

# The Community

Jul/Aug/Sep 2017

*Roots*



Richard O'Neil  
General Manager



roneil@oaksclub.net

Dear Oaks Residents:

It is hard to believe that we are just about half way through 2017. It was so great to see all of the residents out for our Annual Memorial Day Weekend "Around the World" Pool Event. Over 400 residents and guests came out pool side to enjoy the entertainment, food, and prizes. We were overwhelmed with positive feedback about the new pool furniture that was staged just prior to the event.

The Clubhouse Design Project is well underway and is expected to be completed by the end of the year. Construction will be picking up in the coming months with the kids wing, upstairs locker rooms, and administrative office being completed by the end of September. We will also be starting the lobby in July. Our staff will be working hard to make sure the construction goes smoothly and has a minimal impact on residents. We will be sending out communications throughout the construction process giving residents advance notice of any down time to the facilities. We thank you in advance for your patience and support through this exciting time.

Other projects that will be completed over the next couple months include but are not limited to restoration of all light poles and street signs throughout the community, continued landscape enhancements, continued efforts of speed enforcement throughout the community, and soundproofing in the restaurant.

I am very grateful to all of our corporate sponsors for contributing to our newsletter and welcome anyone interested in sponsoring our upcoming newsletter. Please contact our Lifestyle Director, Eric Redden at [marketing@oaksclub.net](mailto:marketing@oaksclub.net).

It is a pleasure to serve this wonderful community and look forward to our continued collaboration, growth and success.

Best Regards,

*Richard O'Neil*

Richard O'Neil, LCAM  
General Manager  
[roneil@oaksclub.net](mailto:roneil@oaksclub.net)

Dear residents,

I hope everyone is having a great summer! As you may see, construction is going full force and we will continue updating you on the progress via email. If you have not visited the community pool, I highly recommend that you do. Our new pool furniture is so beautiful and brings the resort-style living that we are all looking for to our clubhouse.

We are in the process of developing several new fitness programs for kids, which will begin at the start of the new school year. We will be sending out future communications before each program is implemented.

Speaking of fitness, I highly encourage everyone to download the official phone application for The Oaks at Boca Raton. With this app, you can sign up and book services and appointments for our Tennis, Fitness and Spa programs. To get the app, all you have to do is:

- Open the App Store on your phone
- Search and download "The Oaks at Boca Raton"
- Create your account under the "Log In" tab
- Book your appointment

If you didn't attend The Oaks "Around The World" Pool Party on Memorial Day weekend, you missed an amazing time! We had over 400 people in attendance, raffled off an iPad and two drones to some lucky kids! The Oak Room did an amazing buffet that featured foods from different countries and we can look forward to Eric Redden putting together some more awesome parties once the construction dies down at the end of the summer.

Last but not least, we highly encourage all residents to attend our monthly board meetings to stay informed with what is happening around the community.

Have a safe summer and I look forward to seeing you around the clubhouse!

*Stacy R. Berstein*

Stacy R. Berstein  
POA President  
[Board@oaksclub.net](mailto:Board@oaksclub.net)

Stacy R. Berstein  
POA President



Board@oaksclub.net

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at Boca Raton

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### Hours of Operation

Mon.-Thurs.: 6:00 am to 9:00 pm  
Fri.: 6:00 am to 7:00 pm  
Sat.: 7:30 am to 4:30 pm  
Sun.: 8:00 am to 5:00 pm

  
*The Oak Room*

561.757.3822

E: [Oakroom@oaksclub.net](mailto:Oakroom@oaksclub.net)

### Hours of Operation

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Fri.-Sat.: Noon to 9:00 pm  
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**Lifestyle Director**  
[marketing@oaksclub.net](mailto:marketing@oaksclub.net)  
**Phone (561) 482-3230**

## Staff

### Spotlight

## AMANDA KORNAZOV



Amanda has been a vital aspect of day to day operations at The Oaks for quite some time now. She started at The Oaks almost four years ago as a part-time receptionist in the Tennis Pro Shop. Quickly afterwards she took on the responsibilities as The Director of Operations Administrative Assistant and Pro Shop Manager. She then transitioned into the position of Administrative Assistant to the

General Manager and Front Desk Manager where she has been for close to a year. She loves the team that she gets to work with on a daily basis and is fortunate for the opportunities that she has received here at The Oaks at Boca Raton.

