














APRIL 2024

Updated on 3/28/2024

 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 12:30-3:30 Medicals (starting at 1:00) IS 1:00 Bible Study (VOM) CE 2:00 Drama Club (VOM)	HF 9:00-3:30 Medicals (Appts. starting at 9:00) CE 9:30-11 Fix-It-Shop (FS)  9-11 Bank of Stockton (Bar)	WEEKLY RECURRING EVENTS SC 1:00 Resident Store (TT) EF 1:00 The Cue Crew (NCH)	HF 9:00- 3:30 Medicals (Appts. starting at 9:00) CE 9:30-11 Fix-It-Shop (FS)	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 2:00 Current Events (BAR) CE 3:00 Low Vision Reading (VOM) HF 11:00 Relaxing into Presence (NCH)	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	1 3:30 EL OLLI: What you need to know about Disabilities and Inclusive Strategies (WH)	2 11:15 CE Building/Grounds Committee (NCH) 2:00 SC The Connection: Jory Gwasdoff (WH) 6:30 HF Tai Chi (WH)	3 NATIONAL WALKING DAY! (NCH) 10:00AM (NCH) 2:00 EF Take a Tour with Cynthia: India (WH) 3:00 SC Gentlemen's Forum (BAR)	4 10:30 EL History of Western Civilization (WH) 11:30 CE Program Committee (NCH) 1:30 EL Development Series: Chris McCaffrey (WH)	5 9:30 SC Coffee & Sweets (BAR) 1:00 EL Bookmobile (CH) 4:15 EF Happy Hour (LR)	6 2-7 EF Saturday Night Movie Special 7PM Showing (WH)
7 10,2,7 EF Cinema Sunday (WH) Gambit (1966)  Stockton Symphony: Ports of Call Board: 1:30 p.m. Depart: 1:45 p.m.	8 1:30 EL Resident Council (WH)	9 9:30 EL Kitchen Tour (DP)  10:30 SC Grief Support Group (NCH) 1:30 CE Ambassadors Committee (VOM) 3:15 EL Brain Fitness (FC) 6:30 HF Tai Chi (WH)	10  Alden Lane Nursery + Lunch at Nick the Greek Board: 8:30 a.m. Return: 3:00 p.m. 4:30 SC Birthday Mingle (WH) 5:30 SC Birthday Night (WH) 	11 10:00 EF Trio 180 (WH) 3:30 SC Holly Oak Social (WH)	12  Ironstone Vineyards Board: 8:45 a.m. Return: 3:30 p.m. 4:15 SC Happy Hour (LR) 7:15 EF Bingo Night (WH)	13 2-7 EF Saturday Night Movie Special 7PM Showing (WH)
14 10,2,7 EF Cinema Sunday (WH) Married to it (1991)	15  Mystery Lunch Board: 11:30 p.m. Return: 2:30 p.m. 3:30 EL OLLI: Association & Twins-Original Photography in Conjunction with Associated Masterpieces (WH)	16 11:30 EL Lunch & Learn:  "Fall in Love" With Your Heart's Health – Part II (WH) 3:15 EL Brain Fitness (FC) 6:30 HF Tai Chi (WH)	17 1:30 CE Dining Committee (WH)	18 10:30 EL History of Western Civilization (WH) 1:30 EL Wood Readers (VOMR) 3:30 SC Cottage Social (WH)	19 1:00 EL Bookmobile (CH) 4:15 EF Happy Hour (LR)	20 11:00 EF UOP Student Brass Quintet (WH) 1:00 EF Party Bridge (LR)  2-7 EF Saturday Night Movie Special 7PM Showing (WH)
21 10,2,7 EF Cinema Sunday (WH) Nanny McPhee (2005)	22 1:00 CE Painting Spring Time Flower Pots (WH)  3:30 EL OLLI: Ride Across America (WH)	23 10:30 SC Caregiver's Support Group (NCH) 1:30 CE Town Hall (WH) 6:30 HF Tai Chi (WH)	24 Lodi Wine Visitor Center  Board: 10:30 a.m. Return : 1:00 p.m. 1:30 EF Assistance League Thrift Shop Fashion Show (WH)	25 1:00 EL Parkinson's Wellness Circle (WH) 3:30 SC Valley Oak Social (WH)	26 11:00 HF Mindfulness in Nature (WH) 3:00 EF Spring Fling Social & Happy Hour w/ performance by Robert Mapp (WH) 7:15 EF Bingo Night (WH)	27 2-7 EF Saturday Night Movie Special 7PM Showing (WH) 2:00 EF Game Day (LR)
