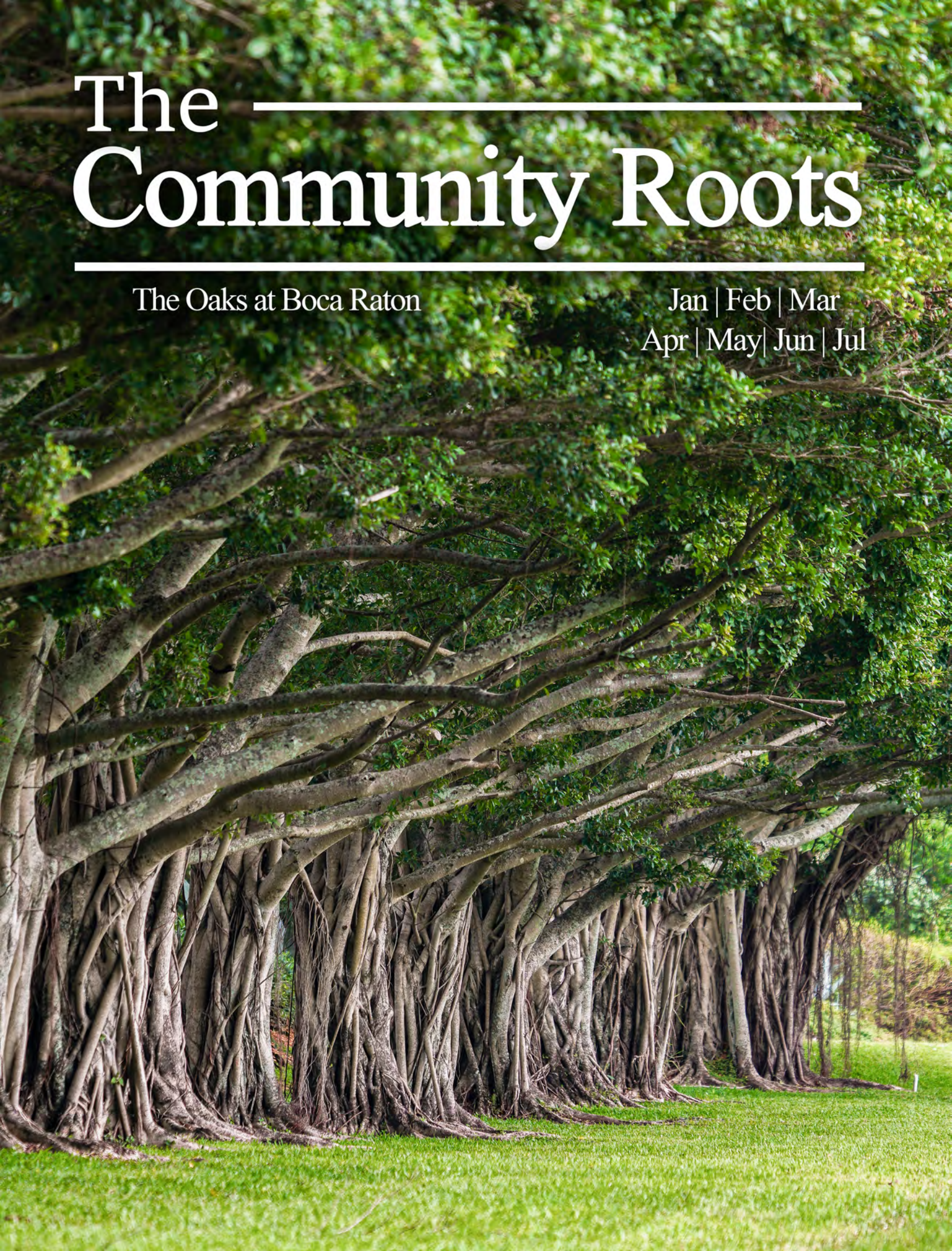


# The --- Community Roots ---

The Oaks at Boca Raton

Jan | Feb | Mar  
Apr | May | Jun | Jul



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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](mailto:frontdesk@oaksclub.net)  
W: [www.theoaksatbocaraton.net](http://www.theoaksatbocaraton.net)

