

# DOMINICAN OAKS

## COMMUNITY NEWSLETTER

OCTOBER 2024

### A MESSAGE FROM OUR ADMINISTRATOR

As the cool breeze of October arrives, our community is embracing the beauty of fall!

The vibrant colors of the season are all around us, and we have plenty of activities planned to enjoy the crisp autumn air and cozy indoor moments. Whether it is an exercise class, election presentation, High Holiday celebration, Arts and Crafts Fair, or just a quiet afternoon with a good book by the fireplace in the library, there's something for everyone this month. Please don't miss our Halloween Resident Mixer, where you will be able to vote on our employee pumpkin contest! If history is to repeat itself, our teams will present show-stopping pumpkins that will be hard to choose from.

With cooler weather encouraging more indoor gatherings, we kindly remind everyone to practice good hygiene by washing your hands frequently. If you're feeling unwell, please consider staying home and refraining from communal activities to help keep our community healthy.

Let's make the most of this beautiful season together!



October is busting at the seams with activities! Be sure to check out the insert page for additional details on the November 6th election and Oct 22nd COVID booster & Flu vaccine clinic.

### RESIDENT MIXER

## HALLOWEEN CELEBRATIONS

*Dominican Oaks celebrates the Holiday with a spooktacular line up of events in the Oaks Room on October 31st.*

#### 1 PM: Showing of "Dracul Nosferatu"

Made by 16 year old Sebastian Doggett, son of our very own Don Doggett in Maintenance!

Many of you enjoyed it last year. Please join us again for an encore showing of this very special, artsy, short, gothic film in celebration of Halloween!

#### 3 PM: Resident Mixer Boo Bash

Join us for our community Halloween Party featuring trick or treat stations offering bewitching cocktails,



Fang-tastic appetizers and special treats.

Guests at the party will be able to vote on the best pumpkin decorated by the various departments at Dominican Oaks. Costumes are recommended, however not required.

## ROSH HASHANAH & THE HIGH HOLIDAYS

### The Jewish Cultural Club presents Mark Levy Mitzvah Music

*Tues, Oct 8th at 2 PM in the Oaks Room*

Mark Levy has performed and taught in the San Francisco Bay area for 40 years at temples, synagogues, JCC's, HaMaqom (formerly Lehrhaus Judaica), Workers Circle, and other Jewish groups. He has appeared throughout the country, in Europe and Israel and is a singer and lecturer who specializes in older Judaic folk music in Yiddish, Hebrew, and Ladino, Klezmer history and theory, and Jewish music history in general. He has performed for Yeshiva University Sephardic Dept.'s Semana Sepharad in New York, and is a cantorial soloist in California. He has released a fourth album of Jewish music entitled Bin Ikh Mir A Shnayderl: Yiddish Work Songs.

All, of any faith, are most welcome.

## MONTHLY COMMUNICATION FORUMS: OPPORTUNITIES FOR YOUR VOICES TO BE HEARD!

At Dominican Oaks, we highly value your opinions, thoughts, ideas, and suggestions for making our community the best place possible to live and thrive. Here you have three different opportunities each month to share and learn:

**1. The Managers Forum** - all residents are welcome and highly encouraged to attend this event taking place the first Wednesday of each month at 2:30PM in the Oaks Room. Our administrator Amy, as well as the managers from all our departments are on hand to share updates and answer any of your questions. You will get to meet, listen to, and share with:

- Amy - Administrator
- Annette - Activities & Transportation
- Eric - Facilities (Maintenance) & Housekeeping
- Matt - Food Service
- Cheir - Marketing & Community Relations
- Brenda - Administrative Services
- Stacy - Assisted Living
- Gerardo - Dining Services

**2. The Activity Forum** - This is your opportunity to meet directly with Annette, the Activities & Transportation Manager, to learn about upcoming events, and share your ideas and desires for future activities, destinations to visit on bus trips, art/exercise classes, musical events and more. Your recommendations help inform future calendars. Our existing schedule of exercise & art classes, musical performances, and bus outings are largely based upon your prior suggestions and requests. This forum takes place the third Wednesday of each month, at 2:30pm, either in the Garden Courtyard or the Oaks Room. Be sure to check your calendar for the exact location each month.

**3. Conversations in Garden Level** - This monthly forum is for Garden Level residents regarding Garden Level-specific issues, including Assisted Living care, dining and meals, activities, and more. Amy and Annette are here for you every first Tuesday of the month at 9:45AM in the Garden Level Activity Room to address any and all issues related to Garden Level.

If for some reason you cannot make it to any of these communication forums, you always have the option of filling out a suggestion card (we read these!) or approaching Amy, Annette, or any of the other Managers directly to address any issues you may have or share any thoughts. We appreciate your feedback and use your preferences to inform our offerings and services.



## RESIDENT ART & CRAFT FAIR

*Calling all Artists & Crafters: Dominican Oaks will be hosting its annual Art and Craft Fair on Tuesday, Oct 29th.*

If you would like to show your arts and/ or crafts, please sign up by Oct 15th, at the Activity Desk in the lobby to submit your art or craft for the Fair. Once signed up, you will receive a questionnaire with more details regarding set up, take down, and information we need from you.

- **The artwork will be on display all day (from 9 AM to 5PM) Tuesday Oct 29th.** There will be chairs for the artists to use to sit next to your display.
- **Champagne Reception for all Artists** will be held at 3pm Tuesday, Oct 29th in the Oaks Room.
- **Note: no sales at this event;** you will have an opportunity to sell your wares at our holiday bazaar in December.
- Set up will take place on Mon, 10/28 between 3-5pm, Fair will take place all day Tues, 10/29, take down will occur Tues 10/29 between 5-7pm

Looking forward to all your wonderful creativity! Questions? Please contact Annette in the Activity Office.

