

Oakwood Village West Apartments Activities Calendar

July 2010

Bus Trip and Event Sign Ups are on the 3rd Floor of the Tower.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																				
	<p align="center">Room Directory</p> <table border="1"> <tr> <td>Party Rm</td> <td>Tower 3rd Floor</td> <td>Nakoma Rm</td> <td>Heritage 1st Fl</td> <td>Comm Rm</td> <td>Oaks Floor A</td> </tr> <tr> <td>Rec Rm</td> <td>Tower 3rd Floor</td> <td>Fitness Rm</td> <td>Heritage 1st Fl</td> <td>Mtg/Ex Rm</td> <td>Oaks Floor B</td> </tr> <tr> <td>3rd Fl Lounge</td> <td>Tower 3rd Floor</td> <td>Sun Rm</td> <td>Heritage 1st Fl</td> <td>Computer Lab</td> <td>Oaks Floor C</td> </tr> <tr> <td>Tea Room</td> <td>Tower 2nd Floor</td> <td>Social Rm</td> <td>Heritage 1st Fl</td> <td>Art Studio</td> <td>Oaks Floor D</td> </tr> <tr> <td>2nd Fl Lounge</td> <td>Tower 2nd Floor</td> <td>Westmorland</td> <td>Heritage 1st Fl</td> <td>Meditation Chapel</td> <td>1st Floor Auditorium</td> </tr> <tr> <td>Great Room</td> <td>Tabor Oaks</td> <td>Oakridge Inn</td> <td>Tabor Oaks</td> <td>Res Chapel</td> <td>Hebron 2nd Floor</td> </tr> </table>			Party Rm	Tower 3rd Floor	Nakoma Rm	Heritage 1st Fl	Comm Rm	Oaks Floor A	Rec Rm	Tower 3rd Floor	Fitness Rm	Heritage 1st Fl	Mtg/Ex Rm	Oaks Floor B	3rd Fl Lounge	Tower 3rd Floor	Sun Rm	Heritage 1st Fl	Computer Lab	Oaks Floor C	Tea Room	Tower 2nd Floor	Social Rm	Heritage 1st Fl	Art Studio	Oaks Floor D	2nd Fl Lounge	Tower 2nd Floor	Westmorland	Heritage 1st Fl	Meditation Chapel	1st Floor Auditorium	Great Room	Tabor Oaks	Oakridge Inn	Tabor Oaks	Res Chapel	Hebron 2nd Floor	<p>1 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/Ex Rm 9:30/10:30am Senior Moves Class- Westmorland Rm 10:00am Coffee Hour-Comm Rm 10:15am Advanced Tai Chi-Meeting/Ex Rm *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00-4pm Private Art Therapy sessions-Art Studio 2:00pm Gentle Movement- Westmorland Rm 3:00pm Light Social Hour (Bring Your Own Treats) -Comm Rm 4:00pm Worship Service-Resurrection Chapel *6:20/6:30pm Rennebohm Concert Bus</p>	<p>2 8:00/10:15am Walking Group-Laundry Rm 9:00am Coffee Hour-Nakoma Rm 10:00am Catholic Rosary- Res Chapel 10:00am Chair Exercises-Mtg/Ex Rm 10:00am Poetry Group - Party Rm 2:30/3:00pm Circuit Training-Fitness Rm 7:00pm Travel Video (Volcano Above the Clouds: Nova)- Aud</p>	<p>3 10:00am Men's Group (History of Madison Part III)-Meeting/Ex Rm 1:00pm Cards/ Board games - Mtg/Ex Rm 1:30pm Mah Jongg- Social Rm 2:00pm Summer Breeze- Aud & Ch. 72</p>
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	<p>The asterisk * represents a pre-registered program.</p>		<p>Programs are subject to change</p>																																							
<p>4 11:00am Morning Worship-Res Chapel 2:00pm Jazz Concert-Aud 6:30pm Movie Night (Northern Exposure)-Mtg/Ex Rm</p>	<p>5 8:00/10:15am Walking Group-Laundry Rm 10:00am Chair Exercise-Mtg/Ex Rm 10:00am Clay with Mikel-Art Studio 10:30am Strength Training Class for Men- Fitness Rm 1:00pm Old Time Hymn Sing-2nd Fl Lounge 1:00pm Cribbage-Rec Rm 1:30pm Balance Demonstration-Fitness Rm 2:30/3:00pm Circuit Training-Fitness Rm 4:00pm Summer Sing Along-2nd Fl Lounge 6:30pm The Oakwood Yarners - Comm Rm</p>	<p>6 *8:20/30am Small Town Tour to Green Lake 9:00am Coffee Hour- Tea Rm 9:30/10:30am Senior Moves Class- Westmorland Rm 10:00am Low Vision- Party Rm *10:00am Watercolor-Art