

OAKMONT NEWS

Semimonthly

The Official Newspaper of the Oakmont Village Association

December 13, 2025 • Volume 63, Number 23

After the Rain



Jane Gyorgy spotted this mushroom village growing near an Oakmont path in November after the rain.

Espresso Coming to the CAC

Drop by the Central Activities Center in mid-December to get a custom coffee drink from Oakmont's new, state-of-the-art espresso machine. Check the OVA website at oakmontvillage.com for details on the upcoming Grand Opening celebration.

SESR Southeast Santa Rosa Senior Housing Project Submits Plans to City, Including Emergency Vehicle Access Route (EVA)

■ Christel Antone, General Manager

The long-planned Southeast Santa Rosa Senior Housing Project (SESR), formally known as Elnoka and located along Highway 12 just northwest of Oakmont, has advanced to a new stage with the recent submission of its proposed plans to the City of Santa Rosa. The design reflects key components shaped by



Second Annual Tree Lighting

Oakmont residents gathered in Berger Plaza on December 3 for cookies, community, and festive live music by the New Horizons Band as part of the 2nd Annual Tree Lighting event. The celebration marked the start of the Winter Wonderland holiday display, featuring beautifully decorated trees sponsored by Oakmont clubs. The tree will continue to shine each evening throughout the holiday season.



Holiday Facility Hours and Closures

■ OVA Staff

The OVA Staff is thankful to be able to work with such wonderful people in a great community and would like to wish you all a very happy holiday season. Please refer to the list below for holiday hours for the OVA office and facilities.

Office Holiday Closures:

Dec. 24–26, Wednesday–Friday of Christmas week—Closed

Dec. 31–Jan. 2, Wednesday–Friday of New Year's week—Closed

Facility Holiday Hours and Closures:

Dec. 24 Wednesday—Open regular times, closing at 5 p.m. including all pools and spas

Dec. 25, Thursday—Christmas—All Facilities Closed

Dec. 26, Friday—Open regular times, closing at 5 p.m. including all pools and spas

Dec. 31, Wednesday—New Year's Eve—Open regular times, closing at 5 p.m. including all pools and spas

Jan. 1 Thursday—New Year's Day—All Facilities Closed

Jan. 2, Friday—Open regular times, closing at 5 p.m. including all pools and spas

Oakmont Turkey Drive



Susan Chauncy, Matt Zwerling and Carol Pence stand with a car full of turkeys at the annual Oakmont Turkey Drive on Nov. 22. This year's turkey drive resulted in more than 80 turkeys and \$4500 in money donations, exceeding last year's total turkeys by 30 birds and more than doubling the cash donations. (Photo by Julie Kiil)

Members May Now Opt-In to Electronic Voting

■ Oakmont Village Association

Oakmont members now have the option to vote electronically starting with the 2026 OVA Board of Directors election. To participate, members must opt in by completing and returning the Electronic Voting Consent Form, which will be mailed to every Oakmont household, available at the OVA office, and posted on the OVA website at oakmontvillage.com/electronicvoting. The attached QR code will lead you to the online consent form.



See ELECTRONIC VOTING on page 3

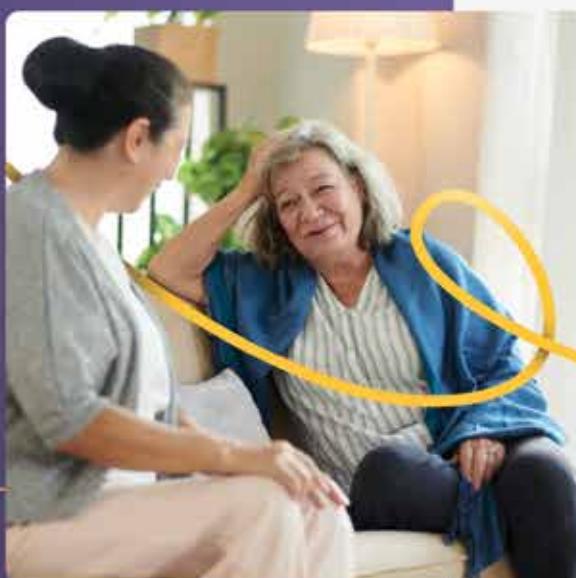
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*Note: The program is applying for a license from the California Department of Social Services. Until the license is received, the program cannot accept Participants and process assessments.

