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CONTACT THE DIRECTOR OF MARKETING, CLIFFORD COLEMAN FOR MORE INFORMATION AT MARKETING@OAKSCLUB.NET

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CONNECT WITH US

CLUBHOUSE

9950 Bridgebrook Dr Boca Raton, FL 33496

P: 561-482-3230

F: 561-482-3280

E: frontdesk@oaksclub.net

W: www.theoaksatbocaraton.net

HOURS OF OPERATION

Mon.-Thurs.: 6am - 9pm Fri. & Sat.: 6am - 7pm Sun.: 8am - 5pm



Download The Oaks at BocaRaton App!

Find us in the App Store & Google Play







P: 561-757-3822

E: oakroom@oaksclub.net

HOURS OF OPERATION

Tues.-Sat.: 12pm - 8pm Sun.: 12pm - 5pm Mon.: CLOSED

SCAN TO FOLLOW US ON FACEBOOK!



NOTE FROM:



STACY BERSTEIN President FirstService RESIDENTIAL 2020 Aim High Property Award THE OAKS AT BOCA RATON

2020 Aim High Property Award

BOARD PRESIDENT

As neighborhoods like ours still grapple with the do's and don'ts of Covid-19, I look around at what we, as a community, have managed to maintain in the way of lifestyle and I am so proud. We have persevered, excelled, and beat expectations. The Oaks continues to be an award-winning community, winning the 2020 FirstService Aim High Property Award. This was accomplished by our swift adjustments to the pandemic, including providing residents groceries, prepared food, and safe fitness options during the lockdown, as well as adapting our services to accommodate CDC guidelines for our amenities. To go along with the community's award, our Director of Operations, Patrick Sheahan, was recognized as well. Patrick was given the Aim High Award due to the development of The Oaks' Tennis through his tenure and by getting creative with the services being offered throughout the pandemic.

The Oaks is back on track springing into action by building on the new growth established in the previous year. We are stronger than ever because of the circumstances and experiences of the past.

The first quarter of Tennis saw unprecedented levels of activity on the courts with major increases in lessons and clinics. Be sure to reserve your spot and/or court in advance.

Fitness is offering private and group basketball training. PJ, our Director of Fitness, has also been building on our Pilates program because of its huge popularity and health benefits. Fitness is also offering a wide array of new retail recovery items such as Trigger Point rollers, massage guns, and RockTape kinetic tape. The fitness center is open, with reservations, for limited and socially distant use. Fitness classes are available on a reservation basis as well as virtual and some in- person classes.

The Spa has implemented monthly Demo Day promotions which focus on new and innovative treatments. There are also monthly service based Spa Specials and weekly discounts on specific retail items. New services are always being added to the menu. All Spa services are available by appointment only.

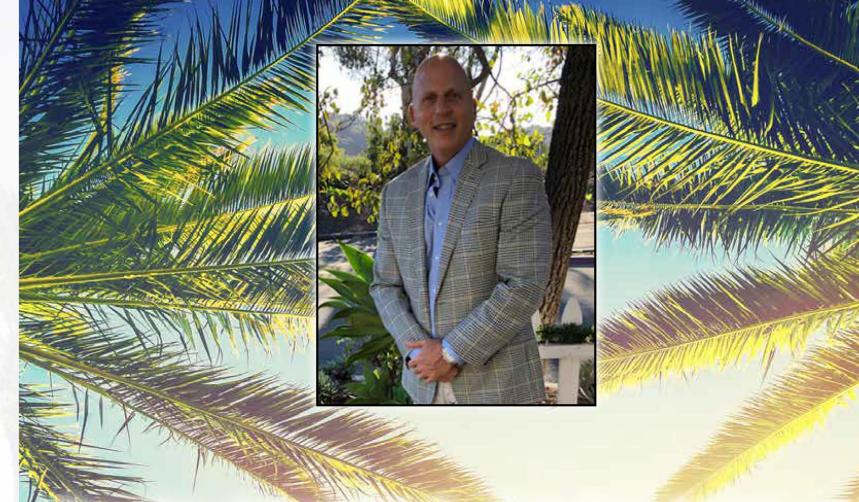
The Oak Room is currently offering Happy Hour with drink specials Tuesday - Friday. Brunch has also returned on the first Sunday of the month and the weekly menus have great new specials. Catering is available for private events at home. Look out for upcoming meet and greets and holiday promotions featuring special menus.

I look forward to seeing everyone out and about in this beautiful Spring weather. Stay safe and healthy!

