

Dominican Oaks September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Rides to Church/SUAD <i>No Qi Gong today</i> <u>Come for raffle ticket between 10:30 & 10:35 for ACTIVITY SIGN UPS / OR</u> <i>No Zumba today</i> 2:45—4:30 Movie/ OR “Barbara” 7:20 —9:45 Movie/ OR “Seabiscuit”</p>	<p>2 Labor Day 9:30 Balance Exercises/OR 10:00 Poker / by C1 elevator 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 2:00—3:35 DVD/ OR <i>Don't miss it!</i> “The Biggest Little Farm” 7:00 Games /AR</p>	<p>3 8:30 Rides/SUAD 9:30 Exercise with Tony OR 10:30 Qi Gong DVD/OR 10:30 Resident Council/ ACORN RM 1:00 Bridge/OR 1:00 Mah Jong /OR 1:30 Shop Nob Hill & CVS/ 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 Meaning, Message & Stories of the Upcoming Jewish High Holidays with Guest Speaker/ OR 2:30 New Resident Social / OR 3:15 Knitting, Etc/ IAR 7:00 Bingo/OR</p>	<p>5 8:30 Rides /SUAD 9:30 Exercise /OR 10:30 Part 3: <i>Love & Loss: Finding a Path of Healing” /OR</i> <i>See newsletter</i> 12:30 Table Games /AR 10:00—11:30 Bookmobile/ Lobby 1:45 TAI CHI /OR 4:00—5:30 Happy Hour/ OR Johnny Fabulous! <i>Thank you Pat & John</i> 7:30 Games/AR</p>	<p>6 9:30 Exercise with Tony/OR 9:45 Sit or Stroll on West Cliff/ SUAD 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ OR 1:00 Bridge/OR 7:20—8:55 DVD/ OR “The Biggest Little Farm” <i>Don't miss it!</i></p>	<p>7 <i>Wish to attend Jewish services? Contact Activities during the week</i> 10:30 Qi Gong DVD/ OR 1:30 Table Games/ AR 1:30—3:05 Movie/ALAR “Shakespeare in Love” (Rated R) 4:00 Mass/OR 7:20—9:30 Movie/OR “The Cider House Rules”</p>
<p>8 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 Cider House Rules” 3:00 Leave for Classical Piano Concert with Chetan Tierra /SUAD <i>See newsletter</i> 7:20—9:25 Movie/OR “Shakespeare in Love” (Rated R)</p>	<p>9 9:30 Balance Exercises/OR 10:00 Poker / by C1 elevator 10:30 Conversations/OR <i>Hear the Latest at Dominican Oaks</i> 1:00 Rummikub/ AR 1:30 Bible Study/ Chp 1:30 Shop Lucky & Rite Aide/ SUAD 1:45 Art Class Grp # 1/OR 2:30—4:00 Hearing Aid Check/ WC 7:00 Games /AR 7:20—9:30 DVD/OR “Union Pacific Streamliner”</p>	<p>10 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 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 11:00 Episcopal Service/ Chp 2:00 Violinist Daniel Lewin Returns! <i>Bach, Handel, Mozart Beethoven, Chopin & Massenet /OR</i> & AR <i>Thank you Lynne & John</i> 3:15 Knitting & Crocheting /AR 7:00 Bingo/OR</p>	<p>12 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30 Facts & Myths about Assisted Living: Get the Real Scoop!/ OR 12:30 Leave for S. C. FOLLIES <i>See newsletter~ Don't miss the deadline</i> 12:30 Table Games /AR 7:30 Games/AR 1:45—2:45 Train DVD/ OR “Sante Fe 3751 Restoration” 4:00—5:30 Happy Hour /OR</p>	<p>13 9:30 Exercise with Tony/OR 9:45 Trip to Dollar Tree /SUAD 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ OR 1:00 Bridge/OR 1:30 Shabbot Service/ AR 7:15 Villanelle Sings & Plays! /OR <i>A dynamic singing & instrumental grp</i></p>	<p>14 10:30—12:00 Readers & Thinkers /AR <i>Please contact resident Lesley Hahn before coming to the group for reading material</i> 10:30 Qi Gong DVD/ OR 1:30 Table Games/ By B-1 elevator 1:30—3:15 Movie/ALAR “Puzzle” (R) 1:45 Beading Class/ AR/ SUAD 4:00 Mass/OR 7:20—9:15 Movie/OR “The Bookshop”</p>