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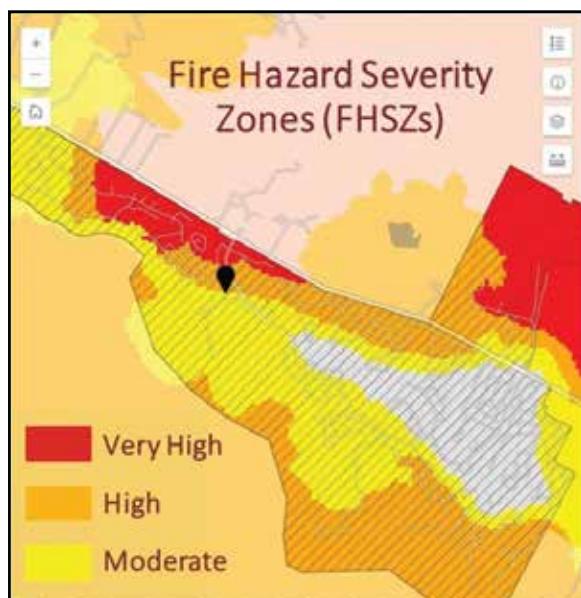
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Fire Hazard Severity Zones in Oakmont Village

■ Roger Biery, Firewise Task Force



This is Part 2 about wildfire zones in Oakmont Village covering Fire Hazard Severity Zones (FHSZs). These zones were determined for all of Sonoma County by the State Fire Marshal in February, and adopted by the City of Santa Rosa in March.

As with Wildland-Urban Interfaces (WUIs) covered in Part 1, FHSZ designations determine applicable defensible space and other requirements for homeowners. Unlike with a WUI, which has a single designation, there are three levels for FHSZs: Moderate, High and Very High (see map). Note that

areas with a relatively low vulnerability to wildfires do not receive FHSZ designations.

Homes in a Very High FHSZ must comply with stringent defensible space requirements, and once formally adopted by the City of Santa Rosa, new construction and certain renovations in High and Very High FHSZs will need to adhere to WUI Fire Area building code standards. Properties offered for sale in High and Very High FHSZ are now also required to pass a defensible space inspection by the Santa Rosa Fire Department, known as an Assembly Bill 38 (AB 38) inspection.

More information about FHSZs is available at www.srcty.org/CivicAlerts.aspx?AID=2910, where there is a link to CAL FIRE's Fire Hazard Severity Map Website with an address look-up feature enabling you to find the designation for your property.

The state of California is working on updating the regulations for defensible space, especially in Zone Zero (0-5 feet) and these are expected to take effect for new construction in 2026 in the State Responsibility Area. The City of Santa Rosa has some discretion regarding how and when these, and potentially other, regulations will apply in its Local Responsibility Area.

The Oakmont Village Firewise Resource Task Force is closely monitoring these ongoing efforts and will provide updates in the *Oakmont News* as important decisions are made. In the meantime, you can request a free educational Firewise Assessment to help reduce the risk of losing your home in a wildfire at oakmontvillage.com/article/firewise-assessment-request.

of election materials without the risk of postal delays.

Participation in electronic voting is voluntary. Members who do not return the opt-in form will continue to receive a traditional paper ballot by mail. Paper ballots remain available for anyone who prefers them. If you would prefer to continue voting by paper ballot, you do not need to do anything.

Consent forms can be filled out online at oakmontvillage.com/electronicvoting, or they may be printed and filled out, then returned by mail or dropped off at the OVA office (Oakmont Village Association, 6637 Oakmont Drive, Santa Rosa, CA 95409), or emailed to electronicvoting@oakmontvillage.com. Forms will be available at the OVA office.

Questions? Contact Amber Mariani at electronicvoting@oakmontvillage.com or call (707) 539-1611 ext. 108.

Call for Board Candidates

■ News Staff

Candidate nominations for election to the Oakmont Village Board of Directors are now open. There are three board seats up for election.

Those who are interested in running can submit their candidacy in one of three ways.

1. Enter it online at pro-ei.com/hoa/Oakmont (preferred method)

2. Fill out the form that was mailed to you with your Notice of Voting Method and email it to info@pro-ei.com, or mail it to PO Box 390, Murphys, CA 95247.

3. Send an email to info@pro-ei.com that includes your name, the name of your HOA, and your HOA property address.

Candidacy submissions must be received by the Inspector of Elections by end of day January 16, 2026. A Pre-Ballot Notice will be sent on Jan. 30. Ballots will be sent on Mar. 4. The election is scheduled for Apr. 6 at 10 a.m.

Election information is available online at pro-ei.com/hoa/Oakmont.

Notice of Voting Method Sent to Oakmont Homeowners

■ News Staff

Oakmont homeowners should have received a notice of voting in their mail this week. The notice indicates the voting method that is on file with the Oakmont Village Association. Please check this notice to ensure your preferred voting method is indicated, and the address where you will receive your ballot is correct.

If you have no changes to the voting method or address, no further action is required. However, if you would like to make changes to your voting method or address, you can do so on the OVA website at oakmontvillage.com/electronicvoting. You can also contact the OVA office by email at electronicvoting@oakmontvillage.com, or in person at 6637 Oakmont Drive, Suite A.

The deadline to change your voting method is January 6, 2026. After this date, your voting method cannot be changed for this election.

ELECTRONIC VOTING Continued from page 1

The OVA office must receive the opt-in form by January 5, 2026 for it apply to the April 2026 election. Members need to opt in only once to be eligible to vote electronically in future elections. Forms received after this date will not apply to the upcoming election but will remain valid for future elections.

