



GABLES *of Ojai*

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Director's Corner

As one year ends, another begins. Many of us will make New Year's Resolutions, but who will stick to them? The most common one is to join a gym. Gym membership spikes at the beginning of January. By February, a lot of those new members are sitting on their couches eating junk food.

But setting goals is a good thing. I have permanent goals: to be a better dad, a better Executive Director & a better all around person. I am continually learning, and some of the best life lessons I have learned are from those Residents who lived through the Depression and World War II: "The Golden Generation."

I hope that the New Year brings peace and a less divisive 2019 for our country. Working together and finding common ground will achieve more than fighting ever did. I wish you all a Happy New Year and a fantastic 2019.

"Tomorrow, is the first blank page of a 365 page book. Write a good one." - Brad Paisley

David

January 2019



Upcoming Events


- 1/2 Music with Ed & Nancy
- 1/3 Resident Council
- 1/4 Chef Chat
- 1/7 Writing Club With David
- 1/9 Trip to Walmart
- 1/10 Episcopal Church
- 1/14 Debate with David
- 1/16 Mary Kay
- 1/17 California old time fiddlers
- 1/21 MLK talk with David
- 1/23 Music with Lori Sunshine
- 1/24 Conductorcise with Kelley
- 1/28 Debate with David
- 1/30 Lunch trip to Boccali's
- 1/31 Music with Paul Lenderman



January Birthdays

- 3 Allan Martin
- 6 Gloria Ramsey
- 14 Mary Burright
- 16 Norma Hughes
- 20 Pauline Larwood
- 24 Elaine Nelson



Sunday	Monday	Tuesday
		<p>New Year's Day 1</p> <p>8:30 Gables Walking Club (CH)</p> <p>12:45 Quiz With Juan (MDR)</p> <p>1:30 Classic Movie "The Stranger" Starring: Orson Welles, Edward G. Robinson, Loretta Young (95 Mins.) (CH)</p>
<p>Man on Wire 6</p> <p>9:00 - 12:00 Church Drives</p> <p>1:30 New Movie Matinee: "Man on Wire" Starring: Philippe Petit, Jean François Heckel, Jean-Louis Blondeau (94 Mins.) (CH)</p> <p>1:45 Chair Yoga & Meditation With Dana (C)</p>	<p>Writing Club 7</p> <p>9:20 Get Fit While You Sit W/Pam Moore (L)</p> <p>1:30 Writing Club W/David: Sharpen Up Your Writing Skills With Short Stories, Poems and More (CH)</p> <p>3:00 Craft Corner With Juan (CH)</p>	<p>Cinema Paraiso 8</p> <p>8:30 Gables Walking Club (CH)</p> <p>12:45 Quiz With Juan (MDR)</p> <p>1:30 Movie "Cinema Paraiso" Starring: Philippe Noiret, Enzo Cannavale, Antonella Attili (120 Mins.) (CH)</p>
<p>The Ballad of Buster 13</p> <p>9:00 - 12:00 Church Drives</p> <p>1:30 New Movie Matinee: "The Ballad of Buster Scruggs" Starring: Tim Blake Nelson, Willie Watson, Clancy Brown (120 Mins.) (CH)</p> <p>3:00 Board Games 'N Card Games (C)</p>	<p>Debate With David 14</p> <p>9:20 Get Fit While You Sit W/Pam Moore (L)</p> <p>1:30 Debate With David: Give Your Views and Hear What Your Friends Have to Say as We Debate Some "Hot Topics" (CH)</p> <p>3:00 Craft Corner With Juan (CH)</p>	<p>The Third Man 15</p> <p>8:45 Gables Walking Club (CH)</p> <p>12:45 Quiz With Juan (MDR)</p> <p>1:30 Movie "The Third Man" Starring: Orson Welles, Joseph Cotten, Alida Valli (93 Mins.) (CH)</p>
<p>The Crown 20</p> <p>9:00 - 12:00 Church Drives</p> <p>1:30 New Movie Matinee: "The Crown" Starring: Claire Foy, Matt Smith, Victoria Hamilton (58 Mins.) (CH)</p> <p>1:45 Chair Yoga & Meditation With Dana (C)</p>	<p>Martin Luther King Jr. Day 21</p> <p>9:20 Get Fit While You Sit W/Pam Moore (L)</p> <p>1:30 History Talk About Martin Luther King With David (CH)</p> <p>3:00 Craft Corner With Juan (CH)</p>	<p>Like Water for Chocolate 22</p> <p>8:45 Gables Walking Club (CH)</p> <p>12:45 Quiz With Juan (MDR)</p> <p>1:30 Movie "Like Water for Chocolate" Starring: Marco Leonardi, Lumi Cavazos, Regina Torné (105 Mins.) (CH)</p>
<p>Our Souls at Night 27</p> <p>9:00 - 12:00 Church Drives</p> <p>1:30 New Movie Matinee: "Our Souls at Night" Starring: Judy Greer, Robert Redford, Jane Fonda (99 Mins.) (CH)</p> <p>3:00 Board Games 'N Card Games (C)</p>	<p>Debate With David 28</p> <p>9:20 Get Fit While You Sit W/Pam Moore (L)</p> <p>1:30 Debate With David: Give Your Views and Hear What Your Friends Have to Say as We Debate Some "Hot Topics" (CH)</p> <p>3:00 Craft Corner With Juan (CH)</p>	<p>Brothers Keeper 29</p> <p>8:45 Gables Walking Club (CH)</p> <p>12:45 Quiz With Juan (MDR)</p> <p>1:30 Movie "Brothers Keeper" Starring: Delbert Ward, Roscoe Ward, Lyman Ward (104 Mins.) (CH)</p>