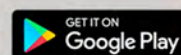
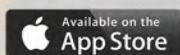
### HOURS OF OPERATION

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



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P: 561-757-3822  
E: [oakroom@oaksclub.net](mailto:oakroom@oaksclub.net)

### HOURS OF OPERATION

Tues.-Thurs.: 12pm - 8pm  
Fri. - Sat.: 12pm - 10pm  
Sun.: 12pm - 5pm  
Mon.: CLOSED

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# NOTE FROM:

## GENERAL MANAGER



**JOHN F. MULREY**  
General Manager

Dear Residents,

2022 has been a year of growth and development here at The Oaks. At the **May 4th** Board Meeting, management presented an update on the future community enhancement projects. The projects were very well received by all. Stay tuned for the announcement on the expected timeline! Please review the list below for the community projects.

### Scheduled Reserve Projects

- Asphalt & Striping
- Aerobic Equipment
- Cabana Furniture

### Survey Projects

- Food Truck & Restaurant Enhancements
- Pickleball Court
- Landscaping Enhancements

I am grateful to all of our corporate sponsors for contributing to our newsletter. If you are interested in sponsoring our upcoming newsletter, please contact our Marketing Director, Clifford Coleman at [marketing@oaksclub.net](mailto:marketing@oaksclub.net).

Healthy Regards,

*John F. Mulrey*

John F. Mulrey, CAM, MBA  
General Manager  
The Oaks at Boca Raton  
[john.mulrey@oaksclub.net](mailto:john.mulrey@oaksclub.net)





Want To Make Outside  
Changes To Your Home?

## Complete & Turn In Your ACC Application

The applications are reviewed once a month  
on the last **TUESDAY** of the month

### We will need the following:

1. Details of the work (Pictures / design / description / information on the project) – The more information, the better!
2. The contractors COI (Certificate of insurance) listing The Oaks as the certificate holder, it should read:  
  
The Oaks at Boca Raton, P.O.A, INC  
9950 Bridgebrook Dr.  
Boca Raton, FL 33496
3. Copy of the contractor's license.
4. Application fee.
5. Deposit (this will depend on the type of project)

**\*Please note, if any of these documents are missing, it will delay your application approval time.**

**ACC Application**



**Approved Colors**



# NEW YEAR, NEW YOU.

Let's think about how you want to take advantage of all that our tennis and Pickleball programs offer. Let's make you the Tennis/Pickleball player you've always wanted to be.

Our tennis program is only getting bigger and better. More new residents, more players and more coaches to learn from. More kids entering and loving our junior tennis program. More clinics being offered and more opportunities to improve your game. Do you have a specific goal for the new year that you want to accomplish in your game? If so, let us know and we would love to make that goal a reality.



## NET NOTES



As the fastest growing sport in America, it is no surprise our Pickleball program is taking off. Under the guidance of our Certified Pickleball Professional Solomon Korringa, our program offers clinics and social play for all levels of players, kids and adults. We are looking forward to watching Pickleball continue to grow and will do anything in our power to make sure all Oaks residents have the opportunity to discover, learn, play and love Pickleball.

Our prediction is that 2022 will be a year of continued community growth as a department. More and more non-playing residents will finally catch the tennis bug. Neighbors introducing neighbors to this great game and more awareness to what we offer. The Oaks at Boca Raton has the best tennis programming of any private club in South Florida. 2022 is your year to enjoy it!

Sincerely,

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



## RESOLUTIONS

**New Year's Tennis/Pickleball Resolutions Here are some fun and beneficial resolutions you can do on the court.**

- (Tennis) Jump rope more often. Better footwork, great cardio.
- (Pickleball) Practice shots you don't usually make time for. How about a few around the post shots? Maybe some dink lobs? If you don't try it in practice, odds are you won't pull it off when the shot presents itself in a match.
- (Tennis) Embrace the net! Learn to love volleys. Good things happen up there.
- (Tennis/Pickleball) Ask your partner how you will handle shots up the middle.
- (Pickleball) Spend more than 37 seconds warming up before asking "Ready to start?"
- (Tennis) Learn to play the game and compete rather than just hitting a ball.

