

DOMINICAN OAKS

COMMUNITY NEWSLETTER

SEPTEMBER 2025

A MESSAGE FROM OUR ADMINISTRATOR

I hope this month finds you well as we ease into the final stretch of summer here at Dominican Oaks. It has been a joy to see the energy and laughter returning to our shared spaces, especially during our weekly Happy Hours! Each week, the Thomas Patio has come alive with conversation and wonderful company during this inviting and casual event. If you haven't joined us yet, consider this your official invitation to come and enjoy as these weekly happy hours will extend through the month of September. Check out the back page of the newsletter for more information.

Looking ahead, we will soon begin our yearly focused effort on emergency and disaster preparedness. The safety and well-being of everyone in our community is always our top priority. In the coming weeks, we'll be sharing more details about training sessions and preparation activities designed to keep both residents and staff informed, equipped, and ready in the event of an emergency. Participation will be encouraged, and we're committed to making this information accessible, helpful and reassuring.

As always, thank you for being an integral part of what makes Dominican Oaks a warm and vibrant place to live.

Amy Saulnier

RESIDENT MIXER

Join us for the Resident Mixer

Wednesday, Sept 24th from 3 to 4:30 PM.

Weather permitting we will be soaking in the September sun on the Thomas Patio.

We will be having drinks and light appetizers while we welcome the new residents with introduction from their buddies!

SONGS OF REPENTANCE FOR THE HIGH HOLIDAYS

All, of any faith, are most welcome

Tuesday, Sept 30th

1:30 PM in the Oaks Room

Mark Levy has performed and taught in the San Francisco Bay area for 40 years at temples, synagogues, JCC's, HaMaqom (formerly Lehrhaus Judaica), Workers Circle, and other Jewish groups. He has appeared throughout the country, in Europe and Israel and is a singer and lecturer who specializes in older Judaic folk music in Yiddish, Hebrew, and Ladino, Klezmer history and theory, and Jewish music history in general. He has performed for Yeshiva University Sephardic Dept.'s Semana Sepharad in New York, and is a cantorial soloist in California. He has released a fourth album of Jewish music entitled Bin Ikh Mir A Shnayderl: Yiddish Work Songs.



Spectacular September Activities

SEPTEMBER BIRTHDAYS

BUS OUTING: NATURAL BRIDGES STATE PARK

Thursday, September 4th Bus Departs at 10 AM

You may enjoy strolling on their Nature paths, walking on the beach, or exploring the visitor center display about the annual Monarch butterfly migration. We will enjoy sack lunches on picnic tables overlooking the beach.

LAS VEGAS CROONER & SHOWMAN: JOHNNY FABULOUS

Tuesday, September 9th at 1:30 PM in the Oaks Room

Johnny Fabulous returns! Join your friends for an afternoon of music and fun.

MR. BIDU'S CIRCUS BAND

Friday, September 12th at 2 PM in the Oaks Room

For the first time ever, Dominican Oaks proudly presents a 6-piece Brazilian Forró band! This lively genre, deeply rooted in Brazilian culture, is known for its danceable rhythms and features traditional instruments like the accordion, zabumba, and triangle. Get ready to dance!

JUNEBUG FOLK MUSIC

Saturday, September 13th at 2 PM in the Garden Courtyard

Enjoy Kelly "Junebug" Bayer's mix of classic folk and jazz tunes with the guitar, banjo, autoharp and harmonica that will get your feet stompin' and hands clappin'!

AUTHOR PRESENTATION: WHEN A WOMAN TELLS THE TRUTH

Writing and Creative Work by Women Over 80

Wednesday, September 17th at 3 PM in the Oaks Room

Local authors and college professors present their acclaimed new book. It shares honest, humorous, and heartfelt stories from diverse individuals over 80, including artists, organizers, and hospice workers. Refreshments and snacks will be served & happy hour will follow on the Thomas Patio.

ALISON'S DANCE SHOW

Saturday, September 20th at 2 PM in the Oaks Room

Our beloved Dance Teacher and Tai Chi Instructor Alison Chesley will bring her Pleasure Point Dancers here to Dominican Oaks.