Electronic voting will be conducted through Pro Elections, OVA's Inspector of Elections, using a secure, third-party system in full compliance with California Civil Code. This ensures ballots are safe, private, and properly managed.

Electronic voting offers several benefits, including the convenience of ballots delivered directly to your inbox, the security of a trusted system, and the timely delivery



Marie McBride
322-6843
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Oakmont Pétanque Club

■Don McPherson

PÉTANQUE BOULE CARE

According to a recent "Pétanque Pulse" podcast (<https://tinyurl.com/Petanque-Pulse-Podcast>), preserving the performance and "feel" of boules—not just their appearance—requires deliberate attention to maintenance ("Rust Never Sleeps: An Essential Guide to Caring for Your Boules," Spotify, November 3, 2025.)



Carbon steel with a light coating of rust (L) and stainless alloy steel.

Of the two primary metals used for competition boules, stainless steel alloy, largely rust resistant, requires less maintenance than carbon steel that is prone to oxidation. Stainless, with its cool, smooth hand feel, requires just wiping with a microfiber cloth after play to remove accumulated dirt, sweat, and oils from the hands and an occasional washing with water and mild soap followed by thorough drying.

Carbon steel, with its tacky surface and warm, sure hand feel—some players prefer to leave a light coat of rust—frequently needs a short soaking in liquid that attacks rust, such as ordinary carbonated cola, and an occasional application of a thin layer of non-food oil to control oxidation.

A rust spot on stainless is usually removable by dabbing with white vinegar and light brushing with an old toothbrush or very fine sandpaper. Rust on carbon steel usually requires extensive soaking in an acidic liquid such as white vinegar or coating with an acidic substance like tomato ketchup and may require hard bristle brushing or steel wool.

Storage for all boules should be a stable, dry environment, avoiding attics, garages, and car trunks where condensation is common because of temperature and humidity swings.

PÉTANQUE IN OAKMONT

MONDAY, WEDNESDAY, SATURDAY

Pétanque (pay-tonk) has been a feature of organized play in Oakmont since the 1980s. The Club, founded as an OVA organization in 1996, encourages all Oakmonters who may be interested in playing or learning to play to come to the courts between Berger and the OVA offices at 9:45 a.m. on the Club Play days of Monday, Wednesday, and Saturday. Club Play days are casual friendly games with teams randomly chosen. The club has boules to lend while you're learning, and you'll be playing right away.

Valley of the Moon Rotary Club



■Star Power

GOODBYE TWENTY-FIVE!

Oh my, it's almost 2026. Hope you enjoy the holidays ahead and organize your new calendar. So much to do, so little time.

The year 2025 seems to have been relatively quiet—no pandemic, no wild fires and evacuations, and no earthquakes (so far). Here's hoping for the same in 2026, and that peace and harmony around the world becomes a possibility.

VOM Rotary is looking forward to bringing you their biggest fundraiser for the year with a Crab Feed in February that has been relished and enjoyed by Oakmonters for around 20 years. The money raised at the Crab Feed supports many local non-profits and more.

VOM Rotary is taking a short break and will reconvene on Thursday, January 8, 2026. Hope to see new folks drop in at the East Rec. around 7:45 a.m. for a visit.

Happy Holidays and a Very Happy New Year 2026!



Branch #92

■Carolita Carr

SIX MONTHS OF INTERESTING SPEAKERS

The SIR vision is to become the best active seniors' organization by improving longevity through providing opportunities for physical, mental and social engagement. And SIR 92 here in Oakmont takes that vision seriously! We have a luncheon with a speaker on the second Tuesday of the month, beginning at 11:30 a.m., and a variety of outside activities/events, sure to appeal to all.

Our membership includes both men and women, and we are currently seeking new members—anyone who agrees with our vision. We invite prospective members to attend our "no host" luncheons (\$35 per person) to check us out. Just make a reservation by contacting Sherry at smagers9@gmail.com or (707) 486-2310.

Below is the calendar of speakers for our luncheons for the next two months:

January 13: Carmen Benavides—topic centered on Alzheimer's disease

February 12: Anne Belden and Paul Gullixson—authors will discuss their book *Inflamed* (Tubbs fire)

InvestOAK

■Joe Pundyk

INVESTOAK MARKET DISCUSSION AND HOLIDAY PARTY

The InvestOAK Club informs its members of what's happening in the economy, with discussions about investing in the current market.

Our next meeting will include our annual holiday party on December 19. Please join us on Friday from 10-11:30 a.m. in the CAC Birch Room for the latest investment news. We will have cookies, refreshments and good cheer for all!

Wii Bowling Oakmont Lanes



■Terry Leuthner

Anyone interested in joining our club, either as a team bowler or substitute, please call me at (707) 291-3023.

See www.oakmontlanes.com for club information. No bowling Dec. 16, 23 and 30—break for the holidays.

