

# Special Events in September 2019



		Weekly Recurring Events					
4:00 Protestant Services (CH)	9:15 Monday Shopping 10:00 Pamper Yourself (HC) 12:30- 3:45 Medicals (Appts. starting at 1:00) 1:00 DVD Monday (WH) 2:30 Jammin' with Joe (CL) 7:00 Bingo (SO AR)	8:30-3:45 Medicals (Appts. starting at 9:00) 9:00 Fix-It Shop (FS/NCH) 10:00-12:00 Art Studio (VO B Wing) 11:00 Parkwoods Dry Cleaners 6:00 Tai Chi (WH)	9:00-1:00 Bank of Stockton (Private Dining Room) 10:00 Bocce Ball (Bocce Court) (Time Change for Summer)	8:30-11:30 Medicals (Appts. starting at 9:00) 9:00 Fix-It Shop (FS/NCH) 10:00-12:00 Art Studio (VO B Wing) 10:00 Knitting & Crochet (SO AR) 11:00 Shared Scripture 1:00 Shuttle Shopping	8:30-11:30 Medicals (Appts. starting at 9:00) 11:00 Parkwoods Dry Cleaners 1:00 Walgreens, Safeway & Lincoln Center 1:00 - 3:00 Resident Store (MCH) 2:00 What in the World! (WH) 4:30 Happy Hour (LR/CL)	4:00 Catholic Vigil Mass (CH)	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 1:00 Afternoon Movie (WH) 7:00 Evening Movie (WH)	<b>2</b> <b>LABOR DAY</b> <u>LOW SERVICES</u> Front Desk 9:00 am to 1:00 pm No Housekeeping, Maintenance, Banking, Transportation, Health Clinic, or Fitness Classes today. 9:30 Alterations by Linda (LR) 10:30 The Writers Group (PDR) <i>No OLLI Lecture due to Holiday</i>	<b>3</b> 10:00 OLLI Armchair Traveler: Japan post-WWII with Len Humphreys (WH) 4:00 Women's Forum (LR)	<b>4</b> <b>NATIONAL WILDLIFE DAY</b> All Day - Wildlife Scavenger Hunt 1:30 Power Against Fraud Presentation (WH) 4:00 Gentlemen's Forum (LR)	<b>5</b> 10:30-12:30 Farmers Market (CL) 7:00 Trio 180 (WH)	<b>6</b> 9:30 Coffee & Sweets (LR)	<b>7</b> 1:00 Afternoon Movie (WH) 7:00 Evening Movie (WH)	
<b>8</b> 11:30-2:00 Champagne Brunch (DP) *Mandatory RSVP in Dining Binder 1:00 Afternoon Movie (WH) 7:00 Evening Movie (WH)	<b>9</b> 1:30 Resident Council (NCH) 3:30 OLLI Lecture & After 5: Watery Tracks; Reflections on Experience in the Sacramento-San Joaquin Delta (WH/LR)	<b>10</b> 1:30 Your Resident Meeting: Getting to Know You — Chef Eddie (WH) 3:00 Brain Fitness (WH) 3:30 Silver Oak Social (LR)	<b>11</b> <b>PATRIOT DAY</b> 9:15 Bocce Ball or Free Time at Michael David Winery (Bus) 4:30 Birthday Mingle (LR) 5:00 Birthday Night (DP)	<b>12</b> 1:30 Parkinson's Support (WH) 1:30 The Guild Gathering (LR) 7:00 Symphony Insights with Maestro Peter Jaffe (WH)	<b>13</b> 10:30 Bridge Refresher Class *space is limited to 20 (HO AR) 1:00 Bookmobile (By the Chapel) 4:00 Jewish Shabbat Services (CH) 7:00 Variety Show (WH)	<b>14</b> 1:00 Afternoon Movie (WH) 7:00 Evening Movie (WH)	
