

Dominican Oaks November 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...Acom Room LBY...Lobby WC...Wellness Center: Across from D204 CC...Coffee Corner / Assisted Living ALAR... Assisted Living Activity Rm</p>	<p>Wellness Center <i>Across from D204</i></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 <i>Across from D204</i></p> <p>Dr. Mitnick Wednesday, November 7 8:00 AM to 12:30 PM <u>Call 475-7900 to schedule</u></p>		<p>1 8:30 Rides /SUAD 10:00—11:30 Bookmobile /Lby SIGN UPS for ACTIVITIES in OR <i>Come between 10:30 & 10:35 for ticket</i> 12:30 Table Games /AR No Tai Chi today 4:00—5:30 Happy Hour/OR S.C icon Patti Maxine on Steel Guitar 7:30 Games/AR</p>	<p>2 9:30 PBS DVD/OR "The Shakers" 10:00 Poker by C-1 Elevator 10:15 DOGGS/ AR 1:00 Bridge/OR 10:30 Meditation /Mindfulness Grp/Chp 7:15 Marvelous Martan on Piano/OR <i>Write down a request & bring it a long</i></p>	<p>3 10:15 Qi Gong DVD/ OR 1:30 "First Saturday" Writing Grp /OR 1:30 Table Games/ Outside of B-1 Elev. 1:30 Movie/ALAR "What's Eating Gilbert Grape" 1:45 BEADING / AR / SUAD <u>New Time</u> 4:00 Mass/OR 7:15 Movie/OR "The Hours"</p>
<p>4 Daylight Savings Time Ends Rides to Church/SUAD 10:15 Qi Gong/OR 1:30—2:15 Movement with Music /OR 2:45 Movie/OR "The Hours" 7:15 Movie/ OR "What's Eating Gilbert Grape"</p>	<p>5 9:30 Balance Exercises/OR 10:00 Resident Council/PDR 10:00 Poker by C-1 Elevator 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 1:30 Shop Lucky's & Rite Aid/ SUAD 1:45 Art Class (<i>for those enrolled</i>)/OR 7:15—8:45 PBS Jazz Documentary with Ken Burns: "JAZZ: Gumbo"/ OR 7:00 Games /AR</p>	<p>6 Election Day 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 11:00—12:00 iPhone Class/ AR/SUAD 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>7 8:30 Rides/SUAD 9:30 Balance /OR 10:00 Ping Pong/ Thomas Patio 10:30—11:30 Resident Reading Mentors / <i>Previous Sign up required</i> 11:00 Episcopal Service in Chapel 1:15 Leave for FREE Pie at Gizdich Ranch in Watsonville / SUAD 2:00—4:00 Work on YOUR Crafts /OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>8 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30 '2nd Thursday Writing Grp' with Mary Boer / Oaks Room 12:30 Table Games /AR 1:45 Tai Chi with Melinda/ OR 4:00—5:30 Happy Hour /OR 7:30 Games/AR</p>	<p>9 9:00 Del Monte Shopping Center in Monterey w/lunch on your own / SUAD 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 Cultural Club/AR 7:15 Villanelle Sings! /OR</p>	<p>10 10:15 Qi Gong DVD/ OR 11:00—12:00 Readers & Thinkers/ AR Sr. Rina's magazine reading group Previous sign up needed Contact Sister <u>beforehand</u> for reading material if interested. 1:30 Table Games/ AR 1:30 Movie/ALAR "The Descendants" 4:00 Mass/OR 7:15 Movie/OR "The Social Network"</p>
<p>11 Rides to Church/SUAD 10:15 Qi Gong/OR 1:30 NO Movement w Music today 2:45 Movie/OR "The Social Network" 7:15 Movie/ OR "The Descendants"</p>	<p>12 Veterans Day Observed 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Conversations: <i>Learn what's going on at Dominican Oaks</i>/OR 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:30 Shop Nob Hill & CVS / SUAD 2:30 NEW RESIDENT SOCIAL/ OR Special patriotic salute! 