Wednesday	Thursday	Friday	Saturday
<p>Local Banks & Vons 2</p> <p>8:45 Seated Stretch W/Rob (L)</p> <p>9:20 Shopping Trip to Our Local Banks & Vons With Kelley (SU)</p> <p>1:30 Come Join Kelley in Some Toe Tapping Music With the Fabulous Ed and Nancy (L)</p>	<p>Resident Council 3</p> <p>8:30 Gables Walking Club (CH)</p> <p>12:30 Dinner Manager's Choice- "Ashley's Dinner"</p> <p>1:30 Resident Council Meeting With David & Kelley: Come Share Your Thoughts About Activities and More & Also Find Out the Latest Gables News (L)</p>	<p>Happy Hour 4</p> <p>9:20 Reach With Rob (L)</p> <p>10:00 Art: "Watercolors With Marta Nelson" (CH)</p> <p>1:30 Chef Chat With Salvador & Kelley- Please Come and Share Your Views & Ideas on Cuisine at the Gables (L)</p> <p>4:30 Happy Hour (L)</p>	<p>The Little Mermaid 5</p> <p>9:15 Morning Stretch With Dana(L)</p> <p>1:30 Movie Matinee: "The Little Mermaid" Starring: William Moseley, Poppy Drayton, Loreto Peralta (CH)</p> <p>1:45 Board Games 'N Card Games (C)</p>
<p>Walmart Trip 9</p> <p>8:45 Seated Stretch W/Rob (L)</p> <p>9:20 Trip to Walmart Super-center in Oxnard's "Shopping at the Rose" (SU)</p> <p>1:30 Put Your Best Foot Forward With Kelley and Christine (CH)</p>	<p>Episcopal Church 10</p> <p>8:30 Gables Walking Club (CH)</p> <p>11:00 Episcopal Church Service (L)</p> <p>12:30 Dinner Manager's Choice- "Debbie's Dinner"</p> <p>1:30 Arts and Crafts With Mary Sawyer From Assisted (L)</p>	<p>Happy Hour 11</p> <p>9:20 Reach With Rob (L)</p> <p>10:00 Art: "Watercolors With Marta Nelson" (CH)</p> <p>1:30 Bingo and Bon Bons Bash With Juan (L)</p> <p>4:30 Happy Hour (L)</p>	<p>Mowgli 12</p> <p>9:15 Morning Stretch With Dana(L)</p> <p>1:30 Movie Matinee: "Mowgli: Legend of the Jungle" Starring: Christian Bale, Cate Blanchett, Benedict Cumberbatch (104 Mins) (CH)</p> <p>1:45 Chair Yoga & Meditation With Dana (C)</p>