# JOIN US ON THE COURTS



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# HAPPY SUMMMER!!!

Legal Pad LTOPS

**DEMAND AND PRICES IN THE OAKS HAVE NEVER BEEN HIGHER -**

As most of you are aware, the demand and pricing in The Oaks is currently at a record high with supply at a low. If you have any thoughts about selling and capitalizing on this incredible market, please don't hesitate to contact us for a private consultation. We are currently looking for available homes on behalf of multiple qualified buyers!



## KIND WORDS FROM ONE OF OUR HAPPY OAKS CLIENTS:

"What can we say that hasn't been said already? Brian and Lisa promised us the moon and delivered the moon, sun, and the stars and then some! They didn't just get us record pricing in this crazy market, but they did EVERYTHING for us from start to finish. We are forever grateful and have become forever friends. They are unlike any other realtors out there and if you want the very best, then you need them, Nobody knows The Oaks and delivers like them, and they found us our new chapter as well!" "THANK YOU, HINDIN-BAHN TEAM!" -

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## Lisa G. Hindin | Brian Bahn

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## FITNESS

# THE POWER OF WILD BLUEBERRIES

This article on frozen blueberries was actually published in the 1st quarter of 2021. This is really something that I believe strongly especially when it comes to supporting our immune system. The numerous benefits of eating blueberries are significant enough to make them your fruit of choice. They are nutrient rich, antioxidant packed, prevent oxidation of LDL cholesterol, lower blood pressure, assist brain function, improve memory, and even aid in muscle recovery post exercise.

Those that know me, know that I can be pretty strict with food and that I am always in search of the truth when it comes to health and fitness. They also know that I love to eat frozen blueberries right out of the bag! While everyone is obsessed with “fresh” produce and farmers markets, the truth is most of what you are buying, organic or domestic, is nutritiously inferior and exposed to harmful elements.

Why frozen? Take a look around, do you see and fields of blueberries around south Florida? The blueberries you are buying “fresh” at the store are actually anything but fresh. They have traveled quite a long way to get there on a plane, train, or on the

back of a truck. They are exposed to a lot of elements; arguably more harmful than the pesticides they may have been exposed to.

Whether they were grown organically or not, they are anything but organic when they make it to your plate. The blueberries you’re paying \$6 a pint for were picked early before they had the chance to fully ripen on the vine so they can make the long journey to the store, which means each day they spend traveling, sitting on a grocery store shelf or in your refrigerator; they become more and more nutritiously inferior.

Even though frozen blueberries lose some of their nutritious value during the freezing process, they are fully ripened on the vine and are packed so that they are protected from exposure harmful elements during shipping. As long as the blueberries stay frozen, they will stay as nutritious as the day they were picked and flash frozen.

The fresh vs frozen holds true for a lot of fruits and vegetables, unless they are grown organically right here in Florida or your back yard, it is better to choose something frozen instead of not really fresh. And you’ll end up saving quite a bit of money in the process!

**In Health & Wellness,  
PJ DeLuca  
Director of Fitness**

## FITNESS CENTER POLICY REMINDERS

As we head into the New Year, our Oaks Fitness Community continues to grow, I would like to remind our residents of the following fitness center policies to ensure your safety while using the gym. It is our goal to provide residents with an enjoyable experience and ensure that the Fitness Center continues to be your number one place of exercise.

### **Age Requirements for Residents:**

- Must be 15 years of age or older to access the fitness center and steam room.
- 12-14 years old must be “Junior Fitness Certified” and supervised by a parent/guardian or an Oaks Personal Trainer. Please contact the Oaks Fitness Center for more information on Junior Fitness Education and Certification.
- 11 and under prohibited unless training with an Oaks Personal Trainer.

### **Guest Policy:**

- Guests must fill out the guest registration/health history questionnaire and it must be signed by the homeowner before using the fitness center. Members are responsible for the conduct of all guest.
- Must be 18 years of age or older unless accompanied by a member 18 years or older; all other age requirements apply.
- Guests have access to Oaks Personal Trainers and classes are open on an “available space” basis.
- Free guest hours are every day, 12:30pm-4:30pm and all day on Mondays and Fridays. There are 12 guest passes per household, per year; all other times are subject to a \$20 guest fee.

