

The Community Roots

The Oaks at Boca Raton

Jul | Aug | Sep



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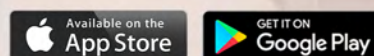
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Note From...

GENERAL MANAGER

BOARD PRESIDENT



First, I would like to thank the Residents, Board, and staff for doing their part in staying safe and healthy during this unprecedented time. I want to assure you that our management team along with the Board has been keeping track of this pandemic through proven and trustworthy sources: our local health department, the Florida Department of Health, and the Centers for Disease Control and Prevention (CDC).

I'm exceptionally proud to be a part of a community that not only comes together and perseveres through the hard times, but also comes out even stronger. You should be proud that we, as a community, make up a small part of our nation that uses this adversity and turns it upside down to get creative, adapt, and overcome. This pandemic has been a true test to how strong we are here at The Oaks.

Everyday we continue to learn more about COVID-19. Based on the current information, health officials are recommending local communities and schools to take the same steps to protect against the coronavirus as we take to prevent the spread of everyday illness like the common cold or the flu:

- Stay home when you are sick
- Avoid touching your eyes, nose and mouth with unwashed hands
- Wash your hands often with soap and water for at least 20 seconds. If soap or water are not available, use an alcohol-based hand sanitizer
- Clean and disinfect frequently touched objects and surfaces
- Cover your mouth and nose with the inside of your elbow when you cough or sneeze.
- Avoid close contact with people who are sick.

As we navigate through these times it is important to note the management team along with the board is working diligently to address concerns and questions as the world begins to open up. This pandemic has made us imagine what the world would look like after the coronavirus. It has brought our community, staff and partners closer than ever before! How has The Oaks improved? Our Fitness, Spa, Tennis and restaurant have all upgraded their operations to ensure our residents feel comfortable coming back into the club. The restaurant currently offers curb side pickup, delivery, and an essential grocery list exclusive to our residents. The Fitness and Spa Departments received a cosmetic upgrade to enhance the resident experience. Tennis, fitness, and spa started offering virtual online trainings which have opened up a new virtual world for our residents. We as a community will continue to thrive during these trying times.

I am very grateful to all our corporate sponsors for contributing to our newsletter and welcome anyone interested in sponsoring our upcoming newsletter. Please contact our Marketing Director, Clifford Coleman at marketing@oaksclub.net.

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

Healthy Regards,

Richard O'Neil LCAM CMCA

Richard O'Neil
General Manager
roneil@oaksclub.net



I hope everyone is staying safe during these unusual times. The Board of Directors and Rich O'Neil along with the entire Oaks' staff have been working tirelessly to keep apprised of the latest CDC recommendations on Covid safety and then immediately working to implement those recommendations here at The Oaks.

If you have been to The Oaks gym recently, you have certainly noticed the obvious changes - reservations required, limited capacity, social distancing, constant cleaning of equipment by the staff, staff wearing masks and numerous hand sanitizer stations. Other changes which are not so noticeable, such as the installation of the Reme Halo system in each of the AC units throughout the gym, spa and restaurant have been completed. This state-of-the-art system kills germs in the air as it circulates throughout the building. We have also now been using electrostatic sprayers to clean the equipment.

Our tennis program has been up and running with extra attention given to cleaning the tables and chairs between the courts. Hand sanitizer is also being provided between each court. Guests are still not permitted.

The spa is up and running with extreme cleaning practices in places. I highly recommend trying out the great new spa treatments that Coleen is offering.

The Oak Room is now offering outdoor dining only plus delivery and curbside pickup as well as a convenient selection of groceries for purchase. The menu is available on The Oaks App.

I suggest going onto The Oaks App to see what programs and/or services are available to reserve.

We are continuing to monitor the COVID-19 situation closely and will immediately make such adjustments in our operations as are recommended by the CDC. The health and safety of our residents and staff is of the utmost importance.

Stay well,

Stacy Bernstein

Stacy Bernstein
President
board@oaksclub.net





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Built To Last

Of all the newsletters I have personally written over the past 15 ½ years I don't think there has ever been one that I was more looking forward to write. We are back! COVID-19 made our spring unforeseen, unprecedented and certainly unpredictable. Yet, we are still standing, stronger and better than ever before. The Oaks at Boca Raton tennis program bent, but did not break. We took precautions to ensure that everyone remains safe.



How We Are Keeping You Safe

- We have placed disinfectant spray and paper towels to wash all tables and chairs before and after all lessons.
- We have removed all tubes and hoppers and only allowed the teaching staff to pick up the balls.
- We closed down the drink station to prevent a high traffic area.
- We separated clinic courts to encourage social distancing and avoid sizable groups congregating under the canopy.

