April 2018

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.

Team Member Spotlight: Rina Younan, Senior Regional Director of Culinary Services

Recently, senior living’s top chefs from across the nation were invited to speak at Dished, a brand new culinary conference held in Chicago. At this event, industry influencers provided insights into the latest food service innovations, techniques and menu trends. We are thrilled to announce that our Senior Regional Director of Culinary Services, Rina Younan, was asked to present at this conference. Rina is a passionate leader who has had a significant impact at Oakmont and continues to influence the direction of culinary services in the senior living industry. Her impressive background includes appearances on three Food Network television shows – Chef Wanted with Anne Burrell, Cutthroat Kitchen and Beat Bobby Flay – all of which she won.

With her farm-to-fork philosophy, Rina and The Oakmont Culinary Team are using their Chef’s Gardens to produce fresh and organic meals that are made from scratch with recipes created by our very own Oakmont chefs. To ensure that our residents are satisfied, resident-led food committees established at each community provide their feedback of our seasonal menus so that we can continue to refine our offerings and achieve culinary excellence. Please join me in recognizing Chef Rina and the Oakmont Culinary Team for elevating the dining experience in our industry.

- Chris Kasulka, President & CEO, Oakmont Management Group

RCFE# 336424396
COA# 229

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!

Featured April Events

Joslyn Singers Spring Concert

The Joslyn Singers are coming to Oakmont of Segovia! Come enjoy this spring concert performed by a talented group of twenty local senior citizens from the Joslyn Center in Palm Desert. This performance will take place in the Great Hall.

Friday, April 13th, 2:00 pm

Book your reservation with the concierge as space is limited.

How To Be Happy By Doing Just One Thing Everyday, presented by Dr. Richard Seigle

Dr. Seigle is a local psychiatrist who will provide a lecture on decreasing symptoms of depression by increasing your engagement with enjoyable activities. Join us and learn how to look forward to a happy and fulfilling day, every day.

Friday, April 6th, 3:00 pm

Book your reservation with the concierge as space is limited.
### Leadership
- Resident-led meetings to shape and enhance our community.

### Wellness
- Health and exercise classes, seminars and trainings.
- Water Aerobics
  - Mondays & Wednesdays, 9:30 am
- Chair Yoga
  - Saturdays, 11:00 am
- Balance Class
  - Tuesdays & Thursdays, 11:15 am
- Fitness Equipment
  - Orientation
  - Thursdays, 1:30 pm
- Pilates
  - Wednesdays, 11:30 am
- Stretch Class
  - Mondays, 1:30 pm

### Express
- Classes and workshops that inspire creativity and showcase our residents’ artistic talents.
- Choral Group
  - Saturdays, 2:00 pm
- Floral Arranging
  - 3rd Thursday, 1:00 pm
- Craft Class
  - 1st & 2nd Thursdays, 1:00 pm
- Art Class
  - Wednesdays, 1:30 pm
- Music Bingo
  - 1st & 3rd Fridays, 2:00 pm
- Line Dancing
  - Tuesdays & Thursdays, 1:00 pm

### Educate
- Stimulating lectures, presentations and seminars.
- Travel Documentary
  - 1st Wednesday, 1:00 pm
- Lecture Series
  - 2nd Fridays, 1:00 pm
- Cooking with The Chef
  - 4th Wednesdays, 2:00 pm
- Brunch Book Club
  - 2nd Monday, 11:00 am
- Brain Games
  - Tuesdays, 1:00 pm
- Great Courses Video Series
  - Tuesdays, 10:00 am

### Socialize
- Opportunities to connect with fellow residents at entertaining, in-house events.
- Happy Hour
  - 3rd Friday, 4:30 pm
- Wine Tasting
  - 4th Wednesdays, 4:45 pm
- Bridge
  - Mondays, 1:30 pm
- Mahjong
  - Fridays, 1:00 pm
- Birthday Celebration
  - 3rd Wednesdays, 1:00 pm
- Chess Club
  - Tuesdays, 2:00 pm
- Line Dancing
  - Thursdays, 1:00 pm

### Experience
- Enriching excursions to places of interest and enjoyment, selected by the residents, for the residents.
- Circus 1905: The Golden Age of Circus at the McCallum Theatre
  - Sunday, April 1st, 2:00 pm
- College of the Desert Campus Tour
  - Tuesdays, April 10th, 9:30 am
- Thousand Palms Oasis Preserve Tour
  - Tuesday, April 17th, 10:00 am
- Pacifica Seafood Restaurant
  - Tuesday, April 24th, 5:00 pm
- Shen Yun at the McCallum Theatre
  - Saturday, April 28th, 1:30 pm

### Contribute
- Opportunities to give back to the local community through thoughtful, resident-led charity projects.
- Netting for a Cause
  - 4th Thursday, 1:00 pm
- Making Care Packages for Animal Samaritans
  - 1st Monday, 9:00 am

### Connect
- Gatherings to promote fellowship and spiritual connection.
- Bible Study
  - Tuesdays, 1:00 pm
- Meditation
  - Mondays, 10:00 am

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### Movie Theater

| Showings Daily | 2:00 pm and 7:00 pm |

### Resident Meetings

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<thead>
<tr>
<th>Resident Association Meeting</th>
<th>2nd Wednesday, 1:30 pm</th>
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<tr>
<td>Resident Council Meeting</td>
<td>1st Wednesday, 10:00 am</td>
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### Shen Yun at the McCallum Theatre

- Saturday, April 28th, 1:30 pm
- Shen Yun is now the world’s premier classical Chinese dance company. They’ve combined the incredibly expressive art form of classical Chinese dance with gorgeous orchestral works, brilliant costumes, and innovative effects to bring you an unparalleled theatrical experience. You won’t want to miss this impressive performance - join us!

### Community Profile

Segovia resident Geri moved into our community in 2012. She currently serves on the Resident Council as the Pet Chairman. Geri loves living at Segovia. She has made many friends here and participates in as many activities as she can. Every day she visits the dog park to see all of her furry neighbors. Recently, Geri adopted a dog named Lucky at the Animal Samaritans SPCA. Lucky is a great addition to the Segovia family!

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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/oakmontofsegovia

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