# FITNESS CENTER POLICY REMINDERS CONTINUED

## Fitness Center Policy Reminders:

- Only the Oaks at Boca Raton Fitness professionals are to provide instruction to a resident, Member Permittee and Guest. Non-staff Fitness professionals are not able to be classified as a Guest of a member or a Member Permittee.
- Oaks Fitness Center may provide personal training and services. Outside personal trainers, service providers and swim instructors are prohibited to ensure your safety.
- Talking on cell phones inside the fitness center is prohibited.
- Cell phone usage is prohibited during all group fitness classes.
- Please use headphones when listening to music.
- Please wear proper exercise attire.
- Please wipe down the machines after use.
- Please place used towels in towel bin.



## FACILITY HOURS

Monday-Thursday 6am - 9pm  
 Friday: 6am - 7pm  
 Saturday: 6am - 7pm  
 Sunday: 8am - 5pm

Indoors Spin Studio Group X Studio	Indoors Pilates Studio		Updated: May 1st, 2022
Outdoors Large Cabana	Pool		
<b>2022 Fitness Schedule</b>			

MON	TUES	WED	THURS	FRI	SAT	SUN
Functional Training PJ 9:15am	Cycle Shannon 8:30am		Mobility Stretch Brenda 8:30am	Cycle Shannon 8:30am		
Zumbini Victoria 9:30am	Reformers Laurie 9:15am		H.I.I.T. Circuit Sue 9.30am	Restorative Yoga Marcia 9.30am	Reformers Denise 9:30am	
Aqua Zumba Victoria 10:30am	Restorative Yoga Denise 9:30am	F.A.S.T. PJ 9.15am	Reformers Laurie 11:00am	TRX Strength PJ 9.15am		
	Reformers Laurie 10:30am	MAT Pilates Laurie 10:30am	Aqua Barre/HiiT Jacqueline 12pm	MAT Pilates Laurie 9.15am		
	Aqua Barre/HiiT Jacqueline 12pm	Aqua Cardio Jacqueline 12pm		Reformers Laurie 10.30am		
Gentle Yoga Marcia 4:30pm	Kids Zumba 8U Victoria 4:30pm			Aqua Cardio 12pm Jacqueline		
TRX Bootcamp Christian 5:30pm	Kids Zumba 14U Victoria 5:30pm	TRX Bootcamp Christian 5:30pm				
	Reformers Denise 5:30pm					

# SPA

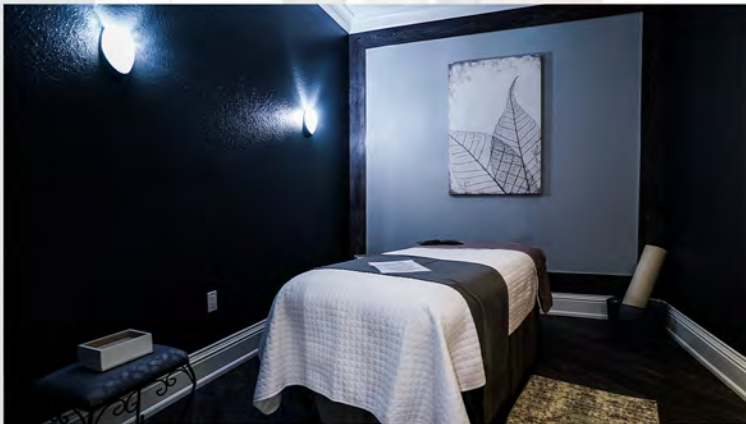
## GREETINGS FROM THE SPA

I hope everyone enjoyed the holiday season and are getting ready for a rejuvenating spring. Remember to check your emails for our monthly specials, demos, and new services.



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 your ultimate results.