RESULTS AS OF NOV. 18

(WEEK #13, FINAL WEEK FALL LEAGUE)

Results are: first place, Alley Oops; second place, Strikers; third place tie, 4 Tops and King Pins; fifth Place, Pocket Hits; sixth place, High Rollers; seventh place, Wii Four; eighth place, Ghosts.

Men's High Games: Charlie Ensley, 257; Scott Harris, 244; Don Shelhart, 225; Mike Earles, 213; Howard Sidorsky, 211.

Women's High Games: Peggy Ensley, 288; Joanne Abrams, 268; Sandy Osherooff, 259; Diane Price, 223; Laurel Earles, 216; Vickie Jackanich, 215; Carol Garneau, 200.

CHAMPIONSHIP TOURNAMENT

The top four teams, Alley Oops, Strikers, 4 Tops and King Pins bowled on Dec. 2 to determine the Fall League Team Champion. Their name will be engraved on the Team Championship Trophy for Fall 2025. Results to follow.

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Just for Fun Games Club

■Phillip Herzog

ANNUAL NEW YEAR'S EVE PARTY AND GAMES NIGHT GREAT IDEA FOR A NEW YEAR'S RESOLUTION

Are you looking for a New Year's resolution that is easy to fulfill? How about making your first resolution a promise to take a break from life now and then and play games! If you already play, resolve to learn how to play a few new games. Resolve to make some new friends—playing games! Or don't resolve anything and come to the party anyway.

To help you start off the new year by successfully keeping your first resolution, we want you to know that the Just for Fun Games Club will again be having our Annual New Year's Eve Party and Games Night on Wednesday, December 31.

The party will be held at the CAC Card and Games Room beginning with social time and a potluck supper at 6 p.m., followed at approx. 7 p.m. by playing the games that you choose to play. At 9 p.m. we will take a moment to welcome the New Year! Games will continue till 9:30 p.m.

This fun, casual party is open to all Oakmont residents and their family and friends. Don't worry about the cost, there is no charge to come out and play! Our club has a great selection of games on hand, but if there is a specific game you like to play, please request it and we will do our best to provide that game.

If you want to participate in the potluck supper, please plan to bring appetizers, salad, a main dish, side dish, or dessert to share (including serving utensils for what you bring). Also, please bring your own beverages. (Plates, cups, silverware, and napkins will all be provided.)

RSVPs are required if you would like to come join us on New Year's Eve!

When you RSVP, please let us know: (1) Your name and email address, and the names of your guests. (2) Will you be participating in the potluck supper, bringing what type of food? (3) What specific game(s) would you like to play?

To sign up for this event, or if you have questions, please contact Terry Parker at terrylynpark@gmail.com or call at (530) 758-9188.

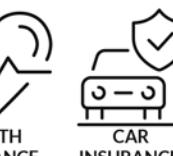


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Oakmont Ukesters



■ Florentia Scott

HOLIDAY SING-ALONG AND TREATS— TUESDAY, DEC. 16

The Oakmont Ukesters invite our friends and neighbors to join us in an hour of holiday music. We hope you will sing along if you like—song sheets will be available.

Then we'll make merry and socialize. Refreshments will be served.

WHEN: Tuesday, December 16, 10:30 a.m.–12:30 p.m.

WHERE: Upstairs at the West Recreation Center

All are welcome. We hope you can come!

SESR

Continued from page 1

discussions between Burbank Housing, Oakmont's General Manager, and the 2023 OVA Board. Through these discussions, Oakmont successfully secured several key terms, resulting in the EVA, a lower-density and more community-compatible proposal.

A major component of the plan is an Emergency Vehicle Access (EVA) connection from Stonebridge Drive to Melita. The EVA will be funded by the developer and maintained by the City. As with all EVAs, the City will determine when and how it may be used during an evacuation. This access route could provide an additional path for emergency-response vehicles and Oakmont resident evacuation during wildfire or other critical events, an option Oakmont has long sought given its reliance on Highway 12 as its only exit.

In an agreement with OVA, Burbank Housing also committed to limiting the project to fewer than 300 senior-restricted homes. This reduction could help minimize impacts on traffic and infrastructure. It represents a significant shift, considering earlier concepts for the Elnoka property included more than 600 units and state housing law could have allowed even greater density. Following extensive discussions with Oakmont leadership and nearby residents, the reduced scale remains a key element of the plan.

Also incorporated in response to feedback from Oakmont residents are two-story height limits, setbacks ranging from 79 to 112 feet, and Firewise landscaped buffers intended to protect views and maintain privacy.

More than 35 acres, over half the site, will remain open space, including creekside walking paths and a segment completing the Sonoma Valley Regional Trail along Highway 12. Improved bike access is another component emphasized by many Oakmont residents. The project is fully age-restricted and includes 74 affordable senior apartments.

City officials and Burbank Housing will hold a public meeting in Oakmont in January (date to be announced) to present project details and answer residents' questions. For questions or comments, please contact askova@oakmontvillage.com. Additional information will be shared as it becomes available.

