

DOMINICAN OAKS

COMMUNITY NEWSLETTER

NOVEMBER 2023

A MESSAGE FROM THE ADMINISTRATOR

This month we have so much to celebrate and be thankful for. On Veteran's Day we recognize all those who have served in our military and we thank you for your sacrifice, dedication and hard work in service to our country.

We will once again open our dining room doors to our residents and their families and friends to enjoy an unforgettable Thanksgiving meal with all the trimmings. This special day represents a time for us to express our gratitude for one another, and for the positive, hopeful things present in our lives. We look forward to celebrating with you!

Amy Saulnier

SURVIVAL STORIES & RESILIENCE SERIES

Weds, Nov 15

Oaks Room, 3PM

In this two part series, we welcome 9/11 survivor Wendy Smith as she shares her harrowing account of having lived through the collapse of the Twin Towers, and the unexpected silver linings that were found in the healing and recovery from the trauma. We continue this series next month with another story detailing the resiliency of the human spirit even in the darkest of times.

VETERANS DAY CELEBRATION

Nov 10th, 1 pm

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.

HOLIDAY SHOPPING TRIP NOV 30, 9 AM

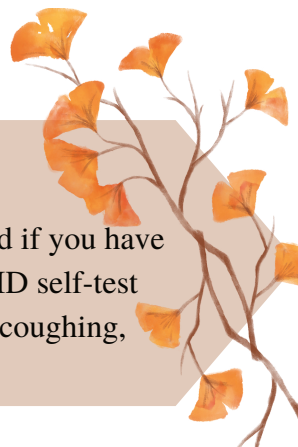
Annual holiday shopping trip to Del Monte Shopping Center in Monterey which features upscale shopping such as William Sonoma, Pottery Barn, Pandora and more. Shopping trip will include lunch and lots of walking.

RESIDENT MIXER

Nov 29th, 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 themed cocktails, mocktails and appetizers.



Not feeling well? Stay home!

Not just COVID is being transmitted this season and no one wants to get sick. Please be courteous and if you have ANY symptoms, even if you think it is allergies, please stay home and request a complimentary COVID self-test kit from the front desk. If you must leave your apartment and are experiencing any symptoms such as coughing, sniffles, runny nose, etc. please wear a mask.

**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:**
Cheir Harty

BUS OUTINGS

LUNCH AT BRITANNIA ARMS

Thursday, Nov 2nd

Leaves lobby at 10:30 AM

Britannia Arms is a British pub and restaurant located by the sea in the Capitola Village, with an outdoor patio and views of the ocean. Serves breakfast, lunch and dinner during the weekend; lunch and dinner during the weekday. Full bar and large selection of imported draft beer.

SANTA CRUZ SURFING MUSEUM

Thursday, Nov 9th

Leaves lobby at 1:30 PM

Overlooking internationally renowned surfing hotspot Steamer Lane, this little gem of a museum has photographs, surfboards, and other interesting artifacts tracing over 100 years of surfing history in Santa Cruz. The museum shop specializes in great surfing books and surfing related items. Our very own former Dominican Oaks Resident Harry Mayo was the founder of this museum!

SEYMOUR MARINE CENTER & PICNIC

Thursday, Nov 16th

Leaves lobby at 10:30 AM

Explore their indoor exhibit hall which features invertebrate and shark touch pools, aquarium, and gift shop. Outside you can view life-sized elephant seal sculptures, native plant restoration, and use spotting scopes on "Shipwreck Deck". The Seymour Center docents are happy to answer your questions and share special insights to enhance your visit at the Seymour Center.

MONTHLY PIANO CONCERT JOE FERRARA

WITH RICHARD STAUFF

2nd Sunday of every month

Garden Level Activity Room 1:30 PM

Starting November 12th dear friend of Dominican Oaks and pianist, Richard Stauff will be performing a variety of favorites from the American Songbook for Garden Level Residents in the GLAR.

