

Dominican Oaks May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign Up at Activity Desk</p> <p>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 Staffed by Stacy Smith-Paynter, RN</i></p>		<p>1 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio Come for raffle ticket between 10:30 & 10:35 for ACTIVITY SIGN UPS / OR 2:30 Kentucky Derby... Betting... Winning...Liquid Refreshments Dominican Oaks style/ OR 3:15 Knitting, Etc./AR 7:00 Bingo/OR</p>	<p>2 8:30 Rides /SUAD 9:30 Exercise/OR 9:45 Trip to Dollar Tree/ SUAD 10:00—11:30 Bookmobile/Lobby 10:30—11:15 The Great Courses DVD Evolution of the Verse/ Chorus Song/OR 12:30 Games /AR 1:45 TAI CHI /OR 4:00—5:30 Happy Hour with Johnny Fabulous /OR 7:30 Games/AR</p>	<p>3 No Exercise w/Tony today 9:30—11:20 PBS DVD: “Dorothea Lange” /OR 10:00 Poker— C-1 Elevator 10:15 DOGGS/ AR 1:00 Bridge/OR Dominican Oaks Guys & Gals Singing 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 7:15 Martan Plays Piano...bring your requests/ OR</p>	<p>4 10:30 Qi Gong DVD/ OR Wish to attend Jewish services? Contact Activities during the week</p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR “Clueless” 4:00 Mass/OR 7:20 Movie/OR “Calvary”</p>
<p>5 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 “Calvary”</p> <p>7:20 Movie/ OR “Clueless”</p>	<p>6 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 Lucky’s & Rite Aid/ SUAD 1:45 Art Class Grp #1 /OR 7:00 Games /AR 7:20 —9:25 DVD/ OR By resident request...“De -Lovely”</p>	<p>7 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD/OR 1:15 Trip to Capitola Mall/ SUAD No bridge or mah jong in OR today 2:30 Sue Brown’s Picasso Ensemble /OR Piano, Violin, & Cello Gems of Chamber Music 3:30 Rosary/Chp 6:30 Table Games/ AR</p>	<p>8 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30 Resident Reading Mentors/ OR Previous Sign up Required 11:00 Episcopal Service/ Chp 2:00 NextStage Presents: Reader’s Theatre... “Listen to Your Mother” /OR You can help the performers with your feedback 3:15 Knitting , Etc. /AR 7:00 Bingo/OR</p>	<p>9 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30 Facilitator Leslie Tremaine, Ph.d The Spirit of Mothers & Mothering/OR 12:30 Table Games /AR 1:45 TAI CHI /OR 4:00—5:30 Happy Hour /OR Keep checking...something special is in the works! 7:30 Games/AR</p>	<p>10 9:30 Exercise with Tony/OR 9:45 Stroll or Sit at Seaciff Beach/SUAD 10:00 Poker by C-1 Elevator 10:15 DOGGS/ AR Dominican Oaks Guys & Gals Singing 10:30 Meditation /Mindfulness Grp/ Chp 1:00 Bridge/OR 7:15 Villanelle Sings! /OR A dynamic singing & instrumental grp</p>	<p>11 10:30 Qi Gong DVD/ OR Wish to attend Jewish services? Contact Activities during the week</p> <p>10:30—12 Readers & Thinkers /AR Magazine Article Grp with Sr. Rina Previous sign up required</p> <p>1:30 Table Games/ AR 1:30 Movie/ALAR “Funny Girl” 4:00 Mass/OR 7:20 Movie/OR “Showboat”</p>
<p>12 Mother’s Day Rides to Church</p> <p>8—9 Continental Breakfast/ Oaks Rm 11:00 Buffet Starts /Main DR 2:45 Movie/OR “Showboat” 5—6 Box Dinner (at Front Desk) 7:20 Movie/OR “Funny Girl”</p>	<p>13 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Conversations/OR 1:00 Rummikub/AR 7:00 Games/AR 1:30 Bible Study/Chp 1:30 Shop Nob Hill & CVS/ SUAD 1:45 Art Class Grp #2 /OR 2:30—4:00 Hearing Aid Check /WC 7:20 DVD/OR “On the Basis of Sex”</p>	<p>14 8:30 Rides/SUAD 9:30 Exercise /OR 10:30 Qi Gong DVD/OR 10:00 Leave for Lunch & Day at Filoli’s/SUAD See newsletter 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>15 8:30 Rides/SUAD 9:30 Balance with Tony/OR 10:00 Ping Pong/ Thomas Patio 10:30—11:15 The Great Courses DVD The Ragtime Years (c.1890-1917) /OR 2:30 Resident Billie Harris does Readings / OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>16 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 Games /AR 1:45 TAI CHI with Melinda/ OR 4:15 Birthday /New Resident Dinner/DR 7:30 Games/AR</p>	<p>17 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ AR 10:30 Meditation /Mindfulness Grp/ Chp No Bridge in Oaks Room 4:00—5:30 HAPPY HOUR /OR John Michael Band Performs Frank Sinatra for Dancing / Listening</p>	<p>18 10:30 Qi Gong DVD/ OR Wish to attend Jewish services? Contact Activities during the week</p> <p>1:30 Table Games /AR 1:30 Movie/ALAR “Harold & Maude” 1:45 Beading Class/ AR/ SUAD 4:00 Mass/ OR 4:30—5:30 Lobby Piano Serenade 7:20 Movie/OR “Walkabout”</p>