Stay on Track with Your Fitness Goals This Holiday Season

■ John Phillips, Fitness Instructor

Here we are again at the start of the holiday season. Consider this your gentle reminder not to overeat or overindulge in drinks, and to enjoy yourself while still keeping your goals in mind. About 80% of reaching your fitness goals comes from what you put in your mouth. This applies to weight loss, weight gain, and muscle gain. If you're not fueling your body with the right foods, you're not going to get the results you want. As the old saying goes, "garbage in, garbage out."

Moderation is key to maintaining or slowly changing your physique, unless you have heavy-duty goals that require more work. As long as you're taking in appropriate amounts of protein, carbohydrates, and fats, you should be fine. In fact, it may be easier to increase your workouts a bit rather than strictly monitoring every bite you eat. And don't forget, dancing is a great form of exercise—just be careful out there.

Also, a quick reminder to drink plenty of water. Having a glass before you eat can help you avoid overeating, since it fills the stomach a bit and can support digestion.

If you have any questions about this article or anything related to exercise, please stop by the Fitness Center, call or text me at (707) 949-9086, or email me at wkuout2@aol.com. A great way to improve or add new exercises is by attending one of my seminars, held every Tuesday at 1 p.m. and Thursday at 3 p.m. Each week covers a different topic, so check the board at the entrance of the Center for details. I also provide an orientation every Friday at 10 a.m., where I demonstrate six machines, show you how to set them up, and let you try them out.

Domino Club

■ Brian Huckins



MIX THOSE DOMINOS

The Oakmont Domino Club meets every Thursday morning at 9:30 in the Central Activity Center Card Room.

We play the popular Five-up Game (more commonly referred to as the San Francisco Five-up Game). Two, three or four can play. The four-handed or partners game is our preferred format.

A slight wager has been known to add to the interest.

It is easy to learn and anyone who can add, subtract and divide can play the game. The fundamentals are simple and can be learned quickly. The finer points can be managed with a little study and practice.

Looking for players of all abilities to join. Lessons are available.

Please contact me at (415) 602-9083 or bvhuckins@gmail.com.

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Jazz Club Concerts

■ Dolora Hurst

VALENTINE'S DAY JAZZ CONCERT

We are exceedingly fortunate to have this group of musicians scheduled for a Valentine's Day concert. We will have one of the finest pianists performing today—Jim Martinez, the former pianist for the Steinway Piano Company. I hope our old piano will be on its best behavior for the honor of his visit!

Jim is a friend of Jamie Davis, which is why we are so fortunate to be able to engage him. Jamie will, of course, be our featured singer and is the reason we have this all-star group of musicians. He is also working on a new album, and I hope it will be finished in time for our Valentine's program.



Jim Martinez.

The fabulous Michael O'Neil will be on saxophone. With his extensive work in television, stage, and movie productions, you have probably heard his writing, arranging, composing, and playing—both nationally and internationally.

Sylvia Cuenca, who was the drummer for our last Oakmont program, will join us again. She has performed all over the world, including the Orient and Africa, and we are honored to have her share her unbelievable talent with us once more.

Rounding out this stellar group is the beloved San Francisco bass player, Chris Amberger. What a treat to again hear this incredible musician.

Each of these artists has performed and recorded with some of the greatest musicians of today, and we are fortunate to be able to experience their music right here in Oakmont!

WHEN: Friday, February 14, 7 p.m. (doors open at 6:30 p.m.)

LOCATION: Berger Auditorium

TICKETS: \$45 and available in the OVA office. Please make checks payable to The Oakmont Jazz Club and place them in the Jazz Club folder.

Tables for eight may be reserved. Drinks and treats permitted.



■ Larry Souza

NEW YEAR'S EVE BASH 2025

Ring in the New Year with style! The Sha-Boom Club is inviting Oakmont residents to close out 2025 in style with its New Year's Eve Bash, set for Wednesday, December 31 at the Berger Center. The celebration promises an evening of lively music, great food, and festive fun.

Doors will open at 5:30 p.m., and the event runs until 10 p.m. Guests will enjoy live music by the Sonoma Shakers, a complimentary champagne toast, and a selfie photo booth to capture the night's memories. Dinner will be provided by Sweet T's Catering, known for their delicious cuisine.

The dress code encourages guests to "Sparkle and Shine—Dress to Impress," setting the stage for a glamorous evening to welcome the new year.

Tickets are \$115 per person and can be purchased by check, payable to Sha-Boom at the OVA office. Because this popular event traditionally sells out quickly, attendees are encouraged to buy tickets early.

Groups wishing to sit together should submit all checks in the same envelope. Tables seat eight people.

For more information or questions, contact Linda Van Bockern at lvanbockern@comcast.net or (707) 328-9941.

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Tennis Club



■ Diane Curtis

RICHARD KING, 1938–2025

The Oakmont Tennis Club has lost one of its most dedicated players. Richard King died Nov. 1 after a fall in San Francisco. He was 87.