<b>15</b> 1:00 Afternoon Movie (WH) 1:45 Stockton Civic Theatre: Rock of Ages (Bus) 7:00 Evening Movie (WH)	<b>16</b> 9:30 Alterations by Linda (LR) 9:30 Active Aging Week Fun Walk (NCH Lawn) 10:30 The Writers Group (PDR) 11:00 Delay the Disease (WH) 2:00-4:00 Comcast Q & A (LR) 3:30 OLLI Lecture & After 5: How the Internet Came to Be (WH/LR)	<b>17</b> 9:00 Bird Walk with David Yee (LR) 10:00 OLLI Armchair Traveler: The Caribbean (WH) 1:30 Women's Connection: School Days: Past and Present (WH) 3:00 Bocce Ball Tournament (BC)	<b>18</b> 10:00 Movement to Music Outdoor Exercise Class (NCH Lawn) 1:00 Park West Shopping (Bus) 5:00 Mystery Dinner (Bus)	<b>19</b> 10:00 Aqua Moves & Grooves (Pool) 10:30 Newcomer's Orientation (WH) 1:30 OCW Readers (PDR) 1:30 Essentials of Successful Aging with Dr. Naghdechi (WH) 2:00 Low Vision Support Group: Talking Book Club (SO AR)	<b>20</b> 10:00 Continental Breakfast + FC Open House (NCH Lawn/FC) 10:30 Bridge Refresher Class (HO AR) 11:00 Delay the Disease (WH) 6:00 Bingo Party (WH)	<b>21</b> 11:00 Widowed Persons Association Monthly Meeting & Lunch (WH) 5:00 Stockton Symphony Classics I: Music of the Spheres (Bus) 7:00 Evening Movie (WH) <i>No Afternoon Movie</i>	
<b>ACTIVE AGING WEEK 2019: REDEFINE ACTIVE</b>							
<b>22</b> 1:00 Afternoon Movie (WH) 7:15 Easy Listening with Carol, Flutist & Cynthia, Harpist (WH) <i>No Evening Movie</i>	<b>23</b> 11:00 Delay the Disease (WH) 1:30 Grief Support Group (NCH) 3:30 OLLI Lecture & After 5: Medicare Part D: What You Need to Know (WH/LR)	<b>24</b> 11:00 Health Lecture (NCH) 1:30 Town Hall (WH) 3:00 Brain Fitness (WH)	<b>25</b> 9:00 Sweet Snacks and Scenic Sights at Apple Hill (Bus)	<b>26</b> 2:00 Dining Committee (WH) 3:30 Programming Committee (LR) 3:30 Photography Club (NCH) 7:00 Live Music with Tim + Donna (WH)	<b>27</b> 10:30 Bridge Refresher Class (HO AR) 11:00 Delay the Disease (WH) 1:00 Bookmobile (By the Chapel)	<b>28</b> <i>No Movies Today</i>	
<b>29</b> <b>ROSH HASHANAH</b> - Begins at Sundown - 1:00 Afternoon Movie with Popcorn (WH) 7:00 Evening Movie with Popcorn (WH)	<b>30</b> 9:30 Alterations by Linda (LR) 11:00 Delay the Disease (WH) 3:30 OLLI Lecture & After 5: Life of William Grimes (WH/LR)	<b>Women's Connection</b> is collecting School Supplies for low-income schools. Donations can be dropped off to the Front Desk, Barbara Wright, Pat Thomas, and Pam Clemensen, or taken to the Women's Connection meeting on 9/17.		<b>CH</b> —Chapel <b>HO</b> —Holly Oak <b>MCH</b> —Main Clubhouse <b>NCH</b> —North Clubhouse <b>SO</b> —Silver Oak <b>WH</b> —West Hall <b>CL</b> —Cocktail Lounge <b>FS</b> —Fix-It Shop <b>DP</b> —Dining Pavilion <b>LR</b> —Living Room <b>AR</b> —2nd Floor Activity Room <b>PDR</b> —Private Dining Room <b>VO</b> —Valley Oak <b>FC</b> —Fitness Center <b>HC</b> —Health Clinic			

