

JANUARY 2023

Updated on 12/27/2022

 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 (VO Art Studio) CE 2:30 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 (NCH)	WEEKLY RECURRING EVENTS	HF 9:00-11:30 Medicals (Appts. starting at 9:00) CE 9:30-11 Fix-It-Shop (FS) CE 1:00-3:00 Thursday Shopping	HF 9:00-11:30 Medicals (Appts. starting at 9:00) CE 1:00-3:00 Friday Shopping SC 2:30 WW Reading (SO AR)	3:30 IS Catholic Rosary & Mass (CH)
Happy New Year 1 LOW SERVICES Front Desk is closed; No Housekeeping, Maintenance, Transportation or Fitness Classes.	2 LOW SERVICES Front Desk open 9 - 2. Health Clinic closed; No Fitness Classes, Maintenance or transportation.	3 10-6 EF Theatre Tuesday (WH) New Year's Eve (2011) 11:00 CE Building/Grounds Committee (LR) 2:00 HF Nanci's Presentation (WH) 4:00 SC Women's Forum (WH)	4 2:00 EL Take a Tour with Cynthia: Austria, Part 1 (WH) 4:00 SC Gentlemen's Forum (LR)	5 11:00 EL Bird Presentation: David Yee (WH) 1,6 EF Theatre Thursday (WH) When Harry Met Sally (1989) 11:30 CE Program Committee (LR)	6 9:30 SC Coffee & Sweets (LR) 1:00 EL Bookmobile (CH) 2:00 EL Len H. Presentation (WH) Asia Trip Part 2 4:30 SC Happy Hour (LR)	7 2-7 EF Saturday Night Movie (WH) Special 7PM Showing
8 10,2,7 EF Cinema Sunday (WH) While you were Sleeping (1995)	9 No DocuMonday 9:30 SC Coffee Café (LR) 1:30 CE Resident Council (WH)	10 10,1,6 EF Theatre Tuesday (WH) Rent (2005) 1:30 CE Ambassadors Committee (LR) 3:15 EL Brain Fitness (WH)	11 4:30 EF Birthday Mingle (WH) 5:30 SC Birthday Night (WH)	12 10,1,6 EF Theatre Thursday (WH) Sleepless in Seattle (1993) 2:30 CE Gardening with Joy & Nanci (LR) 	13 3:00 SC Happy Hour Dancing into the New Year Music by Robert Mapp (WH) 7:00 EF Bingo Night (WH)	14 2-7 EF Broadway Musical Night (WH) Special 7PM Showing
15 10,2,7 EF Cinema Sunday (WH) Waiting to Exhale (1995)	16 11-1 EL DocuMonday (WH) King in the Wilderness (2018) 2:30 CE Krafting with Kayla: I Have a Dream Cloud (LR) 	17 10:30 EL Nutrition Presentation (WH) New-trition Resolution 2023  1-6 EF Theatre Tuesday (WH) Lady Bird (2017) 3:15 EL Brain Fitness (WH) 3:30 SC Silver Oak Social (LR)	18 Children Home of Stockton Tour & Lunch Board: 10:00 a.m. Return: 2:00 p.m. 1:30 CE Dining Committee (WH)	19 10-6 EF Theatre Thursday (WH) About Time (2013) 1:30 EL Wood Readers (VO) 2:30 CE Popcorn Social (WH)	20 1:00 EL Bookmobile (CH) 4:30 SC Happy Hour (LR)	21 7:00 EF Saturday Night Movie (WH) Special 7PM Showing
22 10,2,7 EF Cinema Sunday (WH) Someone like You (2001) Stockton Symphony: Pictures Board: 1:30 p.m. Depart: 1:45 p.m.	23 No DocuMonday 2:00 SC New Neighbors Connection (WH)	24 10-6 EF Theatre Tuesday (WH) Under the Tuscan Sun (2003) 1:30 CE Town Hall (WH)	25 Tour of Stockton with Sandy Avey Board: 9:30 a.m. Return: 2:00 p.m. 	26 10-6 EF Theatre Thursday (WH) An Affair to Remember (1957) 2:00 EF Pianist Andrew Canpea (WH) 3:30 SC Wine Club Meeting (LR)	27 12:30 CE National Chocolate Cake Day: Cake in a Cup (LR)  2:00 EL My Life Before OCW: Joe Serra (WH) 4:30 SC Happy Hour (LR) 7:00 EF Bingo Night (WH)	28 2-7 EF Saturday Night Movie (WH) Special 7PM Showing
29 10,2,7 EF Cinema Sunday (WH) Holiday Affair (1949)	30 11-1 EL DocuMonday (WH) Puff: Wonders of the Reef (2021) 3:30 EL In Person Olli Lecture (WH)	31 10,1,6 EF Theatre Tuesday (WH) Sunset Boulevard (1950) 2:00 SC Kayla & Nanci's Hot Chocolate Social (LR)	SC Social Connection EF Entertainment & Fun IS Inspiration & Spirituality HF Health & Fitness EL Educational Learning CE Creative Expression	ROOM LOCATION KEY: CH —Chapel DP —Dining Pavilion CL —Cocktail Lounge HO —Holly Oak LR —Living Room MCH —Main Clubhouse	AR —2nd Floor Activity Room NCH —North Clubhouse PDR —Private Dining Room SO —Silver Oak TG —Tribute Garden VO —Valley Oak	WH —West Hall FC —Fitness Center HC —Health Clinic FS —Fix-It Shop KP —Koi Pond

