

DOMINICAN OAKS

COMMUNITY NEWSLETTER

NOVEMBER 2024

A MESSAGE FROM THE ADMINISTRATOR

As the season of gratitude approaches, we invite you to our annual Thanksgiving Buffet at Dominican Oaks! Join us on Thanksgiving Day for a delicious feast featuring roasted turkey, creamy mashed potatoes, seasonal vegetables, and a selection of tempting desserts.

We encourage you to bring your loved ones and share in the joy of the season. Whether dining with family or friends, this event is a wonderful way to connect over a hearty meal. Please RSVP by calling the front desk to secure your spot for an unforgettable Thanksgiving celebration!



RESIDENT MIXER

Nov 27th, 3-4:30 pm
Oaks Room

Mix and mingle with new, current and future residents at our monthly resident mixer. Dominican Oak's buddies will introduce this month's new residents while we serve fun fall inspired cocktails, mocktails and appetizers.

DANCE PERFORMANCE

Nov 23rd at 1:30 PM in the Oaks Room

You know her and love her, our beloved Dance Teacher and Tai Chi Instructor Alison Chesley will bring her Pleasure Point Dancers here to Dominican Oaks for a holiday dance performance!

VETERANS DAY CELEBRATION

Nov 11th, 2 pm in the Oaks Room

Respectfully and joyfully honoring those who have served, including 30 of our very own Dominican Oaks residents! We will be serving ice cream floats, delicious desserts and singing patriotic songs.

CLIMATE SCIENCE & SOLUTIONS

Nov 18th, 1 PM in the Oaks Room

A brief review of Climate Change with emphasis on current science and solutions Pauline Seales.

Pauline is a retired science teacher. Currently she is a leader of Santa Cruz Climate Action Network and specializes in engaging communications to the general public. Questions and discussions will be welcomed.

WELLNESS SUPPORT GROUP

Nov 4th, 3:30 PM in the Oaks Room

The newly formed Dominican Oaks Wellness Support Group will focus on health and wellness for the entire community!

This is a resident run group, and we warmly welcome all to attend.

NEW GRIEF SUPPORT GROUP

Every Thurs at 11 AM in the 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.

**DEPARTMENT
MANAGERS
831.462.6257**

**Administrator:
Amy Saulnier**

**Activities:
Annette Rau**

**Administrative Services:
Brenda Barber**

**Assisted Living:
Stacy Smith-Paynter**

**Dining Services:
Gerardo Piduca**

**Facilities &
Housekeeping: Eric
Botkin**

**Food Service:
Chef Matt Mettalia**

**Marketing & Community
Relations:
Cher Harty**

MUSIC AT THE OAKS

KIP ALLERTON RETURNS!

Saturday, Nov 2nd

Oaks Room at 2 PM

Kip performs solo, armed with an acoustic guitar and a loop station, which allows him to sample rhythms live and texture his performance with other melodies and guitar solos. He brings his unique style to wine bars, hotels, restaurants, and private events. His repertoire consists of an eclectic selection of popular songs and original material.

PAULA BLISS AND SON

Tuesday, Nov 12th

Oaks Room at 1:30 PM

City of Santa Cruz Mayor says, "Master teacher Paula Bliss, through her talents in music, dance, and poetry, brings joy to learning for the thousands she has taught and continues to teach in Santa Cruz County."

CHARLIE LINDNER

Friday, Nov 29th

Oaks Room at 2 PM

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

CABRILLO YOUTH CHORUS

Wednesday, Nov 20th

Oaks Room at 4 PM

Directed by Cheryl Anderson, the Cabrillo Youth Chorus offers a comprehensive vocal music program for children aged 8-18, emphasizing beautiful singing and music-reading skills in a respectful and joyful environment. Participants engage with professional musicians and have the opportunity to perform a diverse range of literature, fostering dedication to their craft.

FALL PREVENTION & SAFETY

Nov 13th at 10:45 AM in the Oaks Room

At resident request, we will hold a Fall Prevention & Fall Safely Clinic demonstrating strategies for preventing falls, how to fall "safely", what to do in the event of a fall, how to get off the ground after a non injury fall and how to strengthen your body's core stabilizing muscles. Please wear sneakers and comfortable clothes. Plan to get on the ground and back up during the class.

Questions? Contact Annette in the Activity office

COMCAST/ XFINITY PRESENTATION

Nov 13th at 1 PM in the Oaks Room

Do you have questions? Do you have issues? Do you need a direct line to answers? Here is your chance!

Dominican Oaks has a Bulk Premium Account enabling our residents to get quick direct help when they need it.