Richard King. (Photo from Carol Edgar)

A doctorate holder in nuclear physics who had illustrious careers in science and finance and served on numerous prestigious boards, Richard could be counted on to be on the courts when he wasn't globe-trotting with his wife Carol. Jack Breibart remembers when he and Richard played in San Francisco tournaments. Reed Davis knew him as a fellow member of La Cantera Racquet and Swim Club. And many of us have been at the wrong end of his virtuoso drop shot on the Oakmont courts.

From his Oakmont tennis friends: "... a true gentleman and a scholar. Richard had a gentle nature and always a smile and twinkle in his eye when he talked to you. His deeply caring heart set a healthy example for the rest of us." "Every time I think of Richard, I think about his baby dog Izzi. So much love between them. So sweet." "... a great person to hang out with and hear stories about his career in engineering and finance." "... a very well-spoken individual (who) engaged in numerous enlightening conversations with fellow tennis players." "... automatically open and friendly to everyone ... genuinely knowledgeable about tennis." "He explained what he believed in and was anxious to hear what everyone had to say." "He didn't take himself so seriously even though he was highly accomplished. (Playing tennis) he was often laughing ... He would find so much pleasure in it."

Deepest condolences to Carol and Richard's family in the U.S. and Hong Kong.

OTHER NEWS

Congrats to first- and second-place finishers Teri Hickey and Bob Fitch, who split a pot of bucks for winning the Buckaroo Tournament.

Passages



Wayne Van Bockern was born on January 31, 1941 and passed away on November 16, 2025. Wayne and his wife Linda have lived in Oakmont for 18 years. Wayne was a past Board of Directors member and was active in several Oakmont clubs.

Please contact OVA Communications Director Crissi Langwell by e-mail at crissi@oakmontvillage.com, to publish the name and date of death of your loved one in the *Oakmont News*.

Savor the Season—Reduce and Compost Food Waste

■ Pat Parson and Terry Parker, Oakmont Environmental Stewardship Task Force

'Tis the season for parties in Oakmont! The holidays are a very good time to avoid food waste and to compost food scraps—two powerful ways to help combat climate change. We can each do our part by placing food scraps, yard waste, and uncoated food-soiled paper in the green compost bins available at all Oakmont facilities and at home.

When placed in the regular trash, organic waste (such as food) emits methane gas in a landfill. Did you know that methane is an especially potent source of global warming emissions? It is estimated that organic material in landfills produces



Terry Parker puts "waste" in its place by composting her kitchen scraps.

about 20% of California's total greenhouse gas emissions. (Source: www.recology.com/sb1383)

This is such an important issue that California passed a law about it in 2016. Senate Bill 1383 mandates separating organic waste from trash for composting, and creates a food recovery program to divert edible food from landfills to people in need. The law also set targets for reducing organic waste disposal in landfills by 75% and recovering 20% of currently disposed edible food by this year.

Taking party leftovers home, donating nonperishables to local food pantries, and putting food waste into a green bin is just the right thing to do. Using composted organic waste in our Oakmont gardens conserves water, improves soil health and beautifies our landscapes. So, join us this holiday season by planning ahead to reduce, compost, and redistribute holiday leftovers.

For more information and recommendations about this and other waste-related topics, visit the Oakmont Environmental Stewardship Task Force webpage at oakmontvillage.com/oestf.



St. Francis Flooring Inc.



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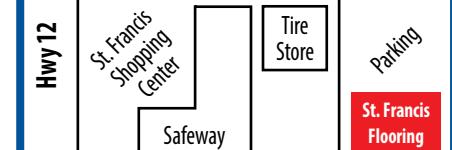
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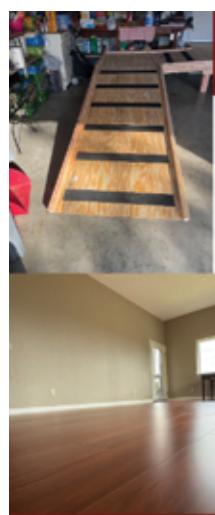


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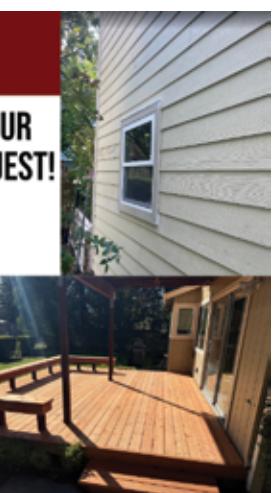
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2025 Winter Warmth Coat Drive

This year's Winter Warmth Coat Drive continues through December 19.

Please go through your closets and donate to those in need not only your extra coats, but also other warm clothing. We are collecting coats for men, women, and children.



Thank you for your generosity this Holiday Season!

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Canine Club

■ Steve Huntley

ANIMAL RESCUE HOLIDAY ADOPTION EVENT AT THE BERGER

Dogwood Animal Rescue Project will be hosting their Holiday Adoption Event Saturday, December 13 from 10 a.m.-1 p.m. on the Berger lawn. This event is sponsored by the Oakmont Canine Club. Special guest doggie Ranger will make an appearance from 11:30 a.m.-12:30 p.m.