Rost

Stacy Berstein

Stacy Berstein President board@oaksclub.net



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HAPPY HEALTHY SPRING 2021

DEMAND AND PRICES IN THE OAKS HAVE NEVER BEEN HIGHER -

With inventory at a record low! Buyers want to live in The Oaks! If you're interested in selling in this hot market, please call us for a confidential meeting to help:)





KIND WORDS FROM ONE OF OUR HAPPY OAKS CLIENTS:

"OMG, what can I say about Brian and Lisa and the Hindin Bahn Team. They are the best in the business. They go above and beyond in every way. They didn't just sell our home at a price much higher than we expected, and did it in record time – they did it with a smile and thinking of us every step of the way. By far the best realtors we have ever worked with – nobody knows The Oaks like them" –

Lisa G. Hindin | Brian Bahn

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Hindin-Bahn Team

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Lisa@lisahindin.com * www.lisahindin.com

Brian Bahn

direct: **561-213-4227** bocabeachside@gmail.com

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SUCCESS AT ALL LEVELS

he first quarter of 2021 saw unprecedented levels of activity on the tennis courts. Private lessons and clinics were at an all-time high in the 16-year history of the club. Social play and ball machine usage was prominent. Our ladies team season has started once again. Our junior program is at record highs for participants and steadily increasing. The team effort and safety protocols we put in place during 2020 to position our tennis department for a successful return has paid off and benefited the entire community.



NET NOTES





As the courts become busier, it is important to recognize that booking and reserving social play courts, clinics and lessons becomes even more critical to our community's success. All residents may reserve a social play court up to 4 days in advance. In addition, all lessons and clinics can be booked using The Oaks at Boca Raton app on your smartphone. Usage of this app streamlines and enhances your customer experience and gives you the best possible chance to book the service you want at the time you desire. If you have not yet downloaded our app please see our instructions on the next page.

We have so much to offer all tennis players at The Oaks at Boca Raton. Please make 2021 the year you make tennis a bigger part of your life. We will provide you all the necessary skills and information you need to make your tennis journey a wonderful experience.

See you on the courts!

Sincerely,

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



MEET OUR NEW PROFESSIONAL



Sebastian is a native of Colombia. He has worked with top junior players from around the world and has been a hitting partner for several ATP and WTA players. Sebastian spent several years as a Coach at Evert Academy in Boca Raton as well as the Sanchez-Casal Academy in Naples, FL. He played on the ATP Tour for several years and represented Colombia while competing in ITF events, The Eddie Herr and Orange Bowl tournaments. Sebastian's playing level and knowledge make him ideal for players looking to improve.

TENNIS FACTS

Here are some interesting tennis facts that can make you better, wiser and more appreciative of our great sport.

- The average tennis match takes two and a half hours to complete. Of this duration, the ball is only in play for 20 minutes.
- A tennis court is a rectangle. It is 3 feet short of being three times longer than it is wide. This means you better learn to hit the ball straight to the other baseline before going for the short angle.
- The service lines are 21 feet from the net on each side.
- The sweet spot on your racquet is not in the center. It is at the top of the string bed between the 4th and 6th cross from the top.
- If a tennis ball is traveling at just 30mph, the human can only see the ball every 4.4 feet.
- The speed of 115mph is equivalent to 51.4 meters per second. Therefore, it takes the ball travelling at that speed 0.462 second to reach the other side of the tennis court.
- Yellow balls were invented in 1972 but not used in grand slam play until 1986. The "Optic yellow" color made it easier for TV viewers to watch and follow the flight path.
- According to the governing body of tennis, the weight of a tennis ball must be between 56.0 and 59.4 grams. Or roughly 2 grams.
- Tennis is the only sport/athletic activity referenced in all of William Shakespeare's 38 Plays and 150 short and long poems.

MEET OUR NEW PROFESSIONAL



Jorge is the father of two ATP Tour players and has worked with numerous other professional players. He is a native of Colombia. His extensive career as a player and coach allowed him to represent Colombia in Davis Cup, as a coach at the Nick Bolletieri Tennis Academy, Naples Bath and Tennis Club and as a private coach in the Hamptons. His broad array of experience and ex-pertise in player development and knowing what it takes to reach the next level make him perfect for any player looking to have fun and take major steps in their development.

THE OAKS AT BOCA RATON APP

Your tennis needs at the touch of a button, download The Oaks app on your smartphone to sign up for club events, tennis lessons, clinics and other amenities we offer.