When Amanda is not at The Oaks, she enjoys spending time with her daughter, going to the gym, going to the beach, spending time outside and traveling the world.

Again, we want to thank Amanda for the tireless work that she does for the residents of The Oaks and her fellow staff members. She is an amazing team player and does a great job representing FirstService Residential on a regular basis.





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# Tennis

## Serving Up The Summer

We are halfway through the year and right in the heart of Summer. The heat does not stop our incredible residents from using our courts all day, every day. Nor does it prevent our staff from providing incredible lessons and programming. The heat only intensifies our thirst for more tennis.

If you have not heard the exciting news by now, let me be the first to introduce you to our new Head Professional/Director of Junior Development, Meika Ashby. Meika has an extensive and overwhelmingly positive track record of success within the tennis industry, specializing in junior tennis, programming and player development. We are thrilled to have Meika as part of our team and look forward to taking our junior program to the next level.

Did you ever wonder if there was an easier way to sign up for lessons with your favorite coach or sign up for your favorite clinics?

Well, there is an app for that! We are now using the MindBody app so residents can have the power of their tennis plans at the touch of a button. For more information, please see Andrew in the tennis pro shop for all the details.

See you on the courts!

Sincerely,

Patrick Sheahan  
Director of Tennis/Operations  
Kyle LaCroix  
Assistant Director of Tennis



Patrick Sheahan  
Director of Tennis/  
Operations  
patrick.sheahan@oaksclub.net



Kyle LaCroix  
Assistant  
Director of Tennis  
kyle.lacroix@oaksclub.net

## Know Your Staff Andrew Constantinou

**Where are you from?**  
**How long have you been working at the oaks? What is your title/Role?**

New York.  
1 year.  
Tennis Administrator.

**Personal hobbies/Interests outside of the Oaks?**

Bodybuilding/Fitness, Microsoft Excel, electronics and computers, constantly learning and improving myself, real estate, investing, learning about human potential, Artificial Intelligence and meditation.

**Dream vacation destination?**

A trip to the Moon or Mars.

**Best part about working at The Oaks?**

The environment with the co-workers and the homeowners. Everyone I've crossed paths with since I've been here has had great energy and attitude.

**Something most people don't know about you?**

I'm constantly looking to improve myself; therefore, I welcome adversity. Also, through my creativity I'm always looking for better ways of doing something.

**If there was a movie made about your life, which actor would portray you?**

Mark Wahlberg or Matt Damon



## Member Profile Rachel Clouse

**How long have you and your family lived in The Oaks?** I have lived in The Oaks with my husband Brian and my daughters Livia and Amanda for 12 years.

**What tennis programs/clinics do you participate in at The Oaks?** I am on The Oaks tennis team Division 2B. I take lessons 3 times a week: A doubles lesson with Patrick and an individual lesson with Rafa. I participate in clinics about 5 times a week.

**How long have you been playing tennis? How many times per week do you play?** I have been playing tennis for 9 years. I started on Division 8. I play tennis about 5 to 6 days a week.

**What is your favorite part about the Oaks tennis program?** First, Tennis gets me moving. It is a great exercise to start



my day. Second, the pros are wonderful. They are motivating and encouraging. They push and challenge me to improve my tennis skills and my tennis game. Lastly, I enjoy the social aspect of The Oaks tennis program. I come out most mornings and hit with my friends. I have met so many wonderful people through The Oaks Tennis Program!

**Advice for any members who may be interested but have not yet tried The Oaks tennis program?**

When I started taking tennis lessons at The Oaks, I was so nervous to join a team. When I took the leap and joined a team, I had the support of the pros and support of my new team. I say go for it, it is fun!