Penny.

If you've lived in Oakmont for a while you may recall Ranger's "great escape" from his home in Oakmont earlier this year and his elusive wanderings throughout Annadel State Park and Oakmont over a couple of weeks with many residents and Dogwood volunteers attempting his capture. The good news is that Ranger was finally captured and through Dogwood was adopted out to a local family where he now thrives.

The next special doggie play date at the Happy Tails Dog Park is the Chihuahua/ShihTzu Play Date on Saturday, December 27, 10 a.m.-12 p.m. The dog park is now reserved for small dogs less than 25 lbs.



Izzi.

from 3-4 p.m. every day of the week through April 30, 2026 (winter hours).

For 2025 Canine Club members there are only two days left to renew your membership for 2026 at a discounted rate. For current members, early renewals of your 2026 annual dues are discounted to \$10 for individuals and \$16 for households if you renew your membership before December 15.

Regular membership dues are \$12 for individuals and \$20 for households. Please go to <http://www.oakmontcanineclub.org> for more information.

And finally, another reminder as we transition into the Christmas holiday season, please be careful with the human food you share with your dog. Many human foods that we think might be safe for dogs can actually be toxic, including chocolate, raisins, grapes, onions, and garlic. Good, healthy holiday treats include unseasoned sweet potatoes, apple without core/seeds, turkey meat without bones/skin, green beans, peas, and pumpkin.

Bocce Club

■ Mary Piumarta

BOCCE HOLIDAY FESTIVITIES!

The Bocce Club kicked off the holiday season with its participation in the Winter Wonderland tree lighting event. The second annual tree and festive display began on Wednesday, December 3, in the plaza outside the Berger Center. This year's bocce-themed tree was decorated by dedicated club volunteers.

The Bocce Club's annual holiday party will be held on December 13 at 5 p.m. at the East Rec. Clubhouse. Dinner will be catered by The Bird, followed by live music from The O'Hara Brothers Band.

Looking ahead to the new year, annual dues will be \$25. Checks can be made out to Tony Saram, club treasurer, and placed in the Bocce Club folder at the OVA office.

To reserve courts, contact Bob Swift at (707) 953-6691. If you're interested in learning the game, join players at the courts on the first Tuesday of the month at 1 p.m. For more information, contact Pat Paulson at (707) 953-6691.



Kiwanis Club of Oakmont



■ Richard Osborne

KIWANIS VISIT TO LA LUZ IN BOYES HOT SPRINGS

We're excited to end 2025 with a special visit to La Luz in Boyes Hot Springs, bringing toys for their La Posada Celebration, a ritual re-enactment of Mary and Joseph's search for lodging in Bethlehem.



Photo by Richard Osborne.

Our club is proud to be a major supporter of this outstanding organization, which provides vital services to the children and families of Sonoma County. This visit will give us the opportunity to see firsthand how our contributions are making a positive difference in the community.

To be a part of these causes, please join us in our weekly Thursday meeting at 8:30 a.m. in the Berger.




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Hikers

■ Scott Finn

We welcome you to join us on a hike whether you are a member yet or not and the annual membership is only \$15. Go to our website at <http://www.oakmonthikingclub.org> to join the club, get hike details, club information, photos and more.

For a complete description of each hike and to register, please keep checking our website for updates.

DECEMBER 18: INTERMEDIATE HIKE SDC, FERN LAKE AND CAMP VIA

Come join me on this scenic and historical hike, starting out at the Sonoma Development Center, up to Fern Lake, into Jack London to see the Ancient Redwood Tree and Historic Orchard. Lunch at Camp Via with a final stop at the SDC Cemetery to pay respects to the former SDC residents laid to rest there.



Fern Lake.



Bring your lunch and poles and I'll bring Bonnie's Brownies. About 6 miles and 800 feet elevation. Departs Berger lot at 9 a.m. Hike leader is Gary Andersen, (360) 778-9604.

DECEMBER 18: LONG HIKE SKYLINE WILDERNESS PARK, NAPA

Skyline Wilderness Park is a city park near Napa. It is on the original site of the Napa Asylum from the 1800s. We will hike the perimeter trails of the park including the 1630 ft peak on Thatcher's Rim. We will follow the Skyline, Thatcher's Rim and Manzanita trails for a loop of about 8 miles and 1916 ft of elevation. There is a steeper section as we reach the peak that has views of San Pablo Bay and Napa Valley.

Bring water, lunch and poles may be helpful. There is a \$7 per car, city park fee. Hike leader is Frank Galli, (763) 360-9756.



View along Thatcher's Rim.

Ikebana

■ Kathy Carter

LEARNING THE ART OF IKEBANA— JAPANESE FLOWER ARRANGING

The art of Japanese flower arranging, Ikebana, is centuries old. Over these centuries, many schools with their own unique styles have emerged.