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!

A NOTE FROM THE FITNESS DIRECTOR

- EXERCISE RECOVERY

aving a recovery plan to complement your daily exercise routine is extremely important. When we workout, we are breaking down muscle tissue, in order to get stronger, the tissue needs to repair. How our bodies recover can greatly affect our





posture, strength gains, and our performance in future workouts. The more successful your recovery process is, the better adaptation to exercise you will have. So basically, if you don't have a recovery plan, your workouts are suffering. Make sure you add the following elements to your daily routine.

Food is Functional

What you eat is extremely important, especially post workout. Fuel your body as if it were a race car. A quality source of protein will help your body rebuild muscle tissue broken down during exercise, healthy carbohydrates will help replenish energy stores, and don't forget to hydrate. Food is paramount to health and wellness in general, there are no shortcuts, supplements, or gimmicky FAD Diets that will fix this. If anyone is telling you otherwise, walk away. It is better that you learn to Eat Real Food! so that your long-term health can be sustainable.

Active Recovery

Movement is key to recovery. Low intensity exercise such as a light swim, jog, or bike ride can help accelerate muscle recovery. When muscles contract, circulation increases bringing more nutrients to help repair muscles. Muscle contraction also helps keep waste from accumulating in the body and ushers it out through the lymphatic system. Simultaneously, muscle contraction helps remodel the repaired tissue to help guard against adhesions developing in the muscle.

Self-Myofascial Release (SMR)

SMR can help restore elasticity to the muscle; you can do this with a foam roller which requires sustained pressure. It is not effective to roll quickly up and down the muscle, rather you should move slowly and look for tender areas; hold pressure on the more tender areas for 30 seconds or 90 seconds for more tolerable areas. Only focus on a couple trigger points per muscle at a time. Always keep good posture in mind. When finished with foam rolling and stretching, hydration is important.

Stretching

Movement is medicine, stretching can be an important tool to help restore muscle balance in the body. Knowing which muscles need to be stretched is important, as it is not a one size fits all. Make sure your muscles are warmed up before stretching, then hold each stretch for 30-60 seconds, no bouncing, just breath.

In Health & Wellness,

PJ DeLuca
Director of Fitness



PILATES FEATURE

- MEET OUR WONDERFUL STAFF



Laurie Didio Pilates Instructor

Laurie has been a certified Pilates instructor for over 15 years focusing her expertise in Mat Pilates, Reformer and Pilates Apparatus training. Presently she's studying for an additional National Alliance Pilates Certification. Laurie

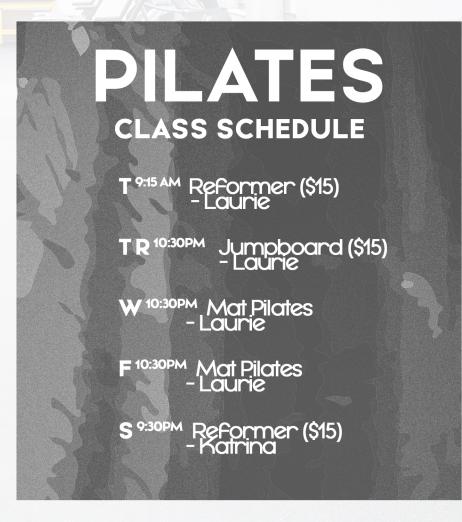
teaches, safe, effective, yet challenging and innovative, private and group sessions. She is a certified personal trainer, cycling and group class instructor for over twenty five years.



Katrina Solomon Pilates Instructor

Katrina Solomon has always had a passion for fitness and the benefits it provides. She found Pilates while trying to rehabilitate her back and strength en her core and instantly fell in love with the Pilates

method. She is certified through Classical Pilates Education, which follows the original Joseph Pilates method. She loves the beauty and strength that Pilates can provide for all bodies of all ages.



BASKETBALL



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.

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SPA

GREETINGS FROM THE OAKS SPA

hope everyone has been safe and had a great start to the New Year. The Spa is getting back into the spring of things by adding some new fresh treatments and some



amazing new therapists. We are also adding special complimentary demo days for you to experience the newest treatments offered or your classic favorite services. We have also brought back the monthly spa specials and also be on the lookout for weekly and pop up specials.

As usual, we are continuing our strict sanitization protocols and procedures and following all CDC guidelines to keep everyone safe during their spa services. Not to mention we have a spa cabana for outdoor massage treatments.

We look forward to your next visit!