**Favorite tennis shot?** My favorite shot is my deep forehand cross court. When it's on, I have the confidence that it will end the point.

**Favorite player and why?** My favorite tennis player is Chris Evert. She has won 18 Grand Slams. I would say she is my favorite because I have watched her play throughout the years. She has proven that she is a strong and confident woman and tennis player. When I was in high school, I was a good athlete. As a 5 foot 1 inch woman, I played defense in Field hockey and Lacrosse. So as a female athlete, I respect Chris, her perseverance and accomplishments as an athlete. I feel that with my past experiences as an athlete this has helped me with my tennis game.

**Proudest Tennis moment?** When I win!

## Question For Kyle

I enjoy your tennis tips on the Oaks Facebook page and have taken away some good ideas for 2017; however, I have been in a bit of a tennis slump since the end of ladies team season. I need some guidance on how to snap out of it. Would you have any tips for me? My goal is to begin a winning streak and not let my partner down again.

~Anonymous Oaks Resident

Dear Resident Who Shall Remain Anonymous:

Not to worry! We have all been there. I can promise you this has happened to yours and my favorite pro athletes at one point in their career – regardless of the sport. Unfortunately I have personally been in a few ruts during my competitive tennis years, too. Welcome to being a human!

The challenging part of tennis is that it is a year round sport, and when you're in a slump, it is easy for the frustration to mount and not see the light at the end of the tunnel. The good news is that anyone can survive a slump, but you just have to develop a plan to end it. With that said, here are a few tips for you to think through:

**1)** Consider taking some time off. Most players don't want to do this because they assume that if they increase their on-court time and the intensity of their work-outs, their slump will end. Although this concept could work for some, most of us are bound by time constraints. The reality is that a break from tennis can actually re-energize you and make you eager to play again.

**2)** Adjust your weekly tennis schedule and limit the amount of competition you participate in. Playing more competitive matches during a slump unfortunately invites a continued loss of confidence and poor performance.

**3)** When you do schedule court time, consider playing fellow members at a slightly lower level or a style of play that you feel you match up well against. Getting a few "wins" under your belt will help you build confidence and inevitably end your slump.

**4)** Last but not least, learn to go on "auto-pilot." Most players in a slump think about their shots and the many facets of breaking down technique. Over thinking can cause "analysis paralysis." If this sounds like you, my best advice is to keep it simple and turn your mind off. Use the auto pilot mode to let your body do what it has always done before.

Please trust and know that all slumps do come to an end. As they say, "tough times don't last, tough people do." Good luck, be positive and happy hitting!

Kyle LaCroix, Assistant Director of Tennis

**To submit a question to Kyle – whether it be about providing a tennis tip to improve your game, a question about a tennis rule or just to get his take on a tennis related topic, please write to him at kyle.lacroix@oaksclub.net Each month, Kyle will choose a submission to answer in the Newsletter.**

## Guest Policy

Our tennis facility is known throughout South Florida as having the best, most meticulously maintained courts. Why not show them off to your friends by inviting them out to play a social match? Our accommodating guest policy makes it convenient.

## Complimentary Guest Days and Hours

Mondays and Fridays guests are allowed at absolutely no charge (all day)

Also, every day from 12:30pm to 4:00pm there is no guest fee.

As a courtesy, every homeowner gets 12 free guest allowances a year. If the moment does arise where a member brings in a guest that does not fall into one of the free guest days and hours and has already used all 12 of their free guest allowances, the member will be charged \$20.00.

## Pro Shop Hours

Monday-Thursday: 7:00am-7:00pm

Friday: 7:00am-6:00pm

Saturday-Sunday 8:00am - 4:00pm

Telephone: 561-482-9828

# Fitness

## A Note from the Fitness Director

The beginning of our summer was full of successes for our fitness center! Youth programming kicked the summer off with Speed and Agility Field Day and the introduction of Swim Lessons at The Oaks pool. Our Group Exercise Schedule added highly sought after Barre classes, and the introduction of demo classes. Fitness partnered with both Tennis and Spa for joint events, all adding to the services we can provide to the community.