JANUARY HIGHLIGHTS

 EVENT REQUIRES SIGN UP

Discover your new **LIFESTYLE**



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>Nanci's Presentation Tuesday, 1/3 2:00 p.m. West Hall </p> <p>Who is wellness for? Why do we need it? Come and listen to Nanci and learn how EVERYONE can include all 7 dimensions of wellness for a more healthy, happy, and WHOLE 2023. At the presentation you will learn how to take on the Wellness Challenge for the month of January!</p>	<p>Garden with Joy & Nanci Thursday, 1/12 2:30 p.m. Living Room </p> <p>Come join us for a fun creative January treat, with paperwhite bulbs. They are a hallmark of wintertime décor and these plants are easy to grow indoors to brighten up any space.</p>
<p>Take a Tour with Cynthia: Austria, Part 1 Wednesday, 1/4 2:00 p.m. West Hall  <u>CANCELLED TILL FEBRUARY</u></p> <p>Churches and more churches, including historic Melk Abbey... Palaces and libraries... Swarovski factory... A sobering note was Mauthausen concentration camp. Special to Austria are the Lipizzaner stallions. Come enjoy the lovely countryside of Austria.</p>	<p>Nutrition Presentation: New-trition Resolution 2023 Tuesday, 1/17 10:30 a.m. West Hall </p> <p>This presentation will be a "hands on" workshop to learn how to utilize the SMART goal method to achieve your health resolutions for 2023!</p>
<p>Bird Presentation with David Yee Thursday, 1/5 11:00 a.m. West Hall </p> <p>David Yee will discuss the birds of O'Connor Woods. He will talk about the history of birds on the property before it was developed, what birds are currently on the property, and also what the future holds for birds on the property. He ALWAYS has interesting bird facts to share with us!</p>	<p>Children's Home of Stockton Tour & Lunch Wednesday, 1/18 Board: 10:00 a.m. Depart: 10:15 a.m. Return: 2:00 p.m. </p> <p>Joelle Gomez will give a tour of Children's Home of Stockton. This special place gives at-risk youth an opportunity for a productive life through treatment and education in a safe, and nurturing environment. After the tour, lunch will be next at Lovotti Pizza.</p>
<p>Len H. Presentation Southeast Asia Trip Part 2 Friday, 1/6 2:00 p.m. West Hall </p> <p>This Part 2 presentation will continue to follow the adventures of five U.S. Army stewards. Flying north to French Indochina and then north to Hong Kong, still British but directly under the eye of the emergent (1950) Chinese People's Republic. The last stop is Taiwan, where we finally discover a people who speak Japanese.</p>	<p>Tour of Stockton with Sandy Avey Wednesday, 1/25 Board: 9:30 a.m. Depart: 9:45 a.m. Return: 2:00 p.m. </p> <p>This tour of Stockton will include many different and noteworthy locations throughout the city. It's a 2nd chance to go. *Please note: this tour is for those residents who did NOT already go.</p> <p>One stop will be the beautiful and historic University of the Pacific's Morris Chapel. Also on the U.O.P. campus is well known Burns Tower where a short tour will be led by Mike Wurtz. The surrounding U.O.P neighborhood has many beautiful homes to see in the Oxford Circle area as well. The Stockton Golf & Country Club and a nice lunch out at Whirlwinds on Pacific Avenue is also part of this special tour.</p>
<p>Coffee Café Monday, 1/9 9:30 a.m. Living Room </p> <p>The Living Room will take on a whole NEW look and remind you of your favorite café'. You can enjoy different types of coffee (espresso for example) with your friends and neighbors. Expect some special "coffee condiments" and treats to accompany your morning beverage choices.</p>	<p>Pianist Andrew Canepa Thursday, 1/26 2:00 p.m. West Hall </p> <p>Come and enjoy this solo piano concert with the highly acclaimed Andrew Canepa. Make your way to West Hall to listen to his talent and passion!</p>
<p>Dancing into the New Year Happy Hour: Performance by Robert Mapp Friday, 1/13 3:00 p.m. West Hall </p> <p>The dance floor is coming OUT for this one! Once Robert Mapp's music starts you will want to get out on the dance floor and MOVE to the BEAT. He is returning to us by popular demand. Join us!</p>	<p>My Life Before OCW: Joe Serra Friday, 1/27 2:00 p.m. West Hall </p> <p>Dr. Serra will be sharing about his work in the country of Malawi, Africa and about this county and its people. Joe made several trips to treat victims of Polio there- doing various medical procedures/interventions with Rotary International.</p> <p>Kayla & Nanci's Hot Chocolate Social Tuesday, 1/31 2:00 p.m. Living Room </p> <p>If you haven't tasted Nanci and Kayla's "secret recipe" for hot chocolate THIS is another chance to enjoy it's rich and delicious flavor. You can choose some special toppings if you'd like. It's a nice and relaxing environment to sip and chat with others as the month of January comes to an end.</p>