Peaceful Regards,

Coleen Chamberlain Mahoney Director of Spa

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.

PROFESSIONAL SPOTLIGHT:

CRISTINA MINOLETTI, LMT

Where are you from originally?

I am originally from London, England;

but I have wanted to live in the United States ever since I can remember! I moved to New Hampshire in 2006 and have lived in Ohio, Michigan and West Virginia. A few years ago, I started to feel the call to return to urban life. I also rather fancied living by the beach, so I spent a week scouting South Florida and fell in love with Boca Raton. I've been here for two years now and absolutely love it. I honestly can't imagine myself living anywhere else!

How did you become involved in the massage industry?

I worked for over 20 years in the casino industry, but massage has always been a part of my life. As a little girl, my mum and I would always exchange while watching TV (full disclosure, we still do this when we get together!). Anytime we were sick or had a wound, my mum would help our healing process with Manual Lymphatic Drainage; and through that I learned the power of even light touch from an early age. My younger sister went on to become a Reflexologist and Massage Therapist; and so, when I reached a point in my life where I was looking for something more fulfilling, both mentally and spiritually, massage therapy was the natural choice!

What services do you provide at the spa?

I provide Swedish, Deep Tissue, Neck and Headache Relief, Hot Stone, Bamboo, Reiki, Craniosacral and Lymphatic Drainage massages.

Through these techniques, my goal is to help you bring your body back into balance; to encourage the freeing of restrictions and adhesions that develop in the body from past or current trauma, or as you go about your daily life; to reduce inflammation and boost the immune system; to create a therapeutic space where you can either peacefully drift off, or communicate as a team to restore, relax and renew.

PROFESSIONAL SPOTLIGHT

CONTINUED

What do you enjoy doing in your spare time?

I enjoy spending time on the beach and with my cat, Sweetpea (not at the same time), walking in the various wetlands, GETTING massages and finding fun and quirky events and things to do throughout South Florida with my best friend and fellow massage therapist here at The Oaks, Stacey Garcia.









OUR SERVICES INCLUDE:

Massage Treatments

Medical Massage

Athletic Maintenance

Skin Care Treatments

Hydro-Derm Oxygen Infusion Facial Treatment

Collagen Induction Therapy

Chemical Peels

Microdermabrasion

Waxing

Body Treatments

Acupuncture

Lipo-Laser

 ${\it Radio Frequency Body and Facial Treatments}$

Teeth Whitening









WE ARE PROUD TO OFFER THE FOLLOWING PRODUCTS

Environ Skin Care
Tizo Sunscreen
Shashi Pilates Socks
FOREO Facial Cleansing Devices
LuLu Lemon Apparal

MONTHLY SPA SPECIALS & EVENTS:

April

Lymphatic Drainage Massage Demo – April 1st 11:00 am – 2:00 pm Radio Frequency Body Treatment Demo – April 22nd 11:00 am – 2:00 pm 10% off Lymphatic Drainage Massage 10% off Environ Youth Renewal Treatment

May:

Hot Stone Massage Demo – May 6th 11:00 am – 2:00 pm Lipo Laser Treatment Demo – May 20th 11:00 am – 2:00 pm 10 % off Radio Frequency Body Treatments 10 % off Hot Stone Massage

June

Neck & Headache Relief Demo – June 3rd 11:00 am – 2:00 pm Mini Hydro Derm Oxygen Infusion Demo – June 17th 11:00 am – 2:00 pm 10 % off Neck & Head Relief added on to a regular massage treatment 10 % off Lipo Laser Treatment

DINING







FROM THE CHEF'S DESK

2021 has been off to a great start! Things are slowly starting to open up and return to "normal", both here at The Oak Room and abroad; and I would like to thank everyone for their support during these trying times! We hope to soon be starting more Club Events for the residents, as well as themed night in the restaurant for your enjoyment. Happy hour is available at the restaurant from 4:30pm-6:30pm. Join us the first Sunday of every month for our brunch menu! Our Provisions Service is still available to help with any grocery needs you might have as well as catering for all your party and celebration needs.

Do not forget to join us for our nightly specials:

Wednesday: Wine Down Wednesday - 50% off select bottles of wine! Thursday: Patties & Pints - Weekly burger and beer specials! Fridays-Sunday - Weekly Specials posted on our Facebook Page!

Check Us Out On Facebook! @Theoakroomboca

Thank you!

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





Weekly Fridays-Sunday Specials posted on our Facebook Page!