With summer in full swing, you still have plenty of time to register your child for swim lessons, sign up your children for our Oaks Sports Camp before school starts, and experience some great back to school activities for adults! In the next several months you can look forward to a Youth Sports Day Camp, newly introduced youth afterschool programming, a Detox Yoga Retreat with fitness and spa, an evening Sip and Shop, and new Group Exercise Classes.

I'm looking forward to continue to cultivate the fitness culture in the community with all of you!

In Health & Wellness,  
Nicole Charlock  
Director of Fitness



Nicole Charlock  
Director of Fitness  
fitnessdirector@oaksclub.net

## Save the Dates

**July 31<sup>st</sup> – August 4<sup>th</sup>** – Oaks Spots Day Camp

**August 7<sup>th</sup> – August 11<sup>th</sup>** – Oaks Spots Day Camp

**August 15<sup>th</sup>** – Member Appreciation Event

**August 26<sup>th</sup>** – Detox Retreat

**September 4<sup>th</sup>** – Afterschool Kids Fitness Programs Start

**September 19<sup>th</sup>** – Wellness Lecture

**September 21<sup>st</sup>** – Sip and Shop

## Eating for a Healthier You Chocolate Banana Nice-cream.



With summertime in full force, wouldn't you enjoy a cold refreshing bowl of ice-cream?! For a healthier treat try this banana ice-cream recipe (nice cream).

### Ingredients:

- 3 Bananas
- 1/4 cup unsweetened almond milk (or skim, soy)
- 1/4 tsp vanilla extract
- 3 tbsp. cocoa powder or a scoop of chocolate protein powder
- Optional; chocolate chips or peanut butter

### Directions:

1. Peel ripe bananas, cut them into chunks, and place in a freezer bag in the freezer overnight.
2. Place the frozen banana pieces and all the other ingredients into a blender or food processor with 1/4 cup milk and blend until you achieve a consistency that resembles soft serve.

## Swim Lessons at the Oaks Brianna

Swim Lesson Instructor



### Where did your love for swimming come from?

I grew up in Florida, and have always been around the water, so it was natural for me to always be in the pool or at the beach. I also have all brothers that I could never beat in races on land, but could always win in the pool.

**What is your favorite thing about teaching swim lessons?** My favorite thing about teaching is seeing how excited kids get when they master a new skill.

**What are some of your favorite hobbies?** Surfing! It's not a traditional sport, and there are different kinds of boards so I can always change my workout. I also enjoy running and swimming.

**What is something on your bucket list?** To go surfing in Fiji! Or meet Kelly Slater (famous surfer).

**Tell us a fun fact about yourself?** I got second place in the state spelling bee when I was in second grade. It was the biggest award I've ever won.

### Interested in Swim Lessons?

Private, semi-private, and group lessons are available at The Oaks Pool for toddlers all the way to adults. Call 561-482-9987 to schedule your lesson.

## Trainer Spotlight PJ DeLuca

### How did you get started in fitness?

I grew up being very active and playing various sports. After college I had the opportunity to coach ice hockey professionally for the US National program, College Hockey and the National Hockey League. Through this experience I developed a passion for teaching and motivating people of all ages and skill levels.

### What is your favorite thing about working in the fitness industry?

Sharing that moment when a client is able to do something they've never done before; haven't done in a long time, or maybe even thought wasn't possible. Fitness can be fun for everyone and is a corner of your day carved out just for you.

### What is your favorite way to sweat?

I love to play ice hockey.

**What are some of your hobbies?** I enjoy cooking on the grill just about every night and trying new recipes. You have to try my ribs!

### What is something on your bucket list?

Kiss the Stanley Cup.

## Talking With Trainers

"What is the better order? Cardio first followed by weights, or weights first followed by cardio?"

It depends on what your fitness goals are. If you are training for something specific, that exercise should be done first. For example, if you are training for a marathon the cardio should be done first so you are not tired by the time you get to the portion of your workout you need to excel at. Same is true vice versa, if your goal is to build muscle mass try doing weights first so your muscles are fresh. Either way, a warm up is always a good idea before you begin your workout.