# OCTOBER Activity Highlights

## **FLUTIST STEPHANIE GELMAN & PIANIST SUSAN BRUCKNER PERFORM**

*Wednesday, Oct 23rd at 2 PM in the Oaks Room*

Stephanie Gelman, a San Jose State University alumna and music educator at Cabrillo College, was the principal flutist with the Santa Cruz Symphony for 20 years. Susan Bruckner, director of the piano program at Cabrillo, has collaborated with Gelman in chamber music since moving to Santa Cruz in 1995.

## **PLAY READING - THE IMPORTANCE OF BEING EARNEST**

*Saturday, Oct 5th at 1 PM in the Oaks Room*

The Importance of Being Earnest is celebrated not only for the lighthearted ingenuity of its plot, but for its inspired dialogue, rich with scintillating epigrams still savored by all who enjoy artful conversation.

Many of our residents have been busy practicing the reading of this play. We are pleased to announce that the final reading of the entire play will take place on Saturday, Oct. 5 from 1pm - 3:30pm in the Oaks Room and all are welcome to come listen.

Two important points:

1. The readers have been practicing projecting their voices, as they fear passing around the microphone would impede the flow of the dialog. So please be patient and understand they are doing their best.
2. The set up for the 4pm Catholic Mass will occur after 3:30pm. Again, we ask for your patience and understanding. The play reading needed to take place on this date and time as this was the only long window of time in which the Oaks Room was free for the entirety of the play to be read.

Thank you for your understanding!

## **PROFESSOR BARRY BOWMAN RETURNS!**

*Friday, Oct 25th at 2 PM in the Oaks Room*

Given the popularity of Professor Bowman's last presentation, he will return yet again to enthrall us with his African adventures and images. An event not to be missed.

## **FALL CRAFTING WITH DONNA AND JOY**

*Tuesday, Oct 15th at 1-3 PM in the Oaks Room*

*Friday, Oct 18th in the Garden Level Activity Room*

All are welcome to join Dominican Oaks residents Donna Manning and Joy Hickey as they guide us through a very fun & creative craft project using gourds to make seasonal centerpieces for all the tables in both of our dining rooms.

## **OCTOBER BIRTHDAYS**

02 Dorothy Rogers  
05 Betty Fredericks  
07 Dan Kriege  
08 Steffany Dolan  
08 Edward  
Ormondroyd  
08 Bob Meyer  
11 Hope McKinney  
13 Linda Heyes  
16 Therese Johnson  
18 Fran Stekoll  
18 Arlie Takahashi  
19 Anne Bennett  
19 Phyllis Wood  
21 Dayle Parkes  
21 Mary Ellen  
McKowen  
22 Gwynne Ballard  
22 Betsy Reeves  
22 Helen Stratikos  
24 Jim Waggoner  
30 Janet Knapp

## **October Anniversaries**

19 Nick & Sandy  
Hartman

# OCTOBER

## Activity Highlights Continued...

### **ACTIVITY FORUM & JUNEBUG FOLK MUSIC**

*Wed, Oct 16th at 1:30 PM in the Oaks Room*

A combo event! Catch up on the latest Activities news with Annette, and then enjoy Kelly “Junebug” Bayer’s mix of classic folk and jazz tunes, with the guitar, banjo, autoharp and harmonica, that will get your feet stomping and hands clapping.

### **HOSPICE OF SANTA CRUZ PRESENTATION**

*Wed, Oct 9th at 1 PM in the Oaks Room*

We invite you to attend an enlightening presentation hosted by Hospice of Santa Cruz, focused on the compassionate care and support services available in our community. This informative session is designed for individuals and families seeking guidance on end-of-life care options, grief support, and resources that can enhance the quality of life for patients and their loved ones.

### **BIBLE STUDY INVITATION**

*Every Monday, at 1 PM in the Chapel*

Many new residents may not know that we have an ongoing bible study group meeting in the chapel off of the lobby every Monday at 1:00PM. We use a study workbook published by the Catholic church which presents the four bible readings for the next Sunday. It is resident-led and everyone is free to participate in discussion. It is open to anyone interested in doing more exploring of bible texts. Please join us to see if it is your cup of tea.

### **NEW GRIEF SUPPORT GROUP**

**Every Thursday Morning in October  
10AM GLAR**

**Every Thursday Morning in October  
11AM Chapel**

Facilitated by Certified Grief Counseling Specialist Constance Blake, this new group, limited to 12 attendees, will allow you to safely explore thoughts and feelings about grief, any type of grief, past or present. Allowing for the expression of your grief may create space for joy and purposeful living.

### **CHARLIE LINDER**

*Friday, Oct 11th at 2 PM in the Oaks Room*

Exploration of Music through the years, from Swing to Blues to Jazz to Modern

### **CALLING ALL PHILATELISTS (STAMP COLLECTORS) !**

*Thursdays at 2:30 PM in the Garden Level Activity Room*

Let’s get together to share our collections and discuss our unique hobby! To possibly renew interest in a beloved old hobby or start at new one! Great for modern geography!

### **DREAM ON**

*Every Monday, at 9 AM in the Oaks Room*

New location & time! Dreams are your magic mirror, your subconscious trying to tell your conscience what’s really going on. Join Fran Stekoll as she guides you into understanding of this realm. She has 25 years of experience interpreting dreams. For more information, contact Fran: 831-234-3260