Back To Business

Now that we have transitioned back into an operational mode, we are more than happy to provide you with the full list of services that made you raise your game and love our sport when you first started. Welcome back!

See you on the courts!

Sincerely,

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



Ask A Pro

Our Tennis Professionals will answer any tennis related questions you may have to help improve your game and The Oaks Tennis experience. If you have a question for the pros it can be shared anonymously. Please send all inquiries to Patrick.Sheahan@oaksclub.net. The answers to this quarter's questions are provided by our Head Tennis Pro, Rafael Curbelo.

Q: What gauge of string should I use? - Becoming Unstrung on Bridgebrook

A: Gauge is used to describe thickness of tennis strings. Gauges vary from 13 (very thick strings) to 22 (super thin strings). Thinner strings provide better spin of the ball allowing for greater control over shots. This is all down to personal preference. Visit us in our pro shop to see our variety of string and which one could best suit your game.

Q: When I try to emulate the pro strokes I watch on TV it makes mine worse. How can I properly learn from tennis on TV? – Pro Watcher on Pintura

A: This is a common problem. When watching tennis live, you do miss significant key technical checkpoints that are pre-requisites to improving your strokes but are invisible to see by the naked eye. The good news is that Oaks Tennis have produced a comprehensive series on tennis strokes shot to at least 250 frames per second. Thus, giving you a visually factual and detailed analysis of what is truly happening and what you need to do to make that progressive development stick. You can view these videos on The Oaks at Boca Raton app under "Tennis Virtual Academy".



THE OAKS AT BOCA RATON APP

Your tennis scheduling needs are in the palm of your hand with our Oaks at Boca Raton app. All of our clinics, lessons and ball machine bookings can be made using The Oaks app on your smartphone. 2,900 people have now downloaded the app and we have had 110,000 log-ins in the last 10 months.

All tennis, fitness and spa services and club event sign-ups are easily accessible.

How to get it?

The Oaks is on the app store

1. Open the app store on your phone
2. Search and download "The Oaks at Boca Raton"
3. Create your account under the "Log In" tab.
4. Book your appointment.

It's that simple!





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Delray Modern Courtyard

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FITNESS

DIRECTOR NOTES

Here at The Oaks at Boca Raton Fitness, your health and wellness are our main priority. Exercise is a key contributing factor to a healthy immune system. With this in mind, we have implemented safety measures that follow CDC guidelines.

- We've reduced our gym capacity and created a reservation system to ensure everyone can have ample space for their workouts.
- Every other piece of cardio equipment will be unplugged, strength machines have been repositioned and clear markings have been placed on the floor to ensure proper social distancing
- We are pretreating the fitness center monthly with an antimicrobial to provide further protection between cleanings
- The Fitness Center is being sanitized and disinfected between each open gym reservation as well as before and after gym hours.
- We have added additional sanitizing stations throughout the fitness center to further encourage residents to wipe down their equipment before and after each use
- We encourage you to bring your own towels, mats, and water as these items are temporarily not available
- We developed programming options to accommodate the various needs of our residents.
- Personal trainers are utilizing designated outdoor areas and indoor private rooms so that you can have a safe and controlled environment with your personal trainer that feels like home.
- Virtual training options are available for both classes and private trainings
- Outdoor group fitness classes are well shaded in a controlled environment

We look forward to continuing to share your fitness journey. Visit The Oaks App to schedule your next workout today!

In Health & Wellness,

PJ DeLuca
Director of Fitness

FITNESS CENTER REMINDERS

The health and wellbeing of The Oaks residents and staff are of the utmost importance to us.

- Gym capacity has been reduced to 10 ensuring proper social distancing and safety protocols can be followed
- Reservations are required to gain access to the fitness center
- Reservations can be made on The Oaks App in the "Fitness Classes" tab
- Reservations are for 60 minutes, 1 reservation allowed per individual per day
- Talking on cell phones inside the fitness center is prohibited.
- Please use headphones when listening to music.
- Please wear proper exercise attire.
- Please wipe down and put away equipment after use.
- Oaks Fitness Center may provide personal training and services. Outside personal trainers, service providers and swim instructors are prohibited to ensure your safety.



OUTDOOR GROUP FITNESS

We are continuing to develop our group fitness program by offering you an array of formats as well as intensities delivered to you by our team of experienced instructors.

These small classes and precise instruction have been created to not only give you a boutique fitness feel but to give you peace of mind knowing that we are keeping everyone safe by following the strict CDC guidelines.

We are continuing to offer Virtual classes 5 times a week (3 Barre and 2 Bootcamp) so that you can stay in shape from the comfort of your own home. These classes are recorded and sent out should you for any reason not be able to make the LIVE classes.