## Health Fitness Assessments

Are you looking to jumpstart your fitness journey? Whether you need a starting point or a push in the right direction, we invite you in for a complimentary 30 minute Health Fitness Assessment (HFA). During the HFA a trainer will measure your body fat percentage and walk you through a few key movements to assess areas that may be strengths or weaknesses. Please contact Nicole to set up your Health Fitness Assessment today.

## Complimentary Guest Days and Hours

Mondays and Fridays guests are allowed at no charge. Also, every day from 12:30pm to 4:30pm there is no guest fee. As a courtesy, every homeowner gets 12 free guest allowances a year. If the moment does arise where a member brings in a guest that does not fall into one of the free guest days and hours and has already used all 12 of their free guest allowances, the member will be charged \$20.

## Hours of Operation

Monday-Thursday 6:00am - 9:00pm

Friday 6:00am - 7:00pm

Saturday 7:30am - 4:30pm

Sunday 8:00am - 5:00pm

Please visit us online  
to view the current  
Group Fitness Calendar:

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# Spa

Greetings from The Spa at The Oaks!

Summer is definitely here....so we need to be extra careful about protecting our skin from the harsh summer rays!

Since the SPF number does not define the level of UVA protection, products that utilize titanium dioxide and/or zinc oxide, are the best method of assuring full spectrum sun protection from UVA and UVB radiation.



## MEMBER SPOTLIGHT: Dinorah Hope

**How long have you and your family lived in The Oaks?** We have been living in The Oaks for three years now.



**What services do you currently enjoy at The Spa?**

Facials, manicures, pedicures and Lypossage treatments.

**Why do you choose The Spa here at The Oaks for your services?** I like the atmosphere and personal service I receive and you cannot beat the convenience. Also, I love the idea of supporting my community and contributing to the success of our spa. I always recommend the spa to friends and guest.

**What are some hobbies that you enjoy?** Cooking, baking, herb and butterfly gardening, and dancing of course!

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## MONTHLY SPA SPECIALS & EVENTS:

### July:

- 10% off Vitaminze Facial Treatments
- Lypossage Body Contouring Treatment – Third zone free with purchase of first two zones.

### August:

- August 15th – Environ Customer Appreciation Day
- August 26th – Detox / Wellness Retreat

### September:

- 10 % off our High Frequency / Acne Facial
- September 21st – Sip & Shop

## The Oaks Spa Hours of Operation

Monday- Thursday 8:30am - 8:30pm  
 Friday 8:30am - 6:00pm  
 Saturday 8:00am - 4:00pm  
 Sunday 8:30am - 4:30pm

Active Ingredient: Titanium Dioxide 8%

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Sunforgettable Brush-on sunscreen offers powerful SPF 50 UVA/UVB protection, alone or over makeup. SPF and finishing powder in one simple, on-the-go application.

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Retains SPF up to 40 minutes of water immersion or perspiring

Active Ingredients: Zinc Oxide 20%

Reapplication every 1 ½ - 2 hours is the best way to ensure protecting your skin during the summer!

The locker room and steam room renovations will be completed soon. I hope you stop by to see them and also to check out our scrub bar that will be available to you to try different products.

Please call to book your appointment or learn more about our wonderful, relaxing and rejuvenating services.

Peaceful Regards,  
Coleen Chamberlain Mahoney  
Director of Spa  
spadirector@oaksclub.net

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# Events

Greetings from The Oaks!

The fall is quickly approaching and the social activities are picking up again at The Oaks! I am excited to say that our May Pool Party was the largest we have ever had here in the community with over 400 people in attendance! With that being said, I am excited to see everyone again when you return from your summer vacations and the kids start school again. We have so many exciting things happening in the fall and I hope to see everyone there. With the clubhouse under construction, our staff is planning some amazing things for the fall season that we believe you will thoroughly enjoy.