Studio 10:30am Blood Pressure Checks for the Oaks-Wellness Clinic *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00pm Reminisce-Party Rm 1:00pm Scrabble-Rec Rm 1-3:00pm Free Tutoring-Computer Lab 1:30pm Mah Jongg-Social Rm 2:00pm Gentle Movement- Westmorland Rm 3:00pm Tuesday Talks (Bob Greenler)-Aud 3:30pm Bible History-Tabor Great Rm 6:30pm Book Club-Party Rm 7:00pm Music Chats with Bill Lutes- Aud</p>	<p>7 9:00am Bible Study-Party Room 10:00am Chair Exercises-Meeting/Ex Rm 10:00am Nature Preserve Walk-Meet in Comm Rm 10:30am Bible Study-Party Rm 11:00am Ticket Ordering Meeting for Wicked- Comm Rm *12:50/1:00pm Botanical Outing to Allen Centennial Gardens 1:00pm Garden Group- Westmorland Rm 1:30pm Bible Study-Party Rm 1:30pm Cards-Tea Rm/2nd Fl Lounge 1:30/2:30pm Stretch & Tone-Mtg/Ex Rm *2:30pm Weaving-Art Studio 3:00pm Diabetes Talk-Party Rm 4:00pm Summer Sing Along- 2nd Fl Lounge *5:00/5:10pm Concert on the Square Bus 6:30pm Party Bridge Club-Mtg/Ex Rm 6:30pm Bridge-Social Rm 6:30pm Euchre-Party Rm</p>	<p>8 9:30/10:30am Senior Moves Class- Westmorland Rm 10:00am Coffee Hour-Comm Rm *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00-4pm Private Art Therapy sessions-Art Studio 1:30pm Parkinson's Disease Support Group-Nakoma Rm 2:00pm Gentle Movement- Westmorland Rm 3:00pm Light Social Hour (Bring Your Own Treats)-Comm Rm 4:00pm Worship Service-Resurrection Chapel *6:20/6:30pm Rennebohm Concert Bus</p>	<p>9 8:00/10:15am Walking Group-Laundry Rm 9:00am Coffee Hour- Nakoma Rm 10:00am Catholic Mass- Res Chapel 10:00am Chair Exercises-Mtg/Ex Rm 10:30am Positive Aging Lecture Series (PALS)- Aud 2:30/3:00pm Circuit Training-Fitness Rm 6:30pm Summer Concert Series-Aud</p>	<p>10 10:00am Crafts w/ Children- Art Studio 1:00pm Cards/ Board games - Mtg/Ex Rm 1:30pm Mah Jongg- Social Rm *4:45/55pm Dinner on the Town to Oliva</p>																																				
	<p align="center">WELLNESS CLINIC HOURS Monday, Wednesday & Friday 1:00-2:00pm Tuesday & Thursday 10:30-11:30am 3rd Floor Clinic</p>			<p align="center">UW Sports Medicine Opportunities <u>Mondays, Wednesdays & Fridays</u> Senior Warm Water Fitness Classes Departure times: Mondays, Wednesdays & Fridays 9:00/9:10am Call Stephanie Ehle for more information at 230-4401.</p>		<p align="center">Please Turn Over for Rest of Month!!</p>																																				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 11:00am Morning Worship-Res Chapel 3:00pm Movie (How Green Was My Valley)— Ch. 4 *3:10/20pm American Players Theatre (Spring Green) 4:00pm Evening Worship Service-Res Chapel 6:30pm Movie Night (Northern Exposure)- Mtg/ Ex Rm	12 8:00/10:15am Walking Group-Laundry Rm 10:00am Chair Exercise-Mtg/Ex Rm 10:00am Clay with Mikel-Art Studio 10:30am Strength Training Class for Men- Fitness Rm 1:00pm Cribbage-Rec Rm 1:00pm Crafts-Art Studio 2:00pm Aristotle & Science Talk- Nakoma/Westmorland Rm 2:30/3:00pm Circuit Training-Fitness Rm 2:30pm Sheepshead – Tea Rm 4:00pm Summer Sing Along- 2 nd Fl Lounge 6:45pm Resident Association Meeting -Aud	13 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/Ex Rm 9:00am Coffee Hour- Tea Rm 9:30/10:30am Senior Moves Class- Westmorland Rm *10:00am Watercolor-Art Studio 10:15am Advanced Tai Chi—Meeting/Ex Rm 10:30am Blood Pressure Checks for the Tower- Wellness Clinic *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00pm