolled )/OR <b>7:15—8:40</b> Movie/OR “Mully” <b>7:00</b> Games/AR</p>	<p><b>22</b> 8:30 Rides/SUAD <b>9:30</b> Exercise with Tony/OR <b>10:30</b> Qi Gong DVD/ OR  <b>NO Bridge or Mah Jong in OR</b>  <b>Room being used 2:00-4:00 for Administrative Meeting</b>  <b>3:30</b> Rosary for Peace /Chp</p>	<p><b>23</b> 8:30 Rides/SUAD <b>9:30</b> Balance Exercises/OR <b>10:30 —11:30</b> BBC DVD /OR “Blue Planet 2—Coral Reefs” <b>2:30</b> New Resident Social/ OR <i>Come welcome the new residents!</i> <b>3:15</b> Knitting &amp; Crocheting./ AR <b>7:00</b> Bingo/OR</p>	<p><b>24</b> 8:30 Rides /SUAD <b>9:30</b> Exercise with Tony/OR <b>10:30</b> Opening to Joy #1 / OR <b>1:45</b> Tai Chi with Melinda/ OR <b>4:00—5:30</b> Happy Hour /OR <i>Includes results of ‘Guess that Face’ Contest</i> <b>7:30</b> Games /AR</p>	<p><b>25</b> <b>9:30</b> Exercise with Tony/OR <b>10:00</b> Poker by C-1 elevator <b>10:30</b> DOGGS/ AR <b>10:30</b> First Congregational Church/Chp <b>1:00</b> Bridge/OR <b>1:30</b> Texas Poker by C-1 elevator <b>1:30</b> Jewish Cultural Club/AR <b>7:15—9:20</b> Movie/ OR “Renee Fleming” <i>Thank you Gary Snelson</i></p>	<p><b>26</b> <b>10:15</b> Qi Gong DVD/ OR <i>Wish to attend Jewish services? Contact Activities during the week</i> <b>1:30</b> Table Games/AR <b>1:30</b> Movie/ALAR “Roxanne” <b>2:00</b> Movement with Music /OR <b>4:00</b> Mass/OR <b>7:15</b> Movie/OR “One Flew Over the Cuckoo’s Nest”</p>
<p><b>27</b> Rides to Church/SUAD <b>10:15</b> Qi Gong/OR <b>1:30</b> Beading/SUAD/AR <b>1:30</b> Texas Hold’ Em Poker by C-1 <b>2:00</b> Movie/OR “One Flew Over the Cuckoo’s Nest” <b>7:15</b> Movie/ OR “Roxanne”</p>	<p><b>28</b> <b>Memorial Day</b> <b>9:30</b> Balance Exercises/OR <b>10:00</b> Poker by C-1 elevator <b>10:30</b> Memoir Writing Grp /OR <b>1:00</b> Rummikub/ AR <u>Shopping on 5/29</u> <b>2:00</b> Patriotic Piano Tribute with Pianist Martan Mann/OR <i>Root beer floats!</i> <b>7:00</b> Games/AR <b>7:15</b> PBS DVD/ OR “Hallowed Grounds”</p>	<p><b>29</b> 8:30 Rides/SUAD <b>9:30</b> Exercise with Tony/OR <b>10:30</b> Qi Gong DVD/ OR <b>1:00</b> Bridge/OR <b>1:00</b> Mah Jong /OR <b>1:30</b> Shop Lucky’s &amp; Rite Aid / SUAD <b>3:30</b> Rosary for Peace /Chp</p>	<p><b>30</b> 8:30 Rides/SUAD <b>9:30</b> Balance Exercises/OR <b>10:30</b> Gospel Sing Along with Dave Grishaw-Jones /OR <i>(son—in-law of resident Liz Grishaw)</i> <b>1:15</b> Play or Watch Bocce Ball /SUAD <b>1:30</b> WORD WARP /OR <b>3:15</b> Knitting &amp; Crocheting./ AR <b>7:00</b> Bingo/OR</p>	<p><b>31</b> 8:30 Rides /SUAD <b>9:30</b> Exercise with Tony/OR <b>10:00—11:30</b> Bookmobile/Lby <b>10:30</b> Opening to Joy #2 / OR <b>1:45</b> Holy Cross Students visit Assigned Resident Buddies/R <b>4:00—5:30</b> Happy Hour /OR <i>Guitarist &amp; Vocalist Fred McCarty</i> <b>7:30</b> Games /AR</p>	<p style="text-align: center;"><b>Wellness Center</b> <b>Across from D204 on Tuesdays from 1 to 2 PM</b> <i>(except on Tuesdays when used by podiatrist )</i>  <i>Blood Pressure Checks &amp; More Staffed by Stacy Smith-Paynter, RN</i></p>	<p style="text-align: center;"><b>Podiatrist</b> <b>Across from D204</b> <b>Tues. May 1 &amp; 2 Wed. June 6</b> <b>Tuesdays appts. 9AM to 12 PM</b> <b>Wednesdays 9AM to 2:30 PM</b> <b>Call Dr. Alles at 609-6096</b> <b>You may get voicemail.</b></p>