

AUGUST 2023

Updated on 7/31/2023

EVENT REQUIRES SIGN UP

Discover your new
LIFESTYLE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 IS Protestant Services (CH)	CE 9:00-11:00 Monday Shopping IS 11:00 Navigating Major Life Changes (NCH) HF 12:30-3:45 Medicals (starting at 1:00) IS 1:00 Bible Study (LR) CE 2:00 Drama Club (VO Art Studio)	HF 9:00-3:45 Medicals (Appts. starting at 9:00) CE 9:30-11 Fix-It-Shop (FS) \$\$\$ 9-11 Bank of Stockton (Bar)	WEEKLY RECURRING EVENTS 1:00 SC Resident Store (TT)	HF 9:00- 3:45 Medicals (Appts. starting at 9:00) CE 9:30-11 Fix-It-Shop (FS) SC 2:00 Current Events (LR)	HF 9:00-11:30 Medicals (Appts. starting at 9:00) CE 11:00 OCW Chorus (WH) CE 1:00-3:00 Friday Shopping SC 3:00 Low Vision Reading (SOAR)	3:30 IS Catholic Rosary & Mass (CH)
SC Social Connection EF Entertainment & Fun IS Inspiration & Spirituality HF Health & Fitness EL Educational Learning CE Creative Expression		11:00 CE Building/Grounds Committee (LR) 2:00 SC Banana Split Social (WH)	2:00 EL Take a Tour with Cynthia: Venezuela (WH) 3:30 SC Low Vision Social (LR) 4:00 SC Gentlemen's Forum (Bar)	10:30 EL History of Western Civilization (WH) 11:30 CE Program Committee (LR) 2:00 EL Development Series: Grégoire (WH)	9:30 SC Coffee & Sweets (LR) 2:00 EL Diabetic Discussion with April Vang (LR) 4:30 SC Happy Hour (LR)	3:30 IS Catholic Rosary & Mass (CH) Obon Japanese Festival Board: 10:45 a.m. Return: 2:00 p.m. 2-7 EF Saturday Night Movie Special 7PM Showing (WH)
10,2,7 EF Cinema Sunday (WH) Dancing with Wolves (1990)	Mystery Lunch Board: 11:30 a.m. Return: 2:00 p.m.	1:30 CE Ambassadors Committee (LR) 3:00 SC Women's Connection (WH) 3:15 EL Brain Fitness (FC)	Sciabica's Olive Oil + Lunch (Huckleberry's) Board: 9:45 a.m. Return: 2:00 P.M. 4:30 SC Birthday Mingle (LR) 5:30 SC Birthday Night (WH)	9:30 SC Farmer's Market (WH) 2:00 EL Stockton Garden Club (WH) 3:30 SC Holly Oak Social (WH)	1:00 EL Bookmobile (CH) 2:00 EF Pianist Andrew Canepa (WH) 4:30 SC Happy Hour (LR) 7:00 EF Bingo Night (WH)	2:00 CE Intuitive Art (WH) 7:00 EF Broadway Musical Night Special 7PM Showing (WH)
10,2,7 EF Cinema Sunday (WH) Tyler Perry's: The Single Moms Club (2014)	10:00 SC Italian Soda - Oh So Delizioso (FC) 1:30 Resident Council (WH)	11:30 EL Lunch & Learn: Macronutrient: Part III Fat (WH) 3:15 EL Brain Fitness (FC)	1:30 CE Dining Committee (WH)	10:30 EL History of Western Civilization (WH) 2:00 EL Good Feet Store Presentation (WH) 1:30 EL Wood Readers (VO)	4:30 SC Happy Hour (LR)	2-7 EF Saturday Night Movie Special 7PM Showing (WH)
7:00 EF Cinema Sunday (WH) Keeping the Faith (2002)	2:00 SC Do Wop Soda Shop (WH) Special Guest: ELVIS!	1:30 CE Town Hall (WH)	California State Railroad Museum & Lunch (Frank Fat's) Board: 9:00 A.M. Return: 2:30 P.M. 3:30 SC Valley Oak Social (LR)	9:30 SC Farmer's Market (WH) 3:30 SC Cottage Social (LR)	1:00 EL Bookmobile (CH) 4:30 SC Happy Hour 7:00 EF Bingo Night (LR)	Hot August Night Car / Motorcycle Show & BBQ (LRP) 10AM - 2PM
10,2,7 EF Cinema Sunday (WH) Caesar and Cleopatra (1945)	11:00 DocuMonday (WH) How Dogs Got their Shapes (2015) 2:00 EF Imagination Duo (WH) OLLI Preview Board: 4:15 p.m. Return: 7:15 p.m.	9:30 SC National Waffle Day (LRP)	Klinker Brick Winery Board: 12:00 p.m. Return: 3:30 p.m.	10:30 EF Painting, Drawing & Mixed Media Technique Class (NCH) 3:00 EF Hula Skirts and Hawaiian Shirts Luau (WH)	CH - Chapel DP - Dining Pavilion CL - Cocktail Lounge HO - Holly Oak LR - Living Room MCH - Main Clubhouse	NCH - North Clubhouse VO - Valley Oak SO - Silver Oak WH - West Hall FC - Fitness Club HC - Health Clinic