Deisy from Comcast will answer all your questions on your individual accounts.

THANKSGIVING

AT DOMINICAN OAKS

Join us this November 28th from 11AM to 1 PM for our Holiday buffet .

A P P E T I Z E R S

Mini Lobster Roll
Salmon Lox with Horseradish
Cream & Chives
Pate & Brie with Assorted
Crackers
Grilled Artichoke & Antipasti Plate
Basil, Arugula & Parsley Pesto
Tartine

S I D E S

Homemade Orange Cranberry
Sauce
Mascarpone Chive Mashed Potatoes
Brown Sugar Sweet Potatoes
Italian sausage, Leek & Pine Nut
Stuffing
Sautéed Green Beans with
Mushroom Medley

S A L A D S

Hawaiian Fruit
Greek Prawn
Curried Israeli Couscous Salad
with Pomegranate, Cashew,
Chevre & Mint

M A I N S

Roasted Turkey with Sage Gravy
Rosemary Garlic Marinated Rack of
Lamb
Asiago & Panko Crusted Halibut
with Citrus Buerre Blanc
Apricot Glazed Black Oak Ham
Carved Prime Rib w/ Mushroom &
Port Wine Demi Glaze Sauce

A S S O R T E D D E S S E R T S



Reservations must be made at the Front Desk.

Happy
Birthday

NOVEMBER

03 BURT GABRIEL
11 ANITA GILLESPIE
12 VENETA HOFFMAN
19 CAROL WARREN
21 DEVERA BLACK
21 CAROL VAN TIEM
21 MARILYN LIPTON
23 LAURIE BABKA
23 GEORGE VEGTER
24 VIVIENNE ANDRES
25 PETE MOLINARI
26 KEITH WILSON
29 PAT REBELE
29 TOM CARSON

HOLIDAY CRAFTING WITH DONNA!

Friday, November 8 at 1:30PM in the Oaks Room

All are welcome to join Dominican Oaks resident Donna Manning as she guides us through a very fun & creative craft project for the holiday season!

NOVEMBER GIVING TABLE

Nov 1-3 All Day in the Acorn Room

This is your chance to give or receive items. Bring items to donate (excluding shoes and clothes) and take any items you feel useful!

Free Family Portraits

*Thanksgiving Day in the Oaks Room
from 10 AM to 3PM*

Enjoy our delicious Dominican Oaks Thanksgiving Buffet with your family and then come down to the Oaks Room to get your free, professional, gorgeous photo with your loved ones! Or consider having your photo taken in the morning before the feast!

MEET YOUR NEW NEIGHBORS

ELIZABETH & GEORGE BUNCH

George Bunch grew up in New Mexico, where it turned out he spent over 50 years, off and on. George met Elizabeth at The University of Texas, and after graduation he headed to the University of New Mexico. He was the first graduate of the medical school in 1968 and Elizabeth studied music. Elizabeth, George and their sons George and Charles, spent the next few years in Cleveland, Ohio, to Los Angeles and 2 years in Public Health Service on the Navajo Reservation from George's training. In 1973 they settled in the small northern New Mexico town of Las Vegas for 35 years, where he had a pediatrics practice; During that time, he was active as a Scoutmaster, Kiwanian, and hiker.

In 2007, they moved to Santa Cruz to help with their son George and daughter-in-law Megan's children ages 1 and 4. It's been a whirlwind adventure, with sports, bicycling, planning activities of Trinity Presbyterian Church, medical mission projects in El Salvador and other travel. Elizabeth recently retired from accompanying choirs and string ensembles at Cabrillo College and enjoys long walks and reading historical novels and mysteries.

They now feel it's time to slow down a little, and they are looking forward to new adventures with all of you at Dominican Oaks. George and Elizabeth join us from the waiting list where they attended many of the monthly mixers. They were warmly welcomed by Wayne and Linda and when Linda started her class, Elizabeth was eager to join.

JOYCE HILL

Joyce is a California native and was born in Los Angeles. She moved to Eureka in 1942 during World War II. Most of her adult life has been as a wife and a mother. Then after her husband died she worked for Bank of America and retired in 1988. She feels she is finally in the final season of my life. and has adapted to each change and is at peace.

MARILYN MC BRIEN

Marilyn McBrien is a native Californian, who was born and raised in the Los Angeles area and moved to Santa Cruz. She taught at Natural Bridges Elementary school for over 30 years. Marilyn has two children and 5 grandchildren. She is active in the St. Vincent de Paul Society and YLI. She enjoys sewing, painting and crocheting.

Follow us on Social Media for community photos and updates!



Did you know we are on yelp?!



If you have a moment, check us out!