The fall events will consist of movie nights, pool parties, sip and paint nights, our annual Halloween event, adult parties, and more! Be sure to like us on Facebook at [Facebook.com/theoaksatbocaraton](https://www.facebook.com/theoaksatbocaraton) and keep an eye out for emails to see what is happening at the club.

For information on hosting your next party at the clubhouse, you can contact me at anytime. In partnership with The Oak Room, we are a one stop shop for all of your party planning needs from event space, catering, entertainment and so on.

For more information on what is happening at the clubhouse or suggestions on what you would like to see at future events, please give me a call at 561-482-3230 or email me at [marketing@oaksclub.net](mailto:marketing@oaksclub.net). I am always open to suggestions and would love to hear from you!

Have a great rest of your summer and see you in the fall!

Best Regards,

Eric Redden  
Lifestyle Director  
[marketing@oaksclub.net](mailto:marketing@oaksclub.net)



# Dining



## The Oak Room

**Like us on Facebook to see all of our events.**



**Become our friend: [Facebook.com/theoakroomboca](https://www.facebook.com/theoakroomboca)**

The Oak Room is a hospitality company dedicated to providing a high-quality dining experience in a comfortable atmosphere for members who seek a fun "gourmet" experience. We also maintain a friendly, fair, and creative work environment, which respects diversity, new ideas, and hard work. For this reason, we believe in only the best for The Oaks. That is why we use Organic Produce, Certified Angus Beef, and Wild Caught Salmon as long as they are available. It is our Promise to give our homeowners and their guests the best meal and service.

Our menu will change each quarter to give you the freshest menu possible each season. Specials will be offered for every Lunch and Dinner.

All our dressings are all made in house.

We Have Gluten-Free Menu Items. (GF) = Gluten-Free

We Have Vegetarian Items (Veg) = Vegetarian

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**[www.theoakroomboca.com](http://www.theoakroomboca.com)**



**Stay social with The Oaks**

Like us on Facebook to stay in The Know of upcoming events and activities that are happening around the community.



# July 2017



The Avondale

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> ACC Committee Meeting 5 pm	<b>26</b> Compliance Committee Meeting 5 pm	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					



# August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b> Mahjong 12 – 4 pm	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Canasta 12:30 – 4 pm	<b>8</b>	<b>9</b> Mahjong 12 – 4 pm	<b>10</b> Board Meeting 5:30 pm	<b>11</b> Tennis Carnival 4 – 6 pm	<b>12</b> Movie Night at The Oak Room
<b>13</b>	<b>14</b> Canasta 12:30 – 4 pm	<b>15</b> Spa Customer Appreciation Day 11 am – 2 pm	<b>16</b> Mahjong 12 – 4 pm	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Canasta 12:30 – 4 pm	<b>22</b>	<b>23</b> Mahjong 12 – 4 pm	<b>24</b>	<b>25</b>	<b>26</b> Body and Soul Detox 9 am – 2 pm
<b>27</b>	<b>28</b> Canasta 12:30 – 4 pm	<b>29</b> ACC Committee Meeting 5 pm	<b>30</b> Mahjong 12 – 4 pm  Compliance Committee Meeting 5 pm	<b>31</b>		

# September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Canasta 12:30 – 4 pm	<b>5</b>	<b>6</b> Mahjong 12 – 4 pm	<b>7</b>	<b>8</b>	<b>9</b> Movie Night at The Oak Room
<b>10</b>	<b>11</b> Canasta 12:30 – 4 pm	<b>12</b>	<b>13</b> Mahjong 12 – 4 pm	<b>14</b> Board Meeting 5:30 pm	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Canasta 12:30 – 4 pm	<b>19</b> Wellness Lecture	<b>20</b> Mahjong 12 – 4 pm	<b>21</b> Sip & Shop	<b>22</b>	<b>23</b>
<b>24</b> Community Pool Party	<b>25</b> Canasta 12:30 – 4 pm	<b>26</b> ACC Committee Meeting 5 pm	<b>27</b> Mahjong 12 – 4 pm  Compliance Committee Meeting 5 pm	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						



  
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