





CARDINAL POINT  
Oakmont Signature Living  
2431 Mariner Square Dr.  
Alameda, CA 94501

*The community you've imagined...  
the lifestyle you deserve.*





RCFE# 015601222  
COA# 215





January 2019

# Oakmont Owl

Leadership, Wellness, Express, Educate, Contribute, Socialize, Connect and Experience.

Each Oakmont community calendar is planned to include all of our Core Elements, listed above. Specific offerings will change from month to month and vary per location to reflect the interests of residents and local opportunities.

### The Oak Club Referral Program

Happy New Year to all of our Oakmont residents and families! In 2019, Oakmont will be opening several new communities located in Huntington Beach, El Dorado Hills, Santa Rosa (Villa Capri), and Valencia. As we invite new residents to join our Oakmont family, we want to remind you of our unique referral program, the Oak Club. This program rewards residents who successfully refer friends and family to our communities. When your referral has lived at Oakmont for 90 days, you will receive a rent credit.

As an Oak Club member, you will enjoy benefits including invitations to special events, a membership plaque to hang at your front door and the opportunity to enjoy the lifestyle you deserve in the company of those you know and love.

With communities across California and Nevada that offer varying levels of care, there are a multitude of options for friends and family who are seeking luxurious senior living. Visit our Community Locator (<https://oakmontseniorliving.com/find-a-community-near-you/>) to see a list of all of our communities. Please contact your Marketing Department if you know someone who might be interested in calling Oakmont their home.



### Featured January Events

#### Paul Glaviano Art Show & Reception

Our multi-talented Chef will have his artwork on display for all to enjoy. Chef Paul Glaviano will speak about his artistic process, with a reception following his talk. Join us for this complimentary event and enjoy an afternoon of art!

*Saturday, January 12th, 2:00 pm*  
*Book your reservation with the concierge as space is limited.*



### The Oak CLUB

Friends make great neighbors and we want to thank you for each referral that you give us. For each friend that moves in and lives at Oakmont for 90 days, we will thank you by giving you a rent credit and making you a member of our exclusive Oak Club.

*Contact the Marketing Department to  
learn more about this wonderful program!*



#### New Year, New You

Salon expert Gale Gazaway will join us to present on how to maintain healthy skin and hair during the winter months. This will be a fun workshop not to be missed!

*Wednesday, January 16th, 1:00 pm*  
*Book your reservation with the concierge as space is limited.*





# Oakmont Signature Enrichment Program

January 2019

## Leadership

Resident-led meetings to shape and enhance our community.

### Activities Committee

*Second Tuesday, 1:00 pm*

### Culinary Committee

*Third Wednesday, 2:00 pm*

### Health & Safety Committee

*Second Tuesday, 10:30 am*

### Communications Committee

*Second Friday, 12:30 pm*

### Education Committee

*First Tuesday, 1:00 pm*

### Finance Committee

*Third Friday, 10:30 am*

## Wellness

Health and exercise classes, seminars and trainings.

### Cardio Capers

*Sundays, 11:30 am*

### Simply Opera

*Last Monday, 1:00 pm*

### Chair Volleyball

*Wednesdays, 11:30 am*

### Floor Hockey

*Thursdays, 10:30 am*

### Ball Balance

*Fridays, 2:00 pm*

### Tai Chi

*Saturdays, 10:30 am*

## Express

Classes and workshops that inspire creativity and showcase our residents' artistic talents.

### Floral Art & Arranging

*Sundays, 12:30 pm*

### Acrylic Painting

*1st & 2nd Mondays, 10:00 am*

### Arts & Crafts

*Wednesdays, 1:00 pm*

### World Dance

*Tuesdays, 10:30 am*

### Knitting Club

*Sundays, 1:00 pm*

### Poetry Group

*Wednesdays, 4:00 pm*

## Educate

Stimulating lectures, presentations and seminars.

### Brain Games

*Mondays, 11:30 am*

### TED Talks

*Thursdays, 4:00 pm*

### Nature & Travel Seminar

*Tuesdays, 4:00 pm*

### Wellness Seminar

*Last Wednesday, 2:00 pm*

### Technology Class

*Saturdays, 9:30 am*

### Pokeno

*Tuesdays, 6:45 pm*

## Socialize

Opportunities to connect with fellow residents at entertaining, in-house events.