Aqua is being taught every day at 12pm with Claudia and Jaqueline. Jaqueline is new to the Oaks but not to the fitness world. Check out her fun and challenging classes on the schedule every Tuesday and Thursday.

We are now offering Mat Pilates classes 4 times a week outside under the canopy. The fans are on and the breeze is welcoming. Check out the schedule with long time Oaks instructor Laurie and brand new to The Oaks Jessica. Jessica comes from a classically trained Pilates background and teaches a strong and motivational class.

Our yoga and HIIT classes are as popular as ever so please make sure to book your space ahead of time to avoid any disappointment.

Please feel free to contact PJ, fitnessdirector@oaksclub.net or Sue, fitnessasst@oaksclub.net, with any questions you may have regarding all things fitness.

Sue Lucia
Assistant Director of Fitness



A STRONGER AND HEALTHIER IMMUNE SYSTEM

Julie Weidenfeld, NASM Certified Personal Trainer



USE THIS AS AN OPPORTUNITY TO EAT HEALTHY FOODS:

Increasing the amount of vegetables and fruits in your daily diet can increase the necessary micronutrients our bodies need to stay healthy and strong. In particular, white blood cells known as the killer cells, play the role of seek and destroy warriors. Without proper

nutrition, studies show that these warriors can slow down. In addition, a healthier diet improves our microbiome, or gut health, which allows for better communication of cells throughout our bodies.

CONTINUE MODERATE EXERCISE:

If regular daily activity is already a part of your regimen, then by all means continue it. It is important to move regularly, so moderate exercise, allows for greater mobilization of blood flow, in particular those white warriors cells mentioned above. However, intense and lengthy exercise, like running a marathon, actually suppresses the immune system temporarily for up to 12 hours after a workout.

REDUCE STRESS:

If you've been needing a reason to reduce stress, now would be it. Try introducing deep breathing techniques daily, and especially when you experience more rapid heartbeats. Participate in yoga or take 15 minutes for peaceful meditation.

STEP AWAY FROM ALCOHOL AND SUGAR:

They are extremely bad for your immune system, causing many of the built-in defense mechanisms to break down and allow enemies to get to key organs.

MORE SLEEP:

Miraculous things happen when our bodies are at rest. This is the time when cells restore and replenish, so it's really important in building a healthier immune system. Set an alarm for a specific bedtime each night, and though it may be challenging in the beginning, stick to it. Eventually this will become habit, and your family and friends will notice a happier, healthier you!

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RESIDENTIAL INTERIOR DESIGN



SPA

Greetings From The Oaks Spa

I hope everyone has been well and safe in these unprecedented times. I would like to share how we are protecting both residents and therapists during spa treatments. We have implemented very strict sanitization procedures between clients with half hour blocks for complete room sanitizing between every client. In addition to the procedures, all of the therapists have been fully trained to sanitize as well. As a matter of fact, we are performing temperature checks on the therapist when they arrive and on residents before treatment and therapists are required to wear masks at all times.



Additionally, we have invested in new ways to enhance the safety of everyone. First, we have the electrostatic disinfectant sprayer that applies disinfectants to a variety of surfaces. It is an easy-to-use and highly effective system that can successfully help to kill and disinfect both bacteria and viruses. The spray method helps ensure fast coverage of complex and hard to reach surfaces that could be easily missed. Coupled with the non-toxic Accelerated Hydrogen Peroxide® spray and wipes, the electrostatic sprayer increases our ability to disinfect The Spa in an environmentally friendly way. Not to mention, we have installed REME HALO air purifiers in the air conditioning systems for air purification along with UV sanitization in the treatment rooms.

Equally important to the cleaning regimen, we all have to make an effort to take care of our minds and bodies during times of stress. For example, a massage is a great way to relax and reduce stress levels in the body and boost your immune system.

Also, we have completely updated the spa. Please book an appointment and come check it out!

Peaceful Regards,

Coleen Chamberlain Mahoney
Director of Spa



Professional Spotlight

Heidi Markert - PTA, LMT

Heidi is an enthusiastic and skilled remedial health care professional with 15 years of experience in the functional rehabilitation industry. Recently, she has relocated to Florida from the Barrier Islands of the Outer Banks in North Carolina to explore new endeavors. She received her certification from the Cayce Reilly School of Massotherapy and has been practicing the art of massage since 2006. In addition, she obtained her Physical Therapist Assisting degree in 2017 and has been practicing in an Orthopedic Outpatient setting prior to her move. With her extensive anatomy and physiology background along with her massage skills she has developed a strong skill set directed towards Therapeutic, Sports and Medical Massage. Heidi enjoys spending time outdoors and any activity that involves water, especially surfing. She loves working with athletes and helping them in their recovery phase to achieve their personal performance goals.