<p>19 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 9:30 Leave for Life Long Learners AT UCSC: Professor Ingrid Parker (Ecology & Evolutionary Biology): “Invasive Plant Biology” / SUAD 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/OR “Walkabout” 7:20 Movie/ OR “Harold & Maude”</p>	<p>20 9:30 Balance Exercises/OR 9:45 Trader Joe’s & More / SUAD 10:00 Poker by C-1 Elevator 10:30 MOVIE Committee/ AR 1:00 Rummikub AR 1:15 Senior Connections: The Art of Piano Music: Solo & Ensembles from UCSC/ SUAD See newsletter 1:30 Bible Study/Chp 1:45 Art Group #1 /OR 7:00 Games/AR</p>	<p>21 8:30 Rides/SUAD 10:00 —11:00 Employee Recognition /OR 12:15 Leave for Monterey Aquarium /SUAD See newsletter 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>22 8:30 Rides/SUAD 9:30 Balance/ OR 10:00 Ping Pong/ Thomas Patio 10:30—11:30 DVD Mystery of the Senses: “Touch” /OR Discussion led by resident Dr. Rodney Lowe 10:30—11:00 Sharing Tips for Better Living with Macular Degeneration /AR 2:00—3:30 ELVIS is in the HOUSE! Thank you John Wasserburger 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>23 8:30 Rides /SUAD 9:30 Exercise/OR 10:30—11:15 The Great Courses DVD/ Vaudeville Era (c.1881—c1935) / OR 12:30 Games /AR 10:30 Leave for Ella’s at the Airport Restaurant in Watsonville/ SUAD 1:45 TAI CHI with Melinda/ OR 3:15 WORD WARP /OR 7:30 Games/AR</p>	<p>24 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ AR Dominican Oaks Guys & Gals Singing 10:30 Meditation/ Mindfulness /Chp 1:00 Bridge/OR 1:30 Shabbot Service / AR 7:15—8:15 Pianist Richard Stauff/OR Song Hits of 1952</p>	<p>25 10:30 Qi Gong DVD/ OR Wish to attend Jewish services? Contact Activities during the week</p> <p>1:30 Table Games /AR 1:30 Movie/ALAR “The Night of the Hunter” 4:00 Mass/OR 7:20 Movie/OR “Remember”</p>
<p>26 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45 Movie/ OR “Remember” 7:20 Movie/OR “The Night of the Hunter”</p>	<p>27 Memorial Day 9:30 Balance /OR 10:00 Poker by C 1 10:30 Sharing Memories with resident Fran Stekoll /OR 1:00 Rummikub/ AR 1:30 Bible Study/Chp 7:00 Games/AR 2:00 Joe Ferrara—Vocalist & Guitarist Performs for Memorial Day 7:20—8:20 PBS DVD/OR “Hallowed Grounds”</p>	<p>28 8:30 Rides/SUAD 9:30 Exercise with Tony/ OR 9:45 Watch or Play Bocce Ball/ SUAD 10:30 Qi Gong DVD/OR 1:00 Bridge/OR 1:00 Mah Jong /OR 1:30 Shop Lucky’s & Rite Aid/ SUAD 3:30 Rosary for Peace /Chp 6:30 Table Games/ AR</p>	<p>29 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30—11:15 The Great Courses DVD/ Tin Pan Alley /OR 2:00 Violin & Piano Concert /OR Bach, Mozart, Monti, Williams, Copland, Leclair...& More! 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>30 8:30 Rides /SUAD 8:30 Breakfast at the Beach/ SUAD 9:30 Exercise/OR 10:00—11:30 Bookmobile/Lobby 10:30—11:15 The Great Courses DVD/ Broadway in its Infancy /OR 12:30 Games /AR 7:30 Games/AR 1:45 Holy Cross Students Visit / AR 1:45 TAI CHI /OR 4:00 Happy Hour/OR</p>	<p>31 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ AR Dominican Oaks Guys & Gals Singing 10:30 Meditation/ Mindfulness /Chp 1:00 Bridge/OR 7:20—9:20 DVD/OR “On the Basis of Sex”</p>	<p style="text-align: center;">Podiatrist Across from D204 Dr. Mitnick</p> <p style="text-align: center;">May 15 June 12</p> <p style="text-align: center;">Call 475-7900 to schedule</p>