# PERMANENT MAKEUP



*The Look That Lasts*

### SPECIAL PROMOTION

**\$370 per visit and the third one is free, or \$700 for a procedure that includes a procedure and 2 visits within 100 days after the 1st procedure.**

\*Cancellations made 5 hours or less before an appointment will be subject to a cancellation charge equal to the service provider's payout. Please cancel by email to [spadirector@oaksclub.net](mailto:spadirector@oaksclub.net), by text to 954.652.8838 or calling the club directly at 561.482.3230.

#MM21818

Please contact Coleen Mahoney, Spa Director for more information:  
[spadirector@oaksclub.net](mailto:spadirector@oaksclub.net) or 561-482-3230



# OUR SERVICES INCLUDE:

- |                      |   |                   |  |
|----------------------|---|-------------------|--|
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| Medical Massage      | Hydro-Derm Oxygen Infusion Facial Treatment | Waxing            | Radio Frequency Body and Facial Treatments |
| Athletic Maintenance | Collagen Induction Therapy                  | Body Treatments   | Teeth Whitening                            |
| Craniosacral Therapy | Chemical Peels                              | Acupuncture       |  |

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- Shashi Pilates Socks
- FOREO Facial Cleansing Devices
- LuLu Lemon Apparel

# CANCELLATIONS

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Thank you.



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# DINING



## FROM THE GENERAL MANAGER



I would like to thank everyone who has been coming out recently to support your Oak Room. Whether it be dining in, using our delivery service or simply coming in a picking it up curbside. We would like to let you know how each and every one of you have helped us in making the restaurant better.

We have been working on some exciting events with the social committee to make sure that everyone has a great winter in beautiful South Florida. We have also been doing a lot of private events either poolside or in the card room so if you are looking to throw a party feel free to reach out to me so we can set it up.

From myself and my team at your Oak Room we hope you have a great 2022. Thank you all and see you at the restaurant.

Please reach out to me [oakroom@oaksclub.net](mailto:oakroom@oaksclub.net) if you would like to plan an event, either at the club or your home, Josh and myself will do our best to make sure it's perfect from start to finish. As always from my team and myself THANK YOU for your support.

Stay Safe,

**John North**  
General Manager  
The Oak Room  
[oakroom@oaksclub.net](mailto:oakroom@oaksclub.net)

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**CERTIFIEDPERFORMANCE1968@GMAIL.COM**



# JUNE

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Wine Down Wednesday Cards & Games 12-4PM / 6-8PM	2 Spa Special Begins TRX Bootcamp 5:30 PM	3 Cards & Games 12-4PM	4 Pickleball Open Play 9:30 - 11AM Yoga Under The Stars 7PM
5	6 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	7 Kids Zumba 4:30PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM Book Club 7PM	8 Wine Down Wednesday Cards & Games 12-4PM / 6-8PM	9 TRX Bootcamp 5:30 PM	10 Cards & Games 12-4PM	11 Pickleball Open Play 9:30 - 11AM
12	13 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	14 Kids Zumba 4:30PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM	15 Wine Down Wednesday Cards & Games 12-4PM / 6-8PM	16 TRX Bootcamp 5:30 PM	17 Friday Lunch Club 12:15PM Cards & Games 12-4PM	18 Pickleball Open Play 9:30 - 11AM Brunch 10AM - 3PM
19	20 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	21 Ladies Lunch 1:30PM Kids Zumba 4:30PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM	22 Wine Down Wednesday Cards & Games 12-4PM	23 Spa Demo 11AM-2PM TRX Bootcamp 5:30 PM	24 Cards & Games 12-4PM First Friday Cocktail Event 6PM - 8PM	25
26	27 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	28 Kids Zumba 4:30PM ACC Committee 5 PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM	29 Wine Down Wednesday Cards & Games 12-4PM	30 TRX Bootcamp 5:30 PM Spa Special Ends		
<b>JULY LOOK AHEAD</b> Fourth of July Party - 7/2/22 (There will be no First Friday Due to this event)						

## KEY

TENNIS  
EVENTS

SPA  
FITNESS

OAK ROOM  
CLUBS

LEADERSHIP

COMMUNITY  
CALENDAR



\*All Listed Dates & Times Are Subject To Change Due To COVID-19  
 \*Please look out for future updates via email & Facebook ([The Oaks at Boca Raton](#))