Friday Nov 24th, Oaks Room at 1:30 PM

Joe and his guitar have frequented Santa Cruz's best venues like Kuumbwa Jazz and Shadowbrook and now he has added Dominican Oaks in his rotation. Please join us in another wonderful performance in our Oaks Room.

HARMONICS RESUMES

1st & 3rd Friday, Oaks Room at 1 PM

Singers - we'll meet to practice, and then sing Happy Birthday to our fellow residents once a month!

Questions: Call Fran Stekoll #831-234-3260

THANKSGIVING

AT DOMINICAN OAKS

Join us this November 23rd 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

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



Guests are welcome. Guest fee \$50 per adult,
Children 9 and under free, 9 to 12 years old \$25 per child.
Reservations must be made at the Front Desk.

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
Mishima Reserve Wagyu Strip Loin

Happy Birthday

11/3 - Burt Gabriel

11/11 - Anita Gillespie

11/12 - Anna Rudden

11/12 - Veneta Hoffman

11/12 - Richard Earl

11/17 - Susan Jones

11/21 - Marilyn Lipton

11/21 - Devera Black

11/21 - Carol Van Tiem

11/23 - George Vegter

11/23 - Laurie Babka

11/25 - Pete Molinari

11/29 - Pat Rebele

JOURNALING

2nd & 4th Fridays of the Month

Garden Level Activity Room at 10:30 AM

Please come join us as we cover Twilight
imagery, stepping stones, Roads taken and not
taken, life history, daily logs, dream logs. Hosted
by DO resident, Fran Stekoll, who studied with
Ira Progoff in 1968 & has been teaching &
sharing his Journal for 55 years. Supplies
provided.

Questions? Contact Fran Stekoll at 831-234-3260

Extended Hours!

Dr. J Massage Clinic

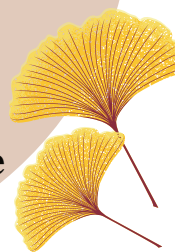
Every

Wed 9AM - 1 PM & 3 -5:30 PM

Thurs 3-5:30 PM

Contact Jason at

**831-222-0025 to schedule
your session & learn more**



MEET YOUR NEW NEIGHBORS

LOUISA SMITH

I was born on August 10, 1937 in Tacoma, WA. I moved to San Mateo Park, CA when I was 6 and attended San Mateo Park School, Katherine Delmar Burkes School and University of California, Berkeley.

I married John E. Suhr and have three children; Laura, John & Charlotte. I'm blessed to have five grandchildren; Justin, Charlotte, William, Lassen and Charles.

Throughout the years, I've had many interests: animals, pets, horses, reading, history, gardening, swimming, hiking, traveling and exploring. I so enjoyed my time with my Arabian horses; Flag and Sham.

I've been told I'm a dog aficionado & horticulture expert. I attended horticulture classes at College of San Mateo. I was fortunate to be chosen for the first docent class at Filoli Gardens in Woodside, CA and enjoyed being a docent there for years.

In 1977, I married Albert William Smith who I dated in college. Together, we had a family of seven children. We traveled extensively and divided our time between Santa Cruz, Lake Tahoe and Kauai.

I so enjoy living in beautiful Dominican Oaks!

MONIQUE ANTOLIN

I was born & raised in France. I came to America and lived in San Francisco in July 1972 with my husband. I have an accounting degree. I worked as an accountant for a French school in San Francisco. My husband passed away in 2016.

I have two lovely daughters and one adorable granddaughter, Anais, who is twelve years old. I also have a beautiful cat, Rosie.

PHYLLIS WOOD

I was born and raised in the U.K. and survived WWII, but only just as my school was bombed. I was a boarding school student and it happened in the evening. We girls had all had our baths and came to the dining room for a snack. That was when the bomb fell and the home guard came almost immediately. Fortunately no one was hurt and they led us to a bomb shelter. My parents heard the news on the radio and were terrified, but fortunately they soon received word that we were ok and came to fetch me.

We look forward to hearing more of Phyllis story of resilience and welcoming her to the community!

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!