AUGUST HIGHLIGHTS

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Please check the OCW Social Directory for information about Creative Arts, Games, Enrichment & Support, and all other meetings that occur on a regular monthly basis. Please call the Life Enrichment Coordinator at 476-4023 if you have questions.

<p>Banana Split Social Tuesday, 8/1 2:00 P.M. West Hall</p> <p>Let's get TOGETHER and enjoy a good ole' banana split—the perfect way to start the month of AUGUST! We will have a few “traditional” ice cream flavors and toppings for you to choose from to make your treat YOUR WAY!</p>	<p>Sciabics's Olive Oil + Lunch (Huckleberry's) SIGN UP in the ACTIVITY BINDER Wednesday, 8/9 Board: 9:45 A.M. Depart: 10:00 A.M. Return: 2:00 P.M.</p> <p>The Sciabica Family is proud to share their olive oils (contain no artificial flavorings or additives) that are GMO-free, sustainably farmed, and artisan-crafted in small batches. Every single drop is from California grown olives and is backed by their “100% You'll Love it Guarantee.”</p>
<p>Take a Tour with Cynthia: Venezuela Wednesday, 8/2 2:00 P.M. West Hall</p> <p>Angel Falls...the tallest waterfall in the world, and we were under it. Merida...the longest and highest cable car in the world, and we were on it. Los Nevados...the highest town in Venezuela, and we were in it. Come share our adventures in the jungles and the Andes of Venezuela.</p>	<p>Intuitive Art Series with Laurie Eager SIGN UP in the ACTIVITY BINDER Saturday, 8/12 2:00 P.M. West Hall</p> <p>Find creative joy in nature! Join artist and children's book author, Laurie Eager, in finding inspiration in the natural world around us. Respond intuitively to the colors, textures, variety and beauty of living things. No experience necessary, just a willingness to experiment and enjoy the process! Time will be spent discussing, receiving direction, creating, and sharing our work. Each month for the next few months different artists will come to OCW to share their love of art and give instruction.</p>
<p>History of Western Civilization 1st and 3rd Thursdays 10:30A.M West Hall</p> <p>On Thursday July 6, at 10:30 AM in West Hall Greg Traverso will do an introduction to “The Foundations of Western Civilization,” a course produced by Famous Courses. Through a series of lectures of 30 minutes each, and taught by Professor of History Thomas F.X. Noble, we are walked through history from its humble beginning in the Great River Valleys of Iraq and Egypt to the modern world. After Greg's introduction, we will watch the lecture titled “History begins at Summer.” Future lectures will follow in the weeks ahead.</p>	<p>Lunch & Learn: Macronutrient: Part III Fat SIGN UP in the ACTIVITY BINDER Tuesday, 8/15 11:30 A.M. West Hall</p> <p>In this month's Nutrition Presentation learn about “good” and “bad” fats, fat metabolism, and incorporating healthy fats in our diet to optimize cardiovascular health.</p>