# JULY

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Cards & Games 12-4PM  Spa Special Begins	2 Independence Day Party 2PM - 8PM
3	4 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	5 Kids Zumba 4:30PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM	6 Wine Down Wednesday Cards & Games 12-4PM / 6-8PM	7 TRX Bootcamp 5:30 PM	8 Cards & Games 12-4PM	9 Basketball Clinic 9AM - 12PM  Pickleball Open Play 9:30 - 11AM
10 Swim Classes 9 - 11AM	11 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	12 Kids Zumba 4:30PM Adult Zumba 5:30PM Book Club 7PM	13 Wine Down Wednesday Cards & Games 12-4PM / 6-8PM	14 TRX Bootcamp 5:30 PM	15 Friday Lunch Club 12:15PM Cards & Games 12-4PM	16 Basketball Clinic 9AM - 12PM Pickleball Open Play 9:30 - 11AM Brunch 10AM - 3PM
17 Swim Classes 9 - 11AM	18 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	19 Ladies Lunch 1:30PM Kids Zumba 4:30PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM	20 Wine Down Wednesday Cards & Games 12-4PM	21 Spa Demo 11AM-2PM TRX Bootcamp 5:30 PM	22 Cards & Games 12-4PM	23 Basketball Clinic 9AM - 12PM  Pickleball Open Play 9:30 - 11AM
24 Swim Classes 9 - 11AM	25 Cards & Games 12-4PM / 6-8PM TRX Bootcamp 5:30PM Pickleball Open Play 6 - 7:30PM	26 Kids Zumba 4:30PM ACC Committee 5PM Adult Zumba 5:30PM Pickleball Open Play 5:30 - 7PM	27 Wine Down Wednesday Cards & Games 12-4PM	28 TRX Bootcamp 5:30 PM  Spa Special Ends	29 Cards & Games 12-4PM	30 Basketball Clinic 9AM - 12PM  Pickleball Open Play 9:30 - 11AM
31 Swim Classes 9 - 11AM	<b>AUGUST LOOK AHEAD</b> First Fridays: Hot Summer Nights - 8/5/22					

## KEY

TENNIS  
EVENTS

SPA  
FITNESS

OAK ROOM  
CLUBS

LEADERSHIP

COMMUNITY  
CALENDAR



\*All Listed Dates & Times Are Subject To Change Due To COVID-19  
 \*Please look out for future updates via email & Facebook ([The Oaks at Boca Raton](#))





