

FOUNTAIN GROVE LODGE

Oakmont Signature Living

4210 Thomas Lake Harris Dr.
Santa Rosa, CA 95403

A Proud LGBT Retirement Community



RCFE# 496803440
COA# 264



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

Floral Arranging with Kelsey

Join us for a delightful floral arranging class! Choose from an array of gorgeous flowers and create your own arrangement to brighten your home. We will provide vases. See you there!

Saturday, January 5th, 11:00 am



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!



Leaf Print Scarves with Tina

Using a combination of opaque and pearlescent paints with a variety of leaves, we'll create beautiful pieces of wearable art! This is a very popular class so please sign up early in the activity alcove.

Thursday, January 24th at 1:00 pm





Oakmont Signature Enrichment Program

January 2019

Leadership

Resident-led meetings to shape and enhance our community.

Activities Committee
3rd Wednesday, 2:00 pm

Building & Grounds Committee
1st Thursday, 4:00 pm

Dining Committee
2nd Thursday, 3:00 pm

Wellness Committee
3rd Tuesday, 3:00 pm

Library Work Group
2nd Tuesday, 3:50 pm

Wellness

Health and exercise classes, seminars and trainings.

Hiking Club
Tuesdays, 12:50 pm

Postural Alignment Clinic
Wednesdays, 11:00 am

Balance & Movement
Saturdays, 11:50 am

Tai Chi
Tuesdays, 9:45 am

Morning Circuit
Wednesdays, 10:50 am

Fit Flex Circuit
Fridays, 2:50 pm

Express

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

Crafts with Kelsey
1st Saturday, 1:00 pm

Floral Arranging
3rd Saturday, 1:00 pm

Glass Fusion with Cher
3rd Monday, 3:00pm

Jewelry with Susanna
1st Friday, 3:00 pm

Book Club
2nd Monday, 4:50 pm

Writers Club
2nd & 4th Wednesdays, 3:45 pm

Educate

Stimulating lectures, presentations and seminars.

Documentary Film with Ernie
1st & 3rd Wednesdays, 1:00 pm

Investment Group
2nd Thursday, 10:50 am

Mind your Memory with Chance
2nd Monday, 1:00 pm

Tech with Kaiya
4th Friday, 3:00 pm

Guided Meditation
Mondays, 10:00 am

Ask the Trainer
Thursdays, 3:00 pm

Socialize

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

Wine Wednesdays
Wednesdays, 4:50 pm

Drumming with Sher
2nd & 4th Fridays, 11:50 am

Mike Greensill on the Piano
3rd Friday, 4:50 pm

Happy Hour
Tuesdays, Thursdays, &
Saturdays, 5:00 pm

Line Dancing
Mondays, 9:50 am

Bocce Ball Club
Wednesdays & Saturdays, 10:00 am

Experience

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

Walk & Lunch at Bodega Head
Tuesday, January 8th, 12:50 pm

Lunch at Gerards Paella Y Tapas
Thursday, January 10th, 12:50 pm

Santa Rosa Symphony
Sunday, January 13th, 2:15 pm

Rialto Theater Opera Series
Wednesday, January 16th, 12:50 pm

Laguna De Santa Rosa Trail Walk
Tuesday, January 29th, 12:50 pm

Soda Rock Winery Tour & Tasting
Thursday, January 31st, 12:50 pm

Contribute

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

Eyeglasses Drive to Benefit the Lions Club
All month long

Connect

Gatherings to promote fellowship and spiritual connection.

Resident Led Meditation
Thursdays, 9:00 am

Yoga
Tuesday & Thursdays, 10:50 am



The Santa Rosa Symphony Presents

Tiers of Heaven

Sunday, January 13th, 2:15 pm

Join us at the Green Music Center for an impressive performance. Japanese composer Toru Takemitsu's bold brass fanfare *Signals from Heaven* is the fitting contrast to Mozart's darkest and most turbulent orchestral masterpiece, the tragic *Symphony No. 40 in G minor*.

Cost depends on your choice of seat.

Soda Rock Winery Tour & Tasting

Thursday, January 31st, 12:50 pm

Nestled in Sonoma County's scenic Alexander Valley, Soda Rock Winery offers visitors the opportunity to taste a delicious array of wines with a focus on Bordeaux varietals.

\$25 for tasting.



Movie Theater

Showings Daily
3:00 pm & 8:15 pm

Resident Meetings

Resident Association Meeting
4th Thursday, 4:00 pm

Resident Council Meeting with Chairs
3rd Friday, 8:50 am

Resident Council Meeting
4th Friday, 8:50 am

Community Profile



We are pleased to introduce Kelsey, our Activity Assistant! Kelsey has been a member of the team for the past two years. She has been serving seniors since she was 16 years old and loves working with our residents. Kelsey was initially drawn to activities because it provides the opportunity to enrich the lives of seniors each and every day. Kelsey and her husband, David, live in Windsor. They have been married for 6 years and have 2 pets, Einstein and Olivet. We are so grateful to call you a member of our team, Kelsey!



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/fountaingrovelodge

Transportation

Transportation available 7 days a week. Doctor appointments by reservation. Please see Concierge for more details.