January 2023

WELLNESS CONNECTION

Office Hours: M-F 8 a.m. - 4 p.m.
Fitness Club/Pool Hours: 6 a.m. - 7 p.m.



3400 Wagner Heights Road • Stockton, CA 95209
Phone: (209) 956-3470

MONDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

Flo Motion 
10:00 - 10:45 a.m.

Be Fit, Not Frail
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

TUESDAY

Pool: 6 a.m. – 7p.m.

Water Walking 
10:00 - 10:30 a.m.

FallProof
10:45 - 11:30 a.m.

Balance & Band
1:30 - 2:15 p.m.

Aqua Body Moves
1:30 - 2:15 p.m. 

Brain Fitness WH
3:15-4:00 PM
2nd & 3rd Tuesday
(1/10/23 & 1/17/23)

WEDNESDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

Flo Motion 
10:00 - 10:45 a.m.

Be Fit, Not Frail
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

THURSDAY

Pool: 6 a.m. – 7p.m.

Yoga
9:00 - 9:30 a.m.

Water Walking 
10:00 - 10:30 a.m.

FallProof
10:45 - 11:30 a.m.

Balance & Band
1:30 - 2:15 p.m.

Aqua Body Moves
1:30 - 2:15 p.m. 

FRIDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

Be Fit, Not Frail
10:00 - 10:45 a.m.

January Fitness Class cancellations:

- *Monday 1/2/23– NO FITNESS CLASSES (New Year’s Holiday observed)
- *Tuesday 1/3/23– 1:30 p.m. Balance & Band AND Aqua Body classes are cancelled. **Please join the Fitness team in West Hall for Nanci’s presentation” BUILDING YOUR WAY TO WELLNESS” @ 2PM**



Building your Way to Wellness!

Your health and wellness are the most
important things in your life.

Do we give them as much attention
as we should?

Come and listen to Nanci and learn how
EVERYONE can include all 7 dimensions of
wellness for a more healthy, happy,
and WHOLE 2023.

At the presentation you will learn how to take on the
Wellness Challenge for the month of January!

**Nanci's presentation will be Tuesday 1/3/23
2PM in West Hall.**
The Fitness Team looks forward to seeing you there!

GETTING BACK ON TRACK

Did you “fall off the wagon” in December or at some point during 2022 as far as movement on a consistent basis goes? Perhaps the holiday gatherings, responsibilities, and just being busier got in the way of staying on track with your exercise routine. January can be the month to hit the REFRESH button. We look forward to seeing you at the Fitness Club. If you need help getting back on track, please call us. We are happy give you some direction in that area.

Having a Monthly Fitness Calendar in your home is a HUGE help. We have them in the Fitness Club office and in the Main Clubhouse. Not only can you see day/times for all of our scheduled group classes, this calendar can remind you of new options and other things to try when you find your schedule must change for a doctor's appointment, a visitor, or anything that may conflict with your commitment to be consistent.

The first two pages of the Weekly Woods is also a great resource. You can look each day to see what is happening and this another place we can communicate class cancellations when they are necessary.

Remember– “A body in motion tends to stay in motion!”
Once you get yourself moving and string together two weeks, then three weeks, and then four weeks, and so on, you gather momentum. Pretty soon, your training routine becomes NORMAL. And before you know it you've created or recreated a NEW NORMAL for yourself!

For more information on these and other programs offered through the Wellness Connection at O'Connor Woods, call 956-3470. Residents are required to have a signed medical release from their physician. Everyone using the pool must sign a voluntary release and indemnity agreement before entering the water for the first time.