# FUTURE DATES

TAKE A LOOK AT WHATS ON THE HORIZON

## JULY

**Oak Room Credits Reset:** July 1st

**Independence Day Party (No First Friday):** July 2nd

## AUGUST

**First Friday Themed Cocktail Event:** August 5th

## SEPTEMBER

**Labor Day Party:** September 3rd

**Family Movie Night:** TBA

## OCTOBER

**First Friday Themed Cocktail Event:** October 7th

**Family Movie Night:** TBA

**Halloween Haunted House:** October 29th

## NOVEMBER

**First Friday Themed Cocktail Event:** November 4th

**Family Movie Night:** TBA

**The Oak Room Thanksgiving Sides Pick Up:** November 23rd

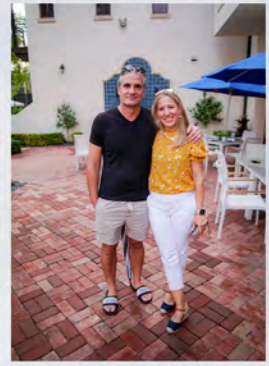
## DECEMBER

**First Friday Themed Cocktail Event:** December 2nd

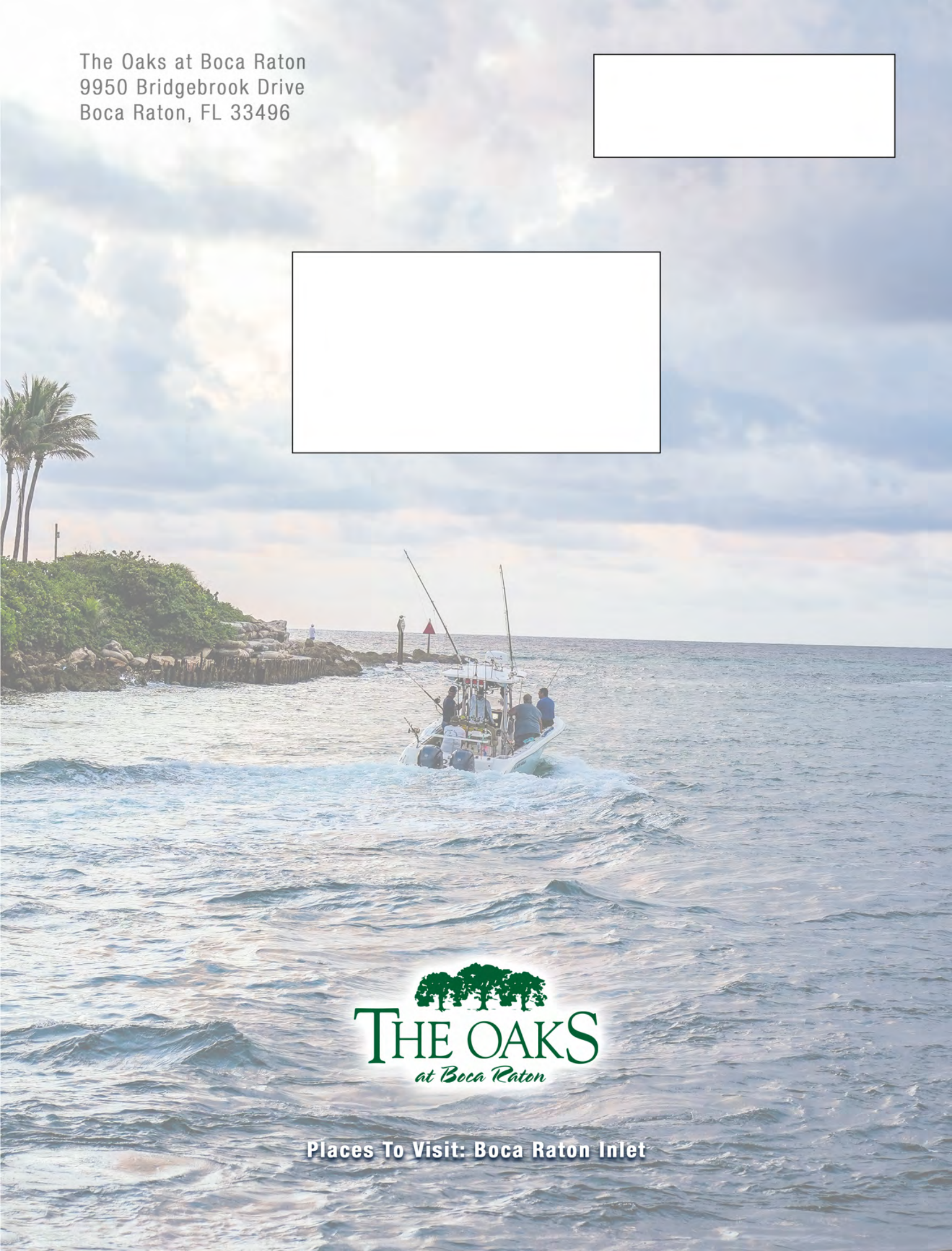
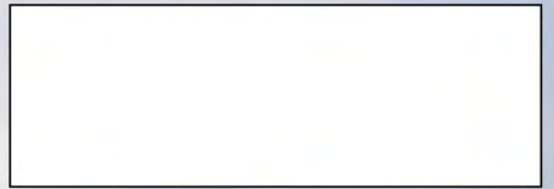
**Ball For A Cause 3v3 Charity Basketball Tourney:** TBA

**Family Movie Night:** TBA

**Winter Holiday Event:** TBA



The Oaks at Boca Raton  
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Boca Raton, FL 33496



**THE OAKS**  
*at Boca Raton*

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