

Garden Level October 2024 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOTE!</p> <ul style="list-style-type: none"> • New Events in Yellow • Please note: No hearing Aid check in October as Brooke is away • Recycle Tuesdays 		<p>1 Conversations w/Amy GLAR</p> <p>10:00 Men's Bible Study CH 10:30 Tai Chi Movement GLAR 11:00 Tai Chi Movement OR 1:00 Word Warp GLAR 1:30 Zentangles OR 1:30 Bookmobile - Lobby 1:30 Blood Pressure Check WC 2:30 Jason's Ball Sports GLAR 6:30 Current Events GLAR</p>	<p>2 All Day Messages WC</p> <p>9:15 Yoga w/Neal GLAR 10:30 PHILATELY GLAR 10:30 Women's Support CH 10:45 Annette's Fitness OR 1:00 Joe Ferrara OR 1:00 Bingo GLAR 2:30 Managers Forum OR 7:00 BINGO OR</p>	<p>3 All Day Messages WC</p> <p>10:00 Grief Support GLAR 10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Women's Bible Study PDR 1:00 Rummikub GLAR 2:00 Painting Class OR 7:00 Fiat Musica Rehearsal OR</p>	<p>4</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Chess Club LB 1:00 Password Game GLAR 1:30 Pinochle - near D204 1:00 Harmonics OR 1:30 Ellen & Glen Sing Along OR 2:00 Alison Grooves GLAR 6:00 Movie GLAR</p>	<p>5</p> <p>10:30 Tai Chi Movement GLAR 11:00 Ping Pong TP 11:00 Tai Chi Movement OR 1:00 Creative Writing PDR 1:00 BINGO GLAR 1:30 Tech Assistance LB 1-3:30 PLAY READING OR 2:30 DOCUMENTARY GLAR 4:00 Catholic Mass OR</p>
<p>6</p> <p>10:30 Yoga / Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 2:15 Weekend Movie OR</p> <p align="center">All day Table Games GLAR</p>	<p>7</p> <p>9:00 Dream On OR 9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Rummikub GLAR 1:00 Catholic Bible Study CH 2:00 Meditation OR 3:30 WELLNESS Video OR 7:15 Current Events Discussion OR</p>	<p>8</p> <p>10:00 Men's Bible Study CH 10:30 Tai Chi Movement GLAR 11:00 Tai Chi Movement OR 1:00 Mahjong Playing AR 1:30 Blood Pressure Check WC 2:00 High Holidays Show OR 2:30 Jason's Ball Sports GLAR 6:30 Current Events GLAR</p>	<p>9 All Day Messages WC</p> <p>9:15 Yoga w/Neal GLAR 10:30 PHILATELY GLAR 10:30 Women's Support CH 10:45 Annette's Fitness OR 1:00 Bingo GLAR 1:30 Sewing Circle CH 1:00 HOSPICE OR 7:00 BINGO OR</p>	<p>10 All Day Messages WC</p> <p>10:00 Grief Support GLAR 10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Women's Bible Study PDR 1:00 Rummikub GLAR 2:30 Nick Royal Performs GLAR 2:00 Painting CANCELED 7:00 Fiat Musica Rehearsal OR</p>	<p>11</p> <p>9:15 Yoga w/Neal GLAR 10:45 Jason's Fitness OR 1:00 Chess Club LB 1:30 Pinochle - near D204 2:00 Charlie Lindner OR 3:00 Jewish Cultural Club CH 6:00 Movie GLAR</p>	<p>12</p> <p>10:30 Tai Chi w/Alison GLAR 11:00 Ping Pong TP 11:00 Tai Chi Movement OR 1:00 Creative Writing PDR 1:00 BINGO GLAR 1:30 Tech Assistance LB 2:00 Book Chats CH 2:30 DOCUMENTARY GLAR 4:00 Catholic Mass OR</p>
<p>13</p> <p>10:30 Yoga with Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 1:30 Richard Stauff Piano GLAR 2:15 Weekend Movie OR</p> <p align="center">All day Table Games GLAR</p>	<p>14</p> <p>9:00 Dream On OR 9:15 Yoga w/Neal GLAR 10:45 Alison's Fitness OR 1:00 Rummikub GLAR 1:00 Catholic Bible Study CH 2:00 Meditation OR 7:15 Current Events Discussion OR</p>	<p>15</p> <p>10:00 Men's Bible Study CH 10:30 Tai Chi Movement GLAR 11:00 Tai Chi Movement OR 1:00 Mahjong Playing AR 1:00 Craft with Donna & Joy! OR 1:30 Bookmobile - Lobby 2:30 Jason's Ball Sports GLAR 6:30 Current Events GLAR</p>	<p>16 All Day Messages WC</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 10:30 PHILATELY GLAR 10:30 Women's Support CH 12:30 Bingo GLAR 1:30 Sewing Circle CH 1:30 Activity Forum OR 2:00 JUNEBUG performs OR 7:00 BINGO OR</p>	<p>17 All