28 10,2,7 EF Cinema Sunday (WH) The Untouchables (1987)  Stockton Civic Theater: Cabaret Board: 1:30 Depart: 1:45 p.m.	29 2:00 CE Planting Flowers in the Spring Time Pots (LRP)  3:30 EL OLLI: Democracy in Decline: Impunity & Minoritarianism Part 1 (WH)	30 2:00 EF Trivia, The Kind You Can Actually Answer (WH) 6:30 HF Tai Chi (WH)	ROOM LOCATION KEY: CH - Chapel DP - Dining Pavilion CL - Cocktail Lounge HO - Holly Oak LR - Living Room MCH - Main Clubhouse NCH - North Clubhouse VOM - Valley Oak Multipurpose SO - Silver Oak WH - West Hall FC - Fitness Club HC - Health Clinic		What does spring mean to YOU? Get your cameras ready! Why not venture out and take some "noticing walks" this month with your camera and <i>mindfully</i> capture the beautiful, interesting and inspiring things you see. We can't wait to see what wise, wonderful, and meaningful photos you have taken of what Spring means to <i>YOU!</i>	

APRIL 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>The Connection: Jory Gwasdoff Tuesday, 4/2 2:00 P.M. West Hall Please join us in West Hall today as Jory Gwasdoff, a Stockton native who believes this community is unlike any other in the entire world. Family Promise SJC mobilizes the community to support and shelter families specifically with children experiencing homelessness. Join Jory to learn how you can be part of the solution.</p>	<p>Lunch & Learn: "Fall in Love" With Your Heart's Health – Part II REQUIRES SIGN-UP Tuesday, 4/16 11:30 A.M. West Hall Come join us for Part II of "Fall in love" with your heart's health! Learn how fat/cholesterol impacts cardiovascular health, the types of fats, and find out which healthy fats to include in your heart healthy diet!</p>
<p>Take a Tour with Cynthia: India Wednesday, 4/3 2:00 P.M. West Hall The Taj Mahal---our goal! We also marveled throughout the colorful state of Rajasthan with its endless parade of jewel-toned saris, the monkeys of Ranthambore, the ghats on the Ganges, and experiencing the annual Pushkar Camel Fair while clinging to the back of a camel taxi. How to decide if you prefer lodging in a palace or a tent motel---each with its own charm? Join in for a tour of India, beginning with two days in Bangkok.</p>	<p>Painting Spring Time Flower Pots REQUIRES SIGN-UP Monday, 4/22 1:00 P.M. West Hall Today we will paint spring time pots. The pot you paint today you can use next week to plant flowers in. There will be small and medium pots available for you to choose from.</p> <p>Planting Flowers in the Spring Time Pots REQUIRES SIGN-UP Monday, 4/29 2:00 P.M. Living Room Patio It's springtime! A time for hope and new beginnings! The days start to get longer and flowers begin to bloom. Join Nanci as we plant some of our favorite beautiful flowers to decorate your favorite spot on your patios. Flowers Generate Happiness!</p>
<p>Development Series: How to invest with confidence in an election year with Chris McCaffrey Wednesday, 4/3 2:00 P.M. West Hall Presidential elections can be divisive and unsettling. At times, the fate of the world seems to hang in the balance. But when it comes to investing, do elections really matter all that much? U.S. voters will have their say in November 2024, but Chris McCaffrey, Wealth Advisor at MACO Wealth Management, will help us see clearly through the fog of confusion that surrounds such turbulent times.</p>	<p>Lodi Wine Visitor Center TRIP REQUIRES SIGN-UP Wednesday, 4/24 Board: 10:30 A.M. Depart: 10:45 A.M. Return: 1:00 P.M. The Visitor Center features an expansive tasting bar featuring a wide selection of regional wines, educational demonstrations and a gift shop featuring handcrafted products and Lodi giftware. You can pick up a Lodi Wine Trail Map and ask the staff which wineries suit your personal flavor palette and the type of winery environment you prefer.</p>