# SEPTEMBER HIGHLIGHTS

Please check the OCW Social Directory for information about Creative Arts, Games, Enrichment & Support, Music, Services, Spiritual, and Club Meetings that occur on a regular monthly basis. *Please call Resident Services at 956-3465 if you have questions.*




Symbol marks  
a Bus Trip

✓ Requires Sign Up

## LABOR DAY HOLIDAY SCHEDULE -- LOW SERVICES

**Monday, 9/2**

As staff celebrates the holiday, several departments will be closed. There will be Front Desk coverage from 9:00 a.m. to 1:00 p.m.; however, please plan ahead as there will be no medical transportation or shopping today. Housekeeping, the Health Clinic, and Maintenance will be closed. There will be no fitness classes or Jammin' with Joe Morabito. Check with your game and group coordinators to see if activities will be offered as scheduled.

 **OLLI LECTURE & AFTER 5 ARMCHAIR TRAVELS** **West Hall**  
**Monday, (No lecture on 9/2) 9/9, 9/16, 9/23, & 9/30 3:30 p.m.**  
**Tuesday, 9/3 & 9/17 10:00 a.m.**

OLLI educational lectures and OLLI Armchair Travels meet on a regular basis. Tune into the Wake Up Call each week for a detailed description of the presentations, or pick up a copy of OLLI Fall 2019 Program from the Resident Center. If you have any questions about OLLI or Armchair Travels, contact Della Richardson or Vahl Clemensen.

## BRIDGE REFRESHER CLASS

**Friday, 9/13, 9/20, 9/27**  
**10:30 a.m.**

**Holly Oak Activity Room (2nd Floor)**

**\*space is limited to 20 people on a first-come, first-serve basis**

Do you love to play bridge but need a refresher of the rules? Are you a beginner looking to learn more? Ann Chargin will lead today's class and will be hosting classes every Friday for the next few weeks, should you need more than one! All supplies will be provided.

## BOCCE BALL OR FREE TIME AT MICHAEL DAVID WINERY

**Wednesday, 9/11**

**Board: 9:00 a.m. Depart: 9:15 a.m.**

**RSVP in ACTIVITY BINDER**

The Phillips family has been farming in Lodi since the 1850s and cultivating wine grapes since the early 20th century. With the expansive grounds, onsite cafe, gourmet produce, and award-winning bakery at Michael David, there's something for everyone. We invite our regular bocce players to come on this trip and enjoy bocce outside the OCW court, but players of all experience levels are welcome to join!

## OCW VARIETY SHOW

**Friday, 9/13**

**7:00 p.m.**

**West Hall**

Bring your talent (or your talented friends!) to the OCW Variety Show! Skills of all sorts will be showcased tonight! We are looking for poets, singers, musicians, comedians, magicians... acts of any kind! If you would like to perform or know someone who would like to perform, contact Josephyne.

## STOCKTON CIVIC THEATRE: ROCK OF AGES

**Sunday, 9/15**

**Board: 1:30 p.m. Depart: 1:45 p.m. Show Starts: 2:30 p.m. Rated: PG-13**

**RSVP in ACTIVITY BINDER**

**Transportation Only; Purchase your own tickets in advance by calling Box Office at 473-2400**

Rock stars with big egos, and scantily clad groupies with big hair, party to the flashing lights and pounding sounds of Journey, Styx, Pat Benatar, REO Speed Wagon, Twisted Sister, Night Ranger, White Snake and many more. Rock of Ages is a raw and raucous story of the quest for fame, money and love intertwined with a power struggle from outside forces.