Day Messages WC</p> <p>10:00 Grief Support GLAR 10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Women's Bible Study PDR 1:00 Rummikub GLAR 2:00 Painting Class OR 7:00 Fiat Musica Rehearsal OR</p>	<p>18 9:15 Yoga w/Neal GLAR 10:45 Alison's Fitness OR 10:00 Craft Donna & Joy GLAR 1:00 Chess Club LB 1:30 Pinochle - near D204 1:00 Harmonics OR 1:30 Ellen & Glen Sing Along OR 2:00 Alison Grooves GLAR 6:00 Movie GLAR</p>	<p>19</p> <p>10:30 Tai Chi w/Alison GLAR 11:00 Ping Pong TP 11:00 Tai Chi Movement OR 1:00 Creative Writing PDR 1:00 BINGO GLAR 1:30 Tech Assistance LB 2:30 DOCUMENTARY GLAR 4:00 Catholic Mass OR</p>
<p>20</p> <p>10:30 Yoga with Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 2:15 Weekend Movie OR</p> <p align="center">All day Table Games GLAR</p>	<p>21</p> <p>9:00 Dream On OR 9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Rummikub GLAR 1:00 Catholic Bible Study CH 2:00 Meditation OR 7:15 Current Events Discussion OR</p>	<p>22</p> <p>10:00 Men's Bible Study CH 10:30 Tai Chi Movement GLAR 1:00 Rosary CH 1:00 Mahjong Playing AR 2:00 JCC presents Rabbi Wolpe OR 2:30 Jason's Ball Sports GLAR 6:30 Current Events GLAR</p>	<p>23 All Day Messages WC</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 10:30 PHILATELY GLAR 10:30 Women's Support CH 12:30 Bingo GLAR 1:30 Sewing Circle CH 2:00 Flutist Stephanie OR 3:30 L.o.W. VOTERS presents OR 7:00 BINGO OR</p>	<p>24 All Day Messages WC</p> <p>10:00 Grief Support GLAR 10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Women's Bible Study PDR 2:00 Garden Level Social GC 2:00 Painting Class OR 7:00 Fiat Musica R ehearsal OR</p>	<p>25</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Word Warp GLAR 1:00 Chess Club LB 2:00 Barry's AFRICA OR 3:00 Jewish Cultural Club CH 1:30 Pinochle - near D204 6:00 Movie GLAR</p>	<p>26 10:30 Tai Chi w/Alison GLAR 11:00 Ping Pong TP 11:00 Tai Chi Movement OR 12-3 OLLI music group OR 1:00 BINGO GLAR 1:00 Creative Writing PDR 1:30 Tech Assistance LB 2:00 Book Chats CH 2:30 DOCUMENTARY GLAR 4:00 Catholic Mass OR</p>
<p>27</p> <p>10:30 Yoga with Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 1:30 Episcopal Service CH 2:15 Weekend Movie OR</p> <p align="center">All day Table Games GLAR</p>	<p>28</p> <p>9:00 Dream On OR 9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Rummikub GLAR 1:00 Catholic Bible Study CH 2:00 Meditation OR 3-5 Arts & Crafts Fair Set up 7:15 Current Events Discussion OR</p>	<p>29 ARTS & CRAFTS FAIR OR</p> <p>11:00 Tai Chi Movement TP 10:00 Men's Bible Study CH 10:30 Tai Chi Movement GLAR 1:00 Rosary CH 1:30 Bookmobile - Lobby 3:00 Artists Champagne Toast OR 5-7:00 Arts & Crafts Take Down 6:30 Current Events GLAR 2:30 Jason's Ball Sports GLAR</p>	<p>30 All Day Messages WC</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 10:30 PHILATELY GLAR 10:30 Women's Support CH 1:00 Bingo GLAR 2:00 Painting OR 7:00 BINGO OR</p>	<p>31 Happy Halloween!</p> <p>All Day Messages WC 9:45 Current Events GLAR 10:00 Grief Support GLAR 10:00 Meditation CH 11:00 Women's Bible Study PDR 1:00 Rummikub GLAR 1:00 Nosferatu Film OR 3:00 Halloween Party OR 7:00 Fiat Musica Rehearsal OR</p>	<p>KEY:</p> <p>GC - Garden Courtyard GLAR - Garden Lvl Activity Room TP - Thomas Patio CH - Chapel OR - Oaks Room</p>	
						<p>KEY:</p> <p>AR- Acorn Room LB - Library WC - Wellness Center PDR - Private Dining Room</p>

GARDEN LEVEL ACTIVITIES

Held in the GLAR unless otherwise specified

***New!* Alison Grooves - Fri 10/4 & Fri 10/18 at 2pm**

You'll enjoy this seated, creative way to dance and express yourself with our wonderful & highly experienced dance instructor!