### Bingo

*Mondays, 3:00 pm*

### Blackjack

*Tuesdays, 11:30 am*

### Monthly Birthday Celebration

*Last Friday Happy Hour, 4:00 pm*

### New Resident Social

*Last Friday, 12:00 pm*

### Happy Hour

*Fridays, 4:00 pm*

### Poker

*Thursdays, 7:00 pm*

## Experience

Enriching excursions to places of interest and enjoyment, selected by the residents, for the residents.

### East Meets West at the De Young Museum

*Thursday, January 3rd, 10:30 am*

### John Muir National Historic Site

*Thursday, January 10th, 10:00 am*

### Lunch in Tiburon

*Thursday, January 17th, 10:30 am*

### The Tech Museum in San Jose

*Thursday, January 24th, 10:00 am*

### Cinema Matinée

*Saturday, January 26th, 11:00 am*

### Nick's Seafood

*Thursday, January 31st, 11:00 am*

## Contribute

Opportunities to give back to the local community through thoughtful, resident-led charity projects.

### Deliver Handmade Thank You Cards to Alameda Fire station

*Thursday, January 31st, 10:30 am*

### Emergency Preparedness Presentation by Alameda Fire

*Wednesday, January 9th, 4:00 pm*

## Connect

Gatherings to promote fellowship and spiritual connection.

### Prayer Service

*Sundays, 10:30 am*

### Meditation

*Fridays, 10:30 am*



### East Meets West: Jewels of the Maharajas at the de Young Museum

*Thursday, January 3rd, 10:30 am*

Be inspired by this exhibition which explores the cultural and material exchanges between India and Europe through jewelry and precious objects ranging from the seventeenth century to the present. We'll have lunch at the de Young Cafe following the tour.

### John Muir National Historic Site

*Thursday, January 10th, 10:00 am*

John Muir played many influential roles throughout his life, all of which helped him succeed as an advocate for nature. Join us for a trip to the historic home of the United States' most influential preservationist and naturalist. Don't miss out!



## Movie Theater

### Showings Daily

*1:00 pm & 7:00 pm*

## Resident Meetings

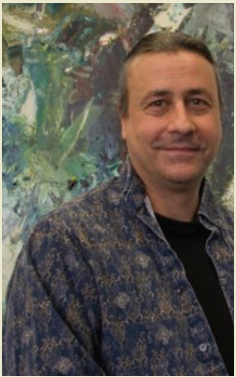
### Resident Officers Council

*Fourth Friday, 10:30 am*

### Resident Association Meeting

*Last Monday, 2:30 pm*

## Community Profile



We are pleased to introduce our talented Chef, Paul. Paul came to Oakmont with an impressive culinary background and over thirty years of experience as a chef, most notably working alongside Chef Nancy Oakes at Boulevard, a renowned San Francisco restaurant. Paul has taught advanced culinary management classes through the Art Institute of California and is passionate about teaching others how to cook an array of unique dishes from regions all around the world. We were thrilled to experience his culinary talent at our recent Oktoberfest celebration. When asked about what drew Paul to Cardinal Point, Paul said the dining staff and the graciousness of the residents made this an easy decision. In addition to his career as a chef, Paul is an artist; his oil paintings are featured throughout the Bay Area and will be on display at Cardinal Point later this month. He is multi-talented and we are thrilled to call him a member of our team!



### Stay up-to-date with Oakmont Senior Living!

Our Facebook page has a wide variety of posts that feature senior lifestyle tips, helpful articles on care and wellness, as well as upcoming community events.

[www.facebook.com/oakmontofcardinalpoint](http://www.facebook.com/oakmontofcardinalpoint)

### Cardinal Point

2431 Mariner Square Drive  
Alameda, CA 94501

510-337-1033

Please visit  
[OakmontOfCardinalPoint.com](http://OakmontOfCardinalPoint.com)  
to see a list of our Directors

## Transportation

Transportation available 7 days a week. Please see the concierge for more information.