## STOCKTON SYMPHONY CLASSICS I — MUSIC OF THE SPHERES

**Saturday, 9/21**

**Board: 5:00 p.m. Depart: 5:15 p.m. Show Starts: 6:00 p.m.**

**RSVP in ACTIVITY BINDER**

**Transportation Only; Purchase your own tickets in advance by calling Box Office at 951-0196**

Giancarlo Castro: Gran fanfarria; a fabulous piece by a Venezuelan composer kicks off the season in rollicking grand style. Be mesmerized by visually enhanced by projections of the mythic gods with blockbuster orchestration! Tonight's performance will feature guest artist Madeline Jarzembak, harp.

## SWEET SNACKS AND SCENIC SIGHTS AT APPLE HILL

**Wednesday, 9/25**

**Board: 8:45 a.m. Depart: 9:00 a.m.**

**RSVP in ACTIVITY BINDER**

Founded in 1964 with just 16 apple ranches, Apple Hill has grown to represent over 50 local, family farms, including unique fruit & veggie farms, wineries, B&Bs, flower gardens, Christmas tree farms, and even a day spa. The winding roads and scenic beauty have been a popular destination for over 50 years. Today, we'll stop at a few of the farms to enjoy lunch, shopping, apple snacks, and more. Stay tuned to the Wake Up Call for the full itinerary.

## ACTIVE AGING WEEK EVENTS

- |  |                 |                                  |
|--|-----------------|----------------------------------|
| <b>Monday, 9/16</b>  | <b>9:30 AM</b>  | <b>NCH Lawn</b>                  |
| Lace up your sneakers and join us for this self-paced, <b>Fun Walk</b> . You may enjoy leisurely exploring the campus or pick up the pace using your trekking poles...the choice is yours!   |                 |                                  |
| <b>Tuesday, 9/17</b>   | <b>9:00 AM</b>  | <b>MCH Living Room</b>           |
| <b>Bird Walk with David Yee.</b> David Yee leads a walk around the campus to see the seasonal Fall activity. Get outdoors, enjoy the morning and marvel at the beauty of our feathered friends under a canopy of live oaks. Wear comfortable shoes and, although not necessary, bring a pair of binoculars if you have them.   |                 |                                  |
| <b>Tuesday, 9/17</b>   | <b>3:00 PM</b>  | <b>Bocce Court</b>               |
| Join us on the bocce ball court for this fun <b>Bocce Tournament!</b> Never played Bocce before? No problem... our coaches and players will walk you through the rules of the game.  |                 |                                  |
| <b>Wednesday, 9/18</b>   | <b>10:00 AM</b> | <b>NCH Lawn</b>                  |
| Please join us for our exciting <b>NEW Movement to Music Outdoor Exercise Class!</b> Make music with us, no experience necessary! We hope that you will want to be part of this fun class that is set to music and led by all of our Wellness Connection Fitness Instructors.  |                 |                                  |
| <b>Thursday, 9/19</b>  | <b>10:00 AM</b> | <b>Pool</b>                      |
| <b>Aqua Moves &amp; Grooves</b> is a high-energy, low-impact, 45-minute exercise experience that features aquatic dance set to music and total body strength training. No dance background is necessary- just the desire to move and have FUN!   |                 |                                  |
| <b>Thursday, 9/19</b>  | <b>1:30 PM</b>  | <b>West Hall</b>                 |
| <b>"Essentials of Successful Aging"</b> --This presentation will educate adults of all ages about brain health, including ways to promote healthy aging and reduce potential threats to brain wellness. By adopting smart habits, using preventive services, and managing your personal wellbeing to help maintain a healthy body and brain. Dr. Naghdechi will also discuss how to overcome the fear of dementia as it is the most common neurocognitive disease. |                 |                                  |
| <b>Friday, 9/28</b>  | <b>9:00 AM</b>  | <b>Fitness Center / NCH Lawn</b> |
| <b>Continental Breakfast + FC Open House.</b> Today we will be gathering outdoors under the beautiful oak trees for a delicious continental breakfast! You can also team up for bocce ball, golf on the putting green or attend an exercise class! Plan to enjoy time with old friends and make new friends. The shortest distance between new friends is a smile!   |                 |                                  |