<p>Target 16</p> <p>8:45 Seated Stretch W/Rob (L)</p> <p>9:45 Field Trip to Ventura Target With Kelley. (SU)</p> <p>1:30 Come on Out and Spend Time With Alicia, Our Wonderful Mary Kay Lady (L)</p>	<p>Old Time Fiddlers 17</p> <p>8:30 Gables Walking Club (CH)</p> <p>12:30 Dinner Manager's Choice- "Daisy's Dinner"</p> <p>1:30 Come Listen to Debbie and the California Old Time Fiddlers Music Extravaganza</p>	<p>Happy Hour 18</p> <p>9:20 Reach With Rob (L)</p> <p>10:00 Art: "Watercolors With Marta Nelson" (CH)</p> <p>1:30 Silly Scrabble and Shortcake With Juan (L)</p> <p>4:30 Happy Hour (L)</p>	<p>Six Puppies & Us 19</p> <p>9:15 Morning Stretch With Dana(L)</p> <p>1:30 Movie Matinee: "Six Puppies & Us" Starring: Joseph Sinclair, Ryan Sinclair (60 Mins.) (CH)</p> <p>1:45 Board Games 'N Card Games (C)</p>
<p>Movie Outing 23</p> <p>8:45 Seated Stretch W/Rob (L)</p> <p>9:30 A Movie @ The Collections With Kelley (SU)</p> <p>1:30 Come on Over to Hear Lori Sunshine Play Her Harp & Piano (L)</p>	<p>Trader Joe's & 99 24</p> <p>8:30 Gables Walking Club (CH)</p> <p>9:45 Trip to the 99c Store and Trader Joe's With Kelley (SU)</p> <p>12:30 Dinner Manager's Choice- "Lumi's Dinner"</p> <p>1:30 Lets Get Busy and Work Up a Sweat With Conductorcerize Music Madness With Kelley (L)</p>	<p>Happy Hour 25</p> <p>9:20 Reach With Rob (L)</p> <p>10:00 Art: "Watercolors With Marta Nelson" (CH)</p> <p>1:30 Bocci Ball and Bananas Splits With Juan (L)</p> <p>4:30 Happy Hour (L)</p>	<p>Meet Joe Black 26</p> <p>9:15 Morning Stretch With Dana(L)</p> <p>1:30 Movie Matinee: "Meet Joe Black" Starring: Brad Pitt, Anthony Hopkins, Claire Forlani (140 Mins) (CH)</p> <p>1:45 Chair Yoga & Meditation With Dana (C)</p>
<p>Boccali's 30</p> <p>8:45 Seated Stretch W/Rob (L)</p> <p>11:30 Lunch Trip to Our Local Boccali's With Kelley (SU)</p> <p>1:30 Resident Social With Juan & Kelley. Come Join Us in Getting to Know Our Peers. (L)</p>	<p>Paul Lenderman 31</p> <p>8:30 Gables Walking Club (CH)</p> <p>12:30 Birthday Dinner Manager's Choice- "Tina's Dinner"</p> <p>1:30 Birthday Music With Paul Lenderman (L)</p>	<p>LOCATION KEY CH <i>Clubhouse</i> L <i>Main Lounge</i> MDR <i>Main Dining Room</i> RG <i>Rose Garden</i></p>	<p style="text-align: center;"><i>January</i></p>

January 2019