<p>Alden Lane Nursery + Lunch at Nick the Greek TRIP REQUIRES SIGN-UP Wednesday 4/10 Board: 8:30 a.m. Depart: 8:45 a.m. Return: 3:00 p.m. Alden Lane Nursery is delightfully situated within a grove of centuries-old-oak trees.</p> <p>The setting combined with a vast selection of plants and friendly customer service, makes Alden Lane a unique destination garden center. This Livermore nursery has an extensive selection of trees, flowers, perennials, shrubs, garden accessories, indoor plants, orchids, and support materials. They employ friendly and helpful staff with years and years of horticultural experience ready to offer ideas and assistance. After visiting Alden Lane Nursery, we will head to downtown Livermore to the Village Square Shopping Center for a yummy lunch at Nick the Greek.</p>	<p>Assistance League Thrift Shop Fashion Show: The Power of Style and Fashion Wednesday, 4/24 1:30 P.M. West Hall Today you can enjoy a lovely fashion show AND boutique all in one afternoon. The Assistance League of Stockton is coming to OCW and will be using the following schedule that day. *Boutique opens at 1:00 PM and closes at 1:30 PM for the FASHION SHOW to begin. *After the fashion show, the boutique will Reopen for you to shop their nice selection of merchandise available for sale. *Boutique will close for the day at 3:30 PM There will also be a door prize and silent auction. You'll be READY for Spring after this afternoon of showcasing the "Power of Style and Fashion!"</p>
<p>Trio 180 Thursday, 4/11 10:00 A.M. West Hall Trio 180's splendid playing is overall transporting as the ensemble's name implies. * Ann Millwe, violin, Vicky Wang, Cello, Sonia Leong, piano in addition to Myriam Cottin, violin and IgirVeligan, violin. These musicians are worth coming back for another LISTEN!</p>	<p>Mindfulness in Nature Friday, 4/26 11:00 A.M. West Hall Mindfulness in Nature Presented by Dorbea Cary: Nature is restorative! Research has shown how spending time in nature can improve our mood and can lower our blood pressure. Nature helps us to shift out of our heads and into our senses. Just spending 5 minutes in nature can calm our nervous system. This presentation will outline the benefits and explore a variety of practices you can do outdoors.</p>
<p>Ironstone Vineyards TRIP REQUIRES SIGN-UP Friday, 4/12 Board: 8:45 A.M. Depart: 9:00 A.M. Return: 3:30 P.M. Ironstone Vineyards is a premier Calaveras County destination with Wine Tasting, Dining, Estate Tours, Fabulous Gardens, Weddings, Concerts and MORE! We will take a guided walk. The cost is \$10 which will be charged to your account. Lunch will be enjoyed at Ironstone Vineyards. It will be a lovely way to spend a Friday in April!</p>	<p>Trivia, The Kind You Can Actually Answer Tuesday, 4/30 2:00 P.M. West Hall Please join us in West Hall for a fun session of Trivia that will be fun because you will know lots of the answers! Teams will be created as you enter the room, so no need to put together a team of your genius pals. Maybe you will</p>
<p>Mystery Lunch TRIP REQUIRES SIGN-UP Monday, 4/15 Board: 11:30 P.M. Depart: 11:45 P.M. Return: 2:30 P.M. This Lodi family owned restaurant was established in 1991. Known for the trains that run around the restaurant and display cases with collectible model trains, aircrafts, and memorabilia. They offer American diner style meals as well as Greek dishes and desserts. They pride themselves on their recipes!</p>	