



1401 Fountaingrove Parkway
Santa Rosa, CA 95403

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



RCFE# 496803049
COA# 225



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

Fall Proof Wellness Program

Improve your balance to prevent falls and build your strength in the new year. Licensed Physical Therapist Carolyn Collins, PhD, will provide one-on-one individualized fitness and balance screenings. Fee is \$50. A free 8-week Balance Mobility Class with Dr. Collins will be included.

Monday, January 14th, 10:30 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!



Varenda Play Readers Performance

Please join us for our annual Play Readers performance of *All The Great Books* (unabridged). Confused by Confucius? Thoroughly thrown by Thoreau? Wish Swift was swifter? Then buckle up and hop aboard as you zip through everything you didn't get around to reading in school, a ninety-eight minute roller-coaster ride through the world's great books. Refreshments will be served.

Tuesday, January 29th, 5:00 pm



Oakmont Signature Enrichment Program

January 2019

Leadership

Resident-led meetings to shape and enhance our community.

Communications Committee

1st Monday, 2:00 pm

Healthcare Committee

2nd Tuesday, 2:00 pm

Buildings & Grounds Committee

3rd Tuesday, 1:50 pm

Welcome Committee

2nd Thursday, 11:00 am

Library Committee

1st Friday, 1:00 pm

Food Committee

1st Friday, 2:00 pm

Wellness

Health and exercise classes, seminars and trainings.

PIYO - Pilates/Yoga

Chair Fitness

Mondays, 10:00 am

Water Aerobics

Tuesdays & Thursdays, 8:50 am

Tai Chi

Tuesdays, 11:45 am

Blood Pressure Clinic

Wednesdays, 5:00 pm

Ladies Bocce Club

Thursdays, 11:00 am

Friday Walking Club

Fridays, 9:00 am

Express

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

Artist Workshop with Christian

Mondays, 1:50 pm

Fun with Ukulele

Tuesdays, 10:45 am

Floral Arranging

4th Tuesday, 2:00 pm

Writer's Club

2nd & 4th Wednesdays, 1:50 pm

Jewelry Making

1st Thursday, 10:50 am

Horticulture Class

3rd Saturday, 2:00 pm

Educate

Stimulating lectures, presentations and seminars.

Book Club

2nd Thursday, 1:00 pm

Investment Round Table

1st Tuesday, 1:50 pm

Film Documentary Series

4th Tuesday, 1:00 pm

TED Talks

Thursdays, 1:50 pm

US History Lecture

Thursdays, 2:50 pm

Bridge Class

Wednesdays, 1:00 pm

Socialize

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

Birthday Club

1st Tuesday, 2:50 pm

Men's Breakfast

2nd Tuesday, 8:50 am

Mexican Train

Tuesdays, 2:50 pm

Dominoes

Thursdays, 1:00 pm

Hand & Foot Game

Thursdays, 1:00 pm

Sip & Savor

4th Thursday, 4:00 pm

Experience

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

Contemporary Muslim Fashions

at the de Young Museum

Thursday, January 3rd, 9:00 am

East Meets West: Jewels of the

Mabajaras at the Legion of Honor

Thursday, January 10th, 9:00 am

Santa Rosa Symphony

Sunday, January 15th, 1:00 pm

Rialto: Adriana Lecouvreur,

Met Opera at the LBC

Wednesday, January 16th, 1:00 pm

Rialto: Antony & Cleopatra,

National Theatre Live

Saturday, January 19th, 10:00 am

Lunch at the Panama

Hotel & Restaurant

Thursday, January 24th, 10:50 am

Contribute

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

Linus Project -

Make Blankets for Premies

Mondays, 5:00 pm

Kiwanis Club:

Eyeglasses Donations

Contact Resident: Dick Davis

Connect

Gatherings to promote fellowship and spiritual connection.

Men's Forum

2nd & 4th Mondays, 2:50 pm

Mind & Memory

1st & 3rd Mondays, 5:00 pm



East Meets West: Jewels of the Mabajaras from the

Al Thani Collection at the Legion of Honor

Thursday, January 10th, 9:00 am

This exhibition explores the cultural and material exchanges between India and Europe through jewelry and precious objects ranging from the seventeenth century to the present.

\$55 per person. Lunch on your own in the museum cafe. 72 hour cancellation policy.

Lunch at the Panama Hotel & Restaurant

Thursday, January 24th, 10:50 am

Offering delicious food influenced by Latin America, the Mediterranean and California's wine country, their menus are prepared with the finest seasonal and organic ingredients from purveyors throughout the Bay Area.

Approx. \$50 per person. 72 hour cancellation policy.



Movie Theater

Showings Daily

5:00 pm & 7:50 pm

Resident Meetings

Resident Council Meeting

3rd Friday, 2:00 pm

Resident Association Meeting

4th Friday, 2:00 pm

Community Profile



We are pleased to introduce Varenna's Employee of the Month, Wellness Nurse Tsering Dhargye. Tsering is helpful, kind and loved by all. Born in Nepal in a village near Mt. Everest, Tsering worked as a mathematics teacher. He volunteered his time at a temple, and while he was there he was asked to come to the United States. Tsering took the opportunity and learned English at Santa Rosa Junior College. He remained at the JC and obtained his nursing degree. In his spare time, he enjoys caring for his 3-year-old son and hiking throughout Sonoma County.

His favorite places to explore are Armstrong Redwoods and Howarth Park. Tsering is invaluable to our care department. We are grateful 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/oakmontofvarenna

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707-526-1226

Please visit

OakmontOfVarenna.com

to see a list of our Directors

Transportation

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