***New!* Jason Ball Sports - Every Tuesday at 2:30pm**

Given the great success of this class in the Oaks Room, we wanted to bring it directly to our Garden Level residents too! Adapted sports activities designed to be safe, pain-free and fun!

***New!* Grief Support Group - Every Thursday at 10am**

Facilitated by Certified Grief Counseling Specialist Constance Blake, this group, limited to 12 attendees, will allow you to safely explore thoughts and feelings about grief, any type of grief, past or present. Allowing for the expression of your grief may create space for joy and purposeful living. All are most welcome in this confidential space.

***New!* Philately Club - Every Wednesday at 10:30am**

(for those who don't know, Philately means postage stamp collectors!) Let's get together to share our collections and discuss our unique hobby. Renew interest in a beloved old hobby or start a new one! Great for modern geography!

Garden Level Only Social - 2pm Thursday, Oct 24th in the Garden Level Courtyard

Gather with friends, old and new, while enjoying champagne & refreshments.

***New!* Current Events Group - Every Tuesday at 6:30pm**

This is a resident-run group for like-minded individuals who desire good natured conversation about Current Events. Bring a friend and join the conversation!

***New!* Garden Level Documentary Showing - Every Saturday at 2:30pm**

Given the enormous success of the various documentaries we've shown, we now have a regular date and time for you to enjoy these educational and inspirational films.

MEET YOUR NEW NEIGHBOR

JEAN TARR

I was born on August 17, 1935 at Providence Hospital in Oakland, CA. I attended Sunnyvale Elementary and then Notre Dame High School and then San Jose State University where I obtained a BA in education. I was a 4th grade teacher and administrative assistant at San Lorenzo Valley school district. My hobbies include gardening, travel, book clubs, DAISY, CASA, volunteering, Porter Memorial Library. I have four children, I am a grandmother and great grandmother. Recovering from a hip replacement after a fall has left me with compromised mobility so I look forward to a social environment and care. My husband William and I married in 1957 and he passed away in 2015.

NOV. 6TH ELECTION

Week of Oct 7th: A drop box will be located in the lobby next to the front desk for early voting. Once the box is set up, it will remain there until it is picked up Nov 5th evening.

Oct 23rd: League of Women's Voters presentation on State ballot measures in the Oaks Room at 3:30 PM. Non-partisan & neutral presentation on pros and cons of ballot measures. All welcome to attend this informative presentation.

Nov 1st: Vote Mobile will be at The Oaks for in person voting. They will be parked in the front of the lobby. This is open to the public, please invite friends and family who prefer in person voting to participate in this offer. Times will be posted soon.



NOV 5: Election day 7 AM to 8 PM.

FLU & COVID BOOSTER CLINIC - OCTOBER 22ND

Dominican Oaks will be hosting our Safeway partners for a flu and Covid Booster Clinic on Tuesday, October 22nd. **Residents must register beforehand in order to schedule a time for their shots.** Assisted Living residents will be contacted by staff and assisted with the registration process. We ask that residents in Independent Living register at one of the following times:



Wednesday, October 2nd - 11:00-12:30pm in front of the Main Dining Room

Friday, October 4th - 11:00-12:30pm in front of the Main Dining Room

A memo will go out to the residents with reminders of these dates and times.

PET POLICY REMINDER

At Dominican Oaks we love our 4 legged residents, but we would like to remind you that as pet owners, it's your responsibility to ensure that your pets are well-managed within our community. All dogs must be on a leash at all times to maintain a safe and enjoyable environment for everyone. Additionally, please be considerate of your neighbors by ensuring that your dogs do not bark excessively when you are away. If you need assistance with pet care, our front desk is happy to provide contacts for local dog walking services. Please ensure your pet vaccine records are up to date with the administration office.

As a reminder, Dominican Oaks has a number of pet relief stations surrounding the community which offer complimentary potty bags and garbage receptacles.

Thank you for your cooperation!