FROM THE GENERAL MANAGER

would like to thank the residents of The Oaks that have supported the restaurant during these trying times. We are looking forward to being able to open up more offerings and events in the very near future as the vaccines are more widely distributed.

We will continue to serve quality meals and strive to deliver legendary service both in the restaurant and curbside or delivery to your homes. We are working on new menu items and updated wine lists to keep it fresh and enjoyable for everyone.

From everyone at your Oak Room we look forward to meeting you, if we haven't and seeing you again the next time you're in. As always feel free to reach out to me directly if you have any special requests and I will do everything I can to make it happen.

All the best,

John North General Manager The Oak Room oakroom@oaksclub.net





Join Us For Happy

TUESDAY - FRIDAY 4:30PM - 6:30PM

HOUSE SPIRITS \$4.00

DRAFT BEER \$5.00

SELECT WINES \$6.00









OKINKS
With REAL fruit
Smoothies

Rise & Shine - \$10

Banana, Hemp Seed, Cold Brew Coffee, Agave, Almond Milk

Green Goddess - \$10

Kale, Spinach, Avocado, Hemp Seed, Agave, Coconut Water

Immune Booster - \$10

Pineapple, Strawberry, Mango, Orange Juice

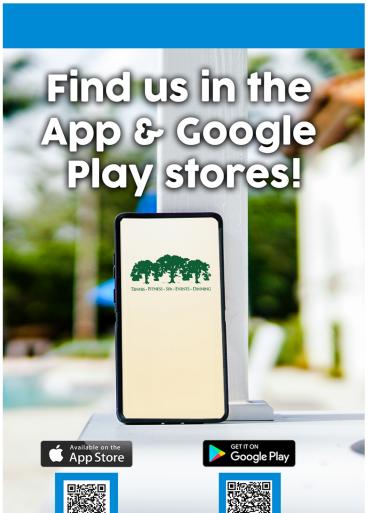
Active Recovery-\$10

Banana, Pineapple, Peanut Butter, Protein, Coconut Water

Add-Ins

Protein Add-in - \$2

Vanilla Whey Protein (24g Protein) Naked Pea Protein (27g Protein)







APRIL

2021

	MONDAI	TOLODAT	WEDITESDAI	THORSDAI	TRIDAI	JATORDAT
				Sun Bum Summer Sale Begins Happy Hour Entertainment 4:30 - 6:30 PM	2	3
4	5 Book Club 7 PM	6	7	8 Spa Demo Day 11 AM - 2 PM Happy Hour Entertainment 4:30 - 6:30 PM Board Meeting 5:30 PM	9	10 Saturday Basketball Clinics Begin - 9 AM
11 Brunch 12 - 5 PM	12	13	14	15	16	17 Spring Barre 9 AM
18	19	20 Ladies Lunch 1:30 PM	21	22	23	24
25	26	ACC Committee 5 PM	Compliance Committee 5 PM	29 Spa Demo Day 11 AM - 2 PM	30 Sun Bum Summer Sale Ends	

LEADERSHIP

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



TENNIS SPA **EVENTS FITNESS**

OAK ROOM CLUBS





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



MM

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Bloq UV Sale Begins
Brunch 12 - 5 PM	3 Book Club 7 PM	4	5	6	7	8
9	10	11	12	Board Meeting 5:30 PM	14	15
16	17	18 Ladies Lunch 1:30 PM	19	20	21	22
23	24	ACC Committee 5 PM	Compliance Committee 5 PM	27 Spa Demo Day 11 AM - 2 PM	28 Bloq UV Sale Ends	29 Memorial Day Sale Begins Memorial Day Mixer - 4PM Live Music 6 - 8 PM
30	31 Memorial Day Blowout Sale Ends					

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) *

TENNIS EVENTS

SPA **FITNESS**

KEY

OAK ROOM CLUBS

LEADERSHIP



JUNE

SUNDAY

2021

TENNIS

EVENTS

		1 Iululemon Sale Begins	2	3	4	5
6 Brunch 12 - 5 PM	7	8	9	Board Meeting 5:30 PM	11	12
13	14	15	16	17	18	19
20	21	22 Ladies Lunch 1:30 PM	23	24 Spa Demo Day 11 AM - 2 PM	25	26
27	28	ACC Committee 5 PM	30 Iululemon Sale Ends Compliance Committee 5 PM			

TUESDAY WEDNESDAY THURSDAY

FRIDAY

SATURDAY

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

KEY

SPA

FITNESS

OAK ROOM

CLUBS

LEADERSHIP



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