Reminisce-Party Rm 1:00pm Scrabble-Rec Rm 1-3:00pm Free Tutoring-Computer Lab 1:30pm Mah Jongg-Social Rm 1:30pm Osteoporosis Support Group—Aud 2:00pm Gentle Movement- Westmorland Rm 3:30pm Bible History-Tabor Great Rm 3:30pm Low Hearing-Tabor Conference Rm 4:30pm Glaucoma Support Group- Nakoma/ Westmorland Rm 7:00pm Music Chats with Bill Lutes- Aud	14 9:00/10:30am Bible Study-Party Rm 10:00am Chair Exercises-Meeting/Ex Rm 1:30pm Bible Study-Party Rm 1:30pm Cards-Tea Rm/2nd Fl Lounge 1:30/2:30pm Stretch & Tone-Mtg/Ex Rm *2:30pm Weaving-Art Studio 3:00pm Western Nightingales-Party Rm 4:00pm Summer Sing Along- 2 nd Fl Lounge 6:30pm Bridge— Social Rm 6:30pm Party Bridge Club-Mtg/Ex Rm 6:30pm Euchre- Party Rm 7:00pm Scrabble-Rec Rm	15 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/Ex Rm 9:30/10:30am Guided Walk- Meet in the Comm Rm 10:00am Coffee Hour-Comm Rm 10:15am Advanced Tai Chi—Meeting/Ex Rm *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00-4pm Private Art Therapy sessions-Art Studio 2:00pm Gentle Movement- Fitness Rm 3:00pm Light Social Hour (Bring Your Own Treats)-Comm Rm 4:00pm Worship Service-Resurrection Chapel *6:20/6:30pm Rennebohm Concert 7:00pm Sims Delaney-Potthoff- Aud	16 8:00/10:15am Walking Group-Laundry Rm 9:00am Coffee Hour- Nakoma Rm *9:45/55am Park Walk & Lunch at Mirror Lake (Delton) 10:00am Catholic Rosary- Res Chapel 10:00am Poetry Group – Party Rm 10:00am Chair Exercise-Mtg/Ex Rm 10:30am Positive Aging Lecture Series (PALS)- Aud 2:30/3:00pm Circuit Training-Fitness Rm 6:30pm Shorewood Summer Drama “Bye Bye Birdie”— Aud	17 12-4:00pm Ping Pong- Nakoma Rm 1:00pm Cards/ Board games – Mtg/Ex Rm 1:30pm Mah Jongg- Social Rm *7:20/30pm Opera in the Park
18 11:00am Morning Worship-Res Chapel *2:00/2:10pm Carillon Bell Tower Concert 4:00pm Evening Worship Service-Res Chapel 6:30pm Movie Night (Northern Exposure)- Mtg/ Ex Rm	19 8:00/10:15am Walking Group-Laundry Rm 10:00am Chair Exercise-Mtg/Ex Rm 10:00am Clay with Mikel-Art Studio 10:30am Strength Training Class for Men- Fitness Rm 1:00pm Old Time Hymn Sing-2nd Fl Lounge 1:00pm Cribbage-Rec Rm 1:00pm Crafts-Art Studio 2:30/3:00pm Circuit Training-Fitness Rm 4:00pm Summer Sing Along- 2 nd Fl Lounge 6:30pm The Oakwood Yarners – Comm Rm 7:00pm Monday Music @7-Aud	20 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/ Ex Rm 9:00am Coffee Hour- Tea Rm 9:30/10:30am Senior Moves Class- Westmorland Rm *10:00am Watercolor-Art Studio 10:15am Advanced Tai Chi—Meeting/Ex Rm 10:30am Blood Pressure Checks for the Gallery- Wellness Clinic *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00pm Reminisce-Party Rm 1:00pm Scrabble-Rec Rm 1-3:00pm Free Tutoring-Computer Lab 1:30pm Mah Jongg-Social Rm 2:00pm Gentle Movement- Westmorland Rm 3:00pm Tuesday Talks (Traci Nathans-Kelly)-Aud & Ch. 72 3:30pm Bible History-Tabor Great Rm 7:00pm Music Chats with Bill Lutes- Aud	21 9:00/10:30am Bible Study-Party Rm 10:00am Chair Exercises-Mtg/Ex Rm 10:30am Rehab Talk and Personal Training- Aud & Ch. 72 1:30pm Bible Study-Party Rm 1:30pm Cards-Tea Rm/2nd Fl Lounge 1:30/2:30pm Stretch & Tone-Mtg/Ex Rm *2:30pm Weaving-Art Studio 4:00pm Summer Sing Along- 2 nd Fl Lounge 6:30pm Party Bridge Club-Mtg/Ex Rm 6:30pm Bridge— Social Rm 6:30pm Euchre- Party Rm 7:00pm Scrabble-Rec Rm	22 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/Ex Rm 9:30/10:30am Senior