<p>Development Series: Grégoire: Africa, Untamed! Part I Crossing the Congo Thursday, 8/3 2:00 P.M. West Hall</p> <p>There's nowhere like Africa for wildlife, wildlands, and rich traditions. Add romance and danger to the mix and we have an epic adventure. Grégoire set out in 1993 to cross the breadth of Africa from the Indian Ocean to the Atlantic. And although he lost 50 pounds, had machine guns pulled on him, contracted Malaria, slept under trucks, remote villages, and abandoned factories, he pushed on – walking, canoeing, and hitchhiking across the African continent. What first appeared to be an external journey turned into something more... a journey of romance, of danger, and ultimately, of life-changing experiences.</p>	<p>Good Feet Store Presentation Thursday, 8/17 2:00 P.M. West Hall</p> <p>Pain relief often starts with your feet. Good Feet Store will show you how you can feel better with personalized fitting arch supports. They have helped millions of customers all over the world get back to doing their favorite activities!</p>
<p>Obon Japanese Festival: Buddhist Church of Stockton SIGN UP in the ACTIVITY BINDER Saturday, 8/5 Board: 10:45 A.M. Depart: 11:00 A.M. Return: 2:00 P.M.</p> <p>This annual festival includes live music and demonstrations, cultural program, exhibits, food and drink!</p>	<p>Do Wop Soda Shop Monday, 8/21 2:00 P.M. West Hall</p> <p>Enjoy a good ole' fashioned ice cream soda! Choose from several different flavors including no sugar added and dairy free options. Come and enjoy Elvis as he performs a variety music from the 50's. Dress up in your favorite 50's style!</p>
<p>Mystery Lunch SIGN UP in the ACTIVITY BINDER Monday, 8/7 Board: 11:30 A.M. Depart: 11:45 A.M. Return: 2:00 P.M.</p> <p>This restaurant is owned by a married couple, serving Mediterranean flair cuisine. Both lunch and dinner are served here. There are 5 private banquet rooms as well as indoor and patio dining options. It is located only 3 miles from OCW!</p>	<p>California State Railroad Museum + Lunch (Frank Fat's) SIGN UP in the ACTIVITY BINDER Wednesday, 8/23 Board: 9:00 A.M. Depart: 9:15 A.M. Return: 2:00 P.M.</p> <p>The California State Railroad Museum is the keeper of STORIES and the home to 225,000 square-feet of exhibits and beautifully restored railroad cars and locomotives which illustrate railroad history in California and the West. The tours are led by docents and cover the building of the Transcontinental Railroad in about 30 minutes. We are so fortunate that this historic gem is so close to us. Sacramento here we come! <u>Please bring cash for lunch.</u></p>
<p>Women's Connection Tuesday, 8/8 3:00 P.M. West Hall</p> <p>OCW welcomes University of the Pacific's President Christopher Callahan. He joined Pacific as U.O.P's 26th president July 1, 2020. He joined U.O.P from Arizona State University, where he was the founding dean of the Walter Cronkite School of Journalism and Mass Communication and led it to become one of the nation's top programs. He will talk to us about the past, present, and vision for the future of U.O.P. Gentlemen are WELCOME to attend!</p>	<p>Hot August Nights Car / Motorcycle Show & BBQ Saturday, 8/26 10:00 A.M. - 2:00 P.M. Living Room Patio <i>*Parade Map will be available soon!</i></p> <p>Come see our annual Hot August Nights Classic Car / Motorcycle Parade featuring a collection of vintage cars and motorcycles from local clubs. Seating will be available along the parade route. The parade will be followed by a car / motorcycle show behind West Hall and BBQ at 11:30 a.m. Come and enjoy the Nick-Elwood Band! They will provide a variety of hits!</p>