Where are you originally from?

I am originally from Virginia Beach, Virginia. However, I have resided in the Outer Banks, North Carolina, NC for the last ten years.

How did you become interested in the massage therapy and physical therapy profession?

I got interested in massage and naturopathic studies in my early twenties. I was intrigued with self-care, spirituality, and learning holistic remedies which, my school was famously known for. As an athlete growing up, it was imperative that I take care of myself so learning about the body and the benefits of massage was ideal. My passion for Physical Therapy came later on but the two occupations complement each other quite beautifully.

Spotlight Continued

Heidi Markert - PTA, LMT

What do you love about being in the industry?

What I love about being in the industry is that I get to meet lots of different people and help them improve their quality of life. It is rewarding to be able to add a little stress relief and peace to someone's day. I am confident in what I do and enjoy the fact that I can utilize my skills and knowledge for the good of humanity.

What are some things/hobbies that you enjoy in life?

My main hobby is surfing when the ocean provides. I grew up competitively surfing and have been enjoying the ocean along with all the fun things to do at the beach since I was very little. I love anything that involves the outdoors and nature. I am an avid gardener and am aspiring sometime in the near future to have my own little farm. Health is a huge priority so I stay pretty active and enjoy fitness, yoga, and all the things really. Traveling is fun and I try to go on new adventures as much as possible.



About The Spa



The Spa at The Oaks at Boca Raton provides you with renewal, rejuvenation, and relaxation in your own backyard. Our therapists and specialists are experts in customizing your treatments, therapies, and services. Crafting them specifically to your needs for the ultimate results.

Our Services Include:

- Massage
- Medical Massage
- Lomi Lomi Massage
- Craniosacral Massage
- Spa Facials
- Hydro-Derm Oxygen Infusion Facial Treatment
- Collagen Induction Therapy
- Derma-planing
- Waxing
- Body Treatments
- Reiki
- PEMF (Pulse Electromagnetic Therapy)
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- Nail Services
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DINING

From the Chef's Desk



The last quarter has definitely thrown some unusual challenges our way! Covid-19 has drastically changed the way we operate as a restaurant and as a community. At The Oak Room we have enhanced our strict cleaning and sanitization procedures to ensure that every resident feels safe and secure whether they dine-in with us, or take our food home to enjoy! We have rolled out delivery service here at The Oak Room, so that everyone can stay safe in their own home if they wish. We also started our weekly "Provision Lists", so that we could offer the highest quality in produce, meats and seafood to everyone in the community.

Keep an eye on us as we continue to open up, and offer new and exciting options for everyone here at The Oaks of Boca Raton. Please do not hesitate to reach out to me with any concerns or question you may have.

I would also like to personally thank everyone for their continued support and understanding!

Thank you!

Joshua Bartram
Executive Chef
The Oak Room
chef@oaksclub.net

From The Oak Room Team

We would like to thank everyone for such an overwhelming response to our take-out and delivery options, essential grocery orders, and daily specials. As we continue to navigate through these unprecedented times, we want to remind everyone that The Oak Room is still here for you! We are adjusting and making all necessary changes as needed to serve our community and to keep everyone as safe as possible while enjoying time outside of the house!



The Oak Room is available to assist with any in-home social gatherings you may have as well. Whether its happy hour at home, or a birthday celebration, we can deliver meals, platters and drinks to you!

Due to Covid-19, all social events at the Clubhouse have been postponed until further notice. We are following all guidelines issued for Palm Beach County as they are updated. We will continue to keep everyone informed as things change.

Thank you again for all your continued support!

All the best,

The Oak Room Team
oakroom@oaksclub.net

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

All Listed Dates & Times Are Subject To Change Due To COVID-19

*Please lookout for future updates via email & Facebook (The Oaks at Boca Raton) *

KEY

TENNIS
EVENTS

SPA
FITNESS

OAK ROOM
CLUBS

LEADERSHIP

AUGUST

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

All Listed Dates & Times Are Subject To Change Due To COVID-19

Please lookout for future updates via email & Facebook ([The Oaks at Boca Raton](#))

KEY

TENNIS SPA OAK ROOM
EVENTS FITNESS CLUBS LEADERSHIP

SEPTEMBER

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

All Listed Dates & Times Are Subject To Change Due To COVID-19

Please lookout for future updates via email & Facebook ([The Oaks at Boca Raton](#))

KEY

TENNIS SPA OAK ROOM
EVENTS FITNESS CLUBS LEADERSHIP




THE OAKS
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