<p>15 Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45—4:40 Movie/OR “Bookshop” 7:20—9:05 Movie/ OR “Puzzle” (Rated R)</p>	<p>16 9:30 Balance Exercises/OR 10:00 Poker by C-1 Elevator 10:30 Sharing Memories w/ Fran /OR 11:00 MOVIE Committee/ AR 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:30 Shop Nob Hill & CVS/ SUAD 7:00 Games/AR 7:15 Martan play the Piano /OR <i>Bring your requests!</i></p>	<p>17 8:30 Rides/SUAD Administration is using the Oaks Room all day 12:00 Leave for Cathedral of Christ the Light Trip to Oakland / SUAD <i>See newsletter</i> 3:30 Rosary for Peace/ Chp 6:30 Table Games/ AR 6:30 Threshold Choir Rehearses/Chp</p>	<p>18 8:30 Rides/SUAD 10:00 Ping Pong/ Thomas Patio 9:45 Trip to Alladin Nursery in Watsonville/ SUAD Administration is using the Oaks Room all day 3:15 Knitting & Crocheting/ AR 7:00 Bingo/OR</p>	<p>19 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 WORD WARP /SUAD 4:15 Birthday /New Resident Dinner/DR 7:30 Games/AR</p>	<p>20 9:30 Exercise with Tony/OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp <i>Dominican Oaks Guys & Gals Singing</i> 10:30 Meditation /Mindfulness Grp/ OR 10:45 Leave for Basque Restaurant Matxain Etxea in San Juan Baptista/SUAD 1:00 Bridge/OR 7:20—8:50 DVD/ OR “Southern Pacific Cab Forward”</p>	<p>21 <i>See newsletter for details on “Walk to End Alzheimer’s”</i> 10:30 Qi Gong DVD/ OR 1:30 Table Games /AR 1:30—3:15 Movie/ALAR “Dirty Dancing” 4:00 Mass/ OR 4:30—5:30 Lobby Piano Serenade 7:20—9:00 Movie/OR “One Hour Photo” (R)</p>
<p>22 Rides to Church/SUAD 10:30 Qi Gong DVD/OR <i>No Zumba today</i> 2:45 —4:25 Movie/OR “One Hour Photo” (Rated R) 7:20—9:05 Movie/ OR “Dirty Dancing”</p>	<p>23 9:30 Balance Exercises/OR 9:45 Trader Joe’s & More / SUAD 10:00 Poker by C-1 Elevator 1:00 Rummikub/AR 1:30 Bible Study/Chp 1:15 Leave for Senior Connections/SUAD <i>See newsletter</i> 1:45 Art Group #2 /OR 7:00 Games/AR 7:20—8:45 DVD/OR “Luciano Pavarotti: A Life in 7 in Arias”</p>	<p>24 8:30 Rides/SUAD 9:30 Exercise with Tony /OR 9:30 Watch or Play Bocce Ball with Lunch in the Redwoods / SUAD 10:30 Qi Gong DVD/OR 1:00 Bridge/OR 1:00 Mah Jong/OR 1:30 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 Poems & Poetry /OR <i>See newsletter</i> 2:00—3:30 Wildcat Mountain Ramblers Perform: Listen, Clap, Dance or Watch! <i>Thank you John Wasserburger & Margaret Hartmann</i> 3:15 Knitting, Etc. /AR 7:00 Bingo/OR</p>	<p>26 8:30 Rides /SUAD 9:30 Exercise with Tony/OR 10:30 Sharing Tips for Better Living with Macular Degeneration/ AR 12:30 Games /AR 7:30 Games/AR 1:45 TAI CHI with Melinda / OR 4:00 —5:30 Pizza & Beer Happy Hour Thomas Patio & Oaks Room with Guitarist/Vocalist Joe Ferrara</p>	<p>27 8:30 Burrito Breakfast at the Beach/ SUAD 9:30 Exercise /OR 10:00 Poker by C-1 elevator 10:15 DOGGS/ Chp 10:30 Meditation/ Mindfulness /OR 1:00 Bridge/OR 1:30 Jewish Cultural Club /AR 7:15—8:15 Pianist Richard Stauff /OR <i>Hit Parade of 1956</i></p>	<p>28 <i>Wish to attend Jewish services? Contact Activities during the week</i> 10:30 Qi Gong DVD/ OR 1:15 Leave for Jewel Theatre (Those with privately-bought season tickets will receive written reminder) 1:30 Table Games /AR 1:30—4:05 Movie/ALAR “Jackie Brown” (“R”) 4:00 Mass/OR 7:20—9:10 Movie/OR “Midnight Lace”</p>
<p>29 Rosh Hashanah begins at Sunset Rides to Church/SUAD 10:30 Qi Gong DVD/OR 1:30—2:15 ZUMBA: Movement with Music /OR 2:45—4:35 Movie/OR “Midnight Lace” 7:20—9:55 Movie/ OR “Jackie Brown” (R)</p>	<p>30 9:00 —12:00 Flu Clinic in Oaks Room— See Front Desk for forms 10:00 Poker by C-1 elevator 1:00 Rummikub/ AR 1:30 Bible Study/Chp 1:30 Shop Lucky & Rite Aid / SUAD 7:00 Games/AR 7:20—9:10 DVD/ OR “The Big Night” (Rated R)</p>			<p style="text-align: center;">Wellness Center Across from D204 Tuesdays from 1 to 2 PM <i>Blood Pressure Checks & More Staffed by Stacy Smith-Paynter, RN</i></p>	<p style="text-align: center;">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>