7—Games /AR</p>	<p>13 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 11:00—12:00 iPhone Class/ AR/SUAD 11:30 New Resident Luncheon/ PDR 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp 6:30 Table Games/AR</p>	<p>14 8:30 Rides/SUAD 9:30 Balance Exercises/OR 9:45 Trip to Dollar Tree/ SAUD 10:00 Ping Pong/ Thomas Patio 2:30—3:30 Celebration of Life for Mary Roth Fudge/ OR 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>15 8:30 Rides /SUAD 10:00—11:15 Hearing Aid Check /WC 10:00—11:30 Bookmobile/Lobby 10:30 "Cultivating Gratitude" OR <i>See newsletter</i> 12:30 Table Games /AR 7:30 Games/AR 1:45 Holy Cross Students & Their Assigned Resident Buddies Meet in OR 4:15 Birthday /New Resident Dinner/DR</p>	<p>16 9:30 Exercise with Tony/OR 10:00 Poker by C-1 by C-1 Elevator 10:15 DOGGS/ AR 10:30 Meditation /Mindfulness Grp/ Chp 11:00 Leave for Cowboy Bar & Grill in Felton/ SUAD 1:00 Bridge/OR 7:15—8:15 Pianist Richard Stauff/OR "Hit Parade of 1948"</p>	<p>17 10:15 Qi Gong/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i> 1:30 Table Games/ Outside of B-1 Elev. Acorn Room being used for Private Mtg. 4:00 Mass/OR 4:30—5:30 Lobby Piano Serenade w/Bob 7:15 Movie/OR "The Other Side of Hope"</p>
<p>18 Rides to Church/SUAD 9:25 Lifelong Learners at UCSC/SUAD "How DNA companies Analyze DNA & Interpret the Data: Who ARE We?" 10:15 Qi Gong/OR 1:30—2:15 Movement with Music/OR 2:45 Movie/ OR "The Other Side of Hope" 7:15 Movie/OR "Lincoln"</p>	<p>19 9:30 Balance Exercises/OR 9:45 Leave for Capitola Mall / SUAD 10:00 Poker by C-1 Elevator 10:30 MOVIE Committee/ Acorn Rm 1:00 Rummikub/ AR 7:00 Games/AR 1:30 Bible Study/ Chp 1:30 Shop Lucky's & Rite Aid/ SUAD 1:45 Art Class (<i>for those enrolled</i>)/OR 7:15—9:15 PBS JAZZ Doc with Ken Burns /OR Armstrong & Ellington</p>	<p>20 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD / OR 11:00—12:00 iPhone Class/ AR/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 Rehearses/Chp</p>	<p>21 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30—11:30 2nd Meeting of Macular Degeneration Grp/ OR 10:00 Ping Pong/ Thomas Patio 1:30 Sit or Stroll: Seadiff Beach SUAD 2:00—3:45 Movie/OR "Don Juan deMarco" Thanks to Mary Cebstino 3:15 Knitting, Etc. / AR 7:00 Bingo/OR</p>	<p>22 Thanksgiving 8—9 Continental Breakfast/Oaks Rm 10:15 Mass in Oaks Room 11:00 Buffet Starts /Main DR 12:30 Tables Games/ AR 7:30 Games/AR 2:00 DVD/OR "A Thanksgiving of American Folk Hymns" 5—6 Box Dinner (at Front Desk) 7:15—8:45 Movie/OR "An Old-Fashioned Thanksgiving"</p>	<p>23 No Exercise with Tony 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 7:15-8:50 Sponsored by Jewish Cultural Club... Movie/ OR "Fanny's Journey"</p>	<p>24 10:15 Qi Gong DVD/ OR <i>Wish to attend Jewish services?</i> <i>Contact Activities during the week</i> 1:30 Table Games/ AR 1:30 Movie/ALAR "The Best Exotic Marigold Hotel" 4:00 Mass/OR 12:30 Table Games /AR 7:15 Movie/OR Phantom Thread"</p>
<p>25 Rides to Church/SUAD 10:15 Qi Gong/OR 1:30—2:15 Movement with Music/ OR 2:45 Movie/ OR "Phantom Thread" 7:15 Movie/ OR "The Best Exotic Marigold Hotel"</p>	<p>26 9:30 Balance/OR 9:45 Trader Joe's 10:00 Poker by C-1 Elev. 10:30 Sharing Memories with Fran/OR 1:00 Rummikub/AR 1:15 Senior Connections: UCSC Prof. on "An Assessment of Middle East" /SUAD 1:30 Bible Study/ Chp 2:00 WORD WARP/ OR 7:00 Games/AR 7:15—9:15 JAZZ DVD with Ken Burn/OR Goodman, Shaw, Hines ...</p>	<p>27 8:30 Rides/SUAD 9:30 Exercise/OR No Qi Gong 10:30—11:30 VISTA Center for the Visually Impaired Demonstrates Equipment / Oaks Room 1:00 Bridge/OR 1:00 Mah Jong /OR 3:30 Rosary for Peace /Chp 6:30 Table Games/ AR</p>	<p>28 8:30 Rides/SUAD 9:30 Balance Exercises/OR 10:30—11:30 PBS DVD/OR "Nature's Miniature Miracles" 10:00 Ping Pong/ Thomas Patio 2:30 Volunteer Appreciation Event /OR Refreshments & Music! 3:15 Knitting & Crocheting / AR 7:00 Bingo/OR</p>	<p>29 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:00—11:30 Bookmobile/Lobby 10:30 —10:30 PBS DVD/OR "Mystery of Easter Island" 12:30 Table Games /AR No Tai Chi today <i>Administration using OR from 2 to 4 PM</i> 4:00—5:30 Happy Hour /OR 7:30 Games/AR</p>	<p>30 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 No Bridge in OR today 2:00 Spring Lakes Choir Performs/OR 7:15—9:15 Movie/OR "Jean de Florette" Thanks to Faye Alexander</p>	