Moves Class- Westmorland Rm 10:00am Coffee Hour-Comm Rm 10:15am Advanced Tai Chi—Meeting/Ex Rm *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00-4pm Private Art Therapy sessions-Art Studio 2:00pm Gentle Movement- Westmorland Rm 3:00pm Light Social Hour (Bring Your Own Treats)-Comm Rm 4:00pm Worship Service-Resurrection Chapel *6:20/6:30pm Rennebohm Concert 6:30pm Middleton Summer Sinfonia- Aud	23 8:00/10:15am Walking Group-Laundry Rm 9:00am Coffee Hour & Farewell to Tara Dirth- Nakoma Rm 10:00am Catholic Mass- Res Chapel 10:00am Chair Exercise-Mtg/Ex Rm 10:30am Positive Aging Lecture Series (PALS)- Aud 2:30/3:00pm Circuit Training-Fitness Rm 6:30pm Summer Concert Series- Tabor Courtyard	24 1:00pm Cards/ Board games – Mtg/Ex Rm 1:30pm Mah Jongg- Social Rm 6:30pm Foreign Film (The Lives of Others)- Aud
25 11:00am Morning Worship-Res Chapel 1:30pm Sunday Movie Matinee (It’s Complicated)- Aud 4:00pm Evening Worship Service-Res Chapel *4:00/4:10pm Mallards Baseball Game 6:30pm Movie Night (Northern Exposure)- Mtg/ Ex Rm	26 8:00/10:15am Walking Group-Laundry Rm 10:00am Chair Exercise-Mtg/Ex Rm 10:00am Clay with Mikel-Art Studio 10:30am Strength Training Class for Men- Fitness Rm 1:00pm Cribbage-Rec Rm 1:00pm Crafts-Art Studio 2:30/3:00pm Circuit Training-Fitness Rm 2:30pm Sheepshead – Tea Rm 3:00pm Poetry Reading- Nakoma Rm 4:00pm Summer Sing Along- 2 nd Fl Lounge 6:30pm The Oakwood Yarners – Comm Rm 7:00pm Elizabeth Agard Piano Recital- Aud	27 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/Ex Rm 9:00am Coffee Hour- Tea Rm 9:30-11:00am Resident/Staff Sale- Resale Shop 9:30/10:30am Senior Moves Class- Westmorland Rm *10:00am Watercolor-Art Studio 10:15am Advanced Tai Chi—Meeting/Ex Rm *10:20/30am Lunch Bus to Blue Spoon in Prairie du Sac 10:30am Blood Pressure Checks for Heritage- Wellness Clinic *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00pm Reminisce-Party Rm 1:00pm Scrabble-Rec Rm 1-3:00pm Free Tutoring-Computer Lab 1:30pm Mah Jongg-Social Rm 2:00pm Gentle Movement- Westmorland Rm 3:00pm Ethics Presentation- Aud & Ch. 72 3:30pm Bible History—Tabor Great Rm 6:30pm Evening of the Arts-Aud	28 9:00/10:30am Bible Study-Party Rm 10:00am Chair Exercises-Meeting/Ex Rm 1:30pm Bible Study-Party Rm 1:30pm Cards-Tea Rm/2nd Fl Lounge 1:30/2:30pm Stretch & Tone-Mtg/Ex Rm *2:30pm Weaving-Art Studio 4:00pm Summer Sing Along- 2 nd Fl Lounge *4:00pm Summer Garden Social- See sign ups for locations 6:30pm Party Bridge Club-Mtg/Ex Rm 6:30pm Bridge— Social Rm 6:30pm Euchre- Party Rm 7:00pm Scrabble-Rec Rm	29 8:15/9:15am Beginning/Intermediate Tai Chi-Mtg/Ex Rm 9:30/10:30am Senior Moves Class- Westmorland Rm 10:00am Coffee Hour-Comm Rm 10:15am Advanced Tai Chi—Meeting/Ex Rm *10:30-12:30pm Foot Clinic-3rd Fl Clinic 1:00-4pm Private Art Therapy sessions-Art Studio 2:00pm Gentle Movement- Westmorland Rm 3:00pm Town Hall Meeting- Aud & Ch.72 3:00pm Light Social Hour (Bring Your Own Treats)-Comm Rm 4:00pm Worship Service-Resurrection Chapel *6:20/6:30pm Rennebohm Concert	30 8:00/10:15am Walking Group-Tower Laundry Rm 9:00am Coffee Hour- Nakoma Rm 10:00am Chair Exercise-Mtg/Ex Rm 2:30/3:00pm Circuit Training-Fitness Rm *4:10/20pm Fish Fry to Mill on Main in Cambridge 7:00pm Animated Movie (Fantastic Mr. Fox)- Aud	31 1:00pm Cards/ Board games – Mtg/Ex Rm 1:30pm Mah Jongg- Social Rm 7:00pm Jim Erickson & Kristin Erickson – Aud