02 KEN HABER

03 HILDA MURRAY

06 PHYLLIS MOLINARI

08 SR. NOREEN NOLAN

09 EVELYN JONES

10 PAT MALLOY

10 SHARON MEYER

13 SHARON ALLEN

13 RICHARD FREDETTE

14 ELAINE CALLAHAN

14 BEVERLY VIGLIECCA

**15 GAIL KARPINSKI-
CORNELL**

16 JOAN OSBORNE

17 CLAIRE TEDSEN

22 KIM FUDGE

23 BLANCHE MOSS

23 JOYAN SVANCARA

24 ALMA KOPECK

24 JOHN HEYES

25 KENT THOMPSON

28 CAROL PAARMANN

30 JEAN PACHOLSKI

30 SUSAN PEEPLES

Anniversaries

**02 GENE &
VIRGINIA LIEB**

**DEPARTMENT
MANAGERS
831.462.6257**

Administrator:
Amy Saulnier

Activities:
Annette Rau

Administrative Services:
Brenda Barber

Assisted Living:
Stacy Smith-Paynter, RN

Dining Services:
Gerardo Piduca

Facilities & Housekeeping:
Eric Botkin

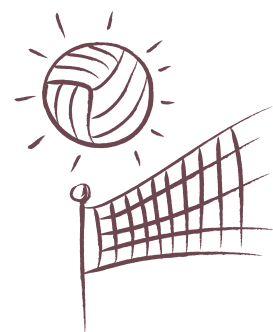
Food Service:
Chef Matt Mettalia

**Marketing & Community
Relations:**
Cheir Harty

New! RESIDENT SPORT

Love the thrill and excitement of Ball Sports?
Then come test out Chair Volleyball led by
Physical Therapist Jackie!

Mondays in Sept (not including Labor Day)
3:45pm Oaks Room



Have you had your water today?

Staying hydrated is an important part of self care. It protects joints, energizes muscles, increases waste removal and increases circulation and nutrient absorption. Staying hydrated also prevents headaches, muscle cramps and kidney stones. Complimentary water stations are available outside the C wing Dining Room entrance as well as in the lobby. September tends to be one of Santa Cruz' warmest months.

Source: jessentialhealth.com

NEW MASSAGE THERAPIST

Susan Handloff joins our Wellness Center for massages every Thursday. Susan is the daughter of resident, Gene Handloff, and has over 30 years of experience providing a safe, nurturing, adaptive massage for all bodies.

We're going to the Santa Cruz County Fair!

Wednesday, Sept 10, bus departs 1PM & returns by 5PM (Senior day - \$11.75 entry)

Thursday, Sept 11, bus departs 1PM & returns by 5PM (\$15.75 entry)

THIS IS FOR RESIDENTS WHO DO NOT REQUIRE ASSISTANCE TO NAVIGATE THE FAIRGROUNDS AND ARE AWARE OF THEIR OWN LIMITATIONS.

Please be prepared to walk long distances in the sun

Please bring enough money to cover entry fees

Please plan accordingly for meals - bring money for food/drinks

Learn more about the Fair before you go by researching
exhibits online at SantaCruzCountyFair.com

Please sign up at the Activity Desk in the Lobby





Wind Down the Summer Season with Wine on the Patio!

Join us every Wednesday on the Thomas Patio from 3 to 4 PM for a relaxed and enjoyable happy hour, featuring Michelle Lackey as your bartender!

Unwind with wine or sparkling cider while soaking up the summer sun, mingling with fellow residents, and savoring the moment. These casual gatherings are the perfect way to relax, socialize, and celebrate the season.

PLEASE NOTE: Wednesday, Sept 14th will host Happy Hour from 4 to 5 PM to accommodate the presentation in the Oaks Room.
The following Wednesday, Sept 24th will be our Resident Mixer hosted at the usual time of 3-4:30 PM.



Above, you'll see photos from our Wednesday Happy Hours with Michelle, the trip to the horse sanctuary, and a joyful visit from our ball sports fan, Meadow, who filled the class with giggles! (Meadow is the daughter of Dominican Oaks employees Anthony in the dining room and Chir in marketing.)