Classes in Ikebana are currently offered at the Central Center art room on the fourth Wednesday of the month from 10 a.m. to 12 noon. Emphasis is on utilizing plant materials that each student has readily available to them. The goal is to learn Ikebana in a relaxed and friendly environment.

The next class will be on the third Wednesday, December 17, due to Christmas Eve. It will feature a holiday arrangement. Some ideas for a holiday arrangement are shown in the two photos.

The class is taught by Ron Kodo Brown, a certified teacher of the Sogetsu (Grass Moon) school of Ikebana. Ron has been a student and teacher of Sogetsu Ikebana for over 40 years. He holds the second highest rank in the school, KOMON. He has exhibited for many organizations in the Bay Area and in various states in the U.S., as well as several foreign countries.

The fee for the class is \$25 per session. The classes are ongoing with seasonal themes. You do not need to attend each class, and you only pay for the ones you attend.



The classes for next year will be on January 28, February 25 and March 25.

Hope to see you there!

Those interested in attending these classes should contact Ron directly via email at kodobrown@gmail.com.



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Slot-Car Club

■Ray Wells

XMAS WEEK SLOT-CARS

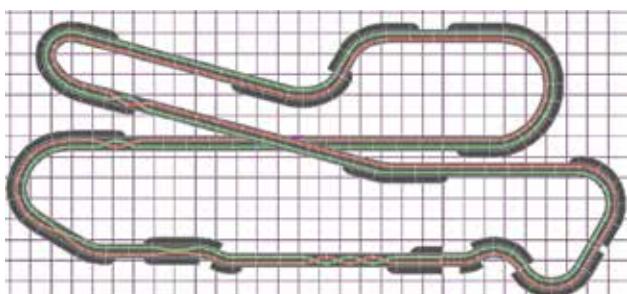
The Slot-Car Club will be running a three-day meeting on December 27, 28 and 29 at the Sugarloaf Clubhouse, at the end of Oak Vista Court (East golf-course entrance). Sign-up sheets are at the OVA office showing hours of operation. There are no age restrictions.

The track will host 10-minute races every hour for those in attendance and run open practice otherwise, with driver rotations every 20 minutes if we get busy. We will also use a rule that cars crashing during the final minute of a race are out. What we found at the last event was careful drivers beat those pushing the limits.

There is a stable of 18 Carrera 1/32 GT cars, and six cars run on each digital track system. During races we will enable fuel mode, meaning cars will slow dramatically when out of fuel and drivers need to stop in the pits. We will have a hand-out on how to refuel as it's quite challenging.

Carrera has released a new set of NASCAR cars which would be a good class to expand into, if members want to buy their own.

Please drop by even if you don't sign-up, to see what it's about. If you have questions, please text me at (707) 540 2827.



Track design by Ray Wells.

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Current Events Discussion Group

■Tina Lewis

This is a very important time to discuss current events! Please join us every Friday from 1-2:30 p.m. at the East Rec. Come in person if you can; join on Zoom if you can't. If you come in person, a donation of \$2 is requested.

Issues discussed range from local to national to international. All sides of issues are encouraged.

Following the meeting join us at OAK for Happy



Hour. This has become very popular, giving everyone a chance to socialize, unwind, and have something to eat and drink.

If you want to be put on the mailing list, including Zoom, email tinalewis31@comcast.net or call (707) 758-9739.

Note that we don't meet on December 26, the day after Christmas.

Jewish Interest Group



■Howard Sidorsky

JEWISH INTEREST GROUP HOSTS MEMORABLE DECEMBER GATHERING

The Jewish Interest Group is set to bring in the 2025 Chanukah season to a close with a lively celebration on December 21 at the East Recreation Center. This month's club meeting promises an evening filled with music, delicious treats, and joyful camaraderie.

Klezmer Band to Perform: A highlight of the evening will be a performance by the Klezmer Creek Band. Klezmer music, known for its energetic rhythms and rich cultural heritage, is sure to bring an infectious spirit to the party. Attendees can look forward to traditional melodies and upbeat tunes that invite everyone to dance and celebrate together.

Traditional Latkes Served: No Chanukah holiday gathering would be complete without festive food, and this event will feature latkes. These crispy potato pancakes are a beloved tradition, especially during the winter holidays, and will be served hot to all guests. Whether you prefer them plain or topped with applesauce or sour cream, there will be plenty to enjoy.

Community Spirit Shines: The Oakmont Jewish Interest Club encourages all Oakmonters and friends to join in this special occasion. The December 21 meeting is not only an opportunity to celebrate the season but



Klezmer Creek Band.

also to connect with neighbors, share laughter, and make lasting memories. The festivities will begin in the evening Dec. 21 at the East Rec Center, so be sure to bring your holiday dish, cheer and appetite!

WHEN: December 21, evening, after the menorah lighting (starts at 4:30 p.m.) at the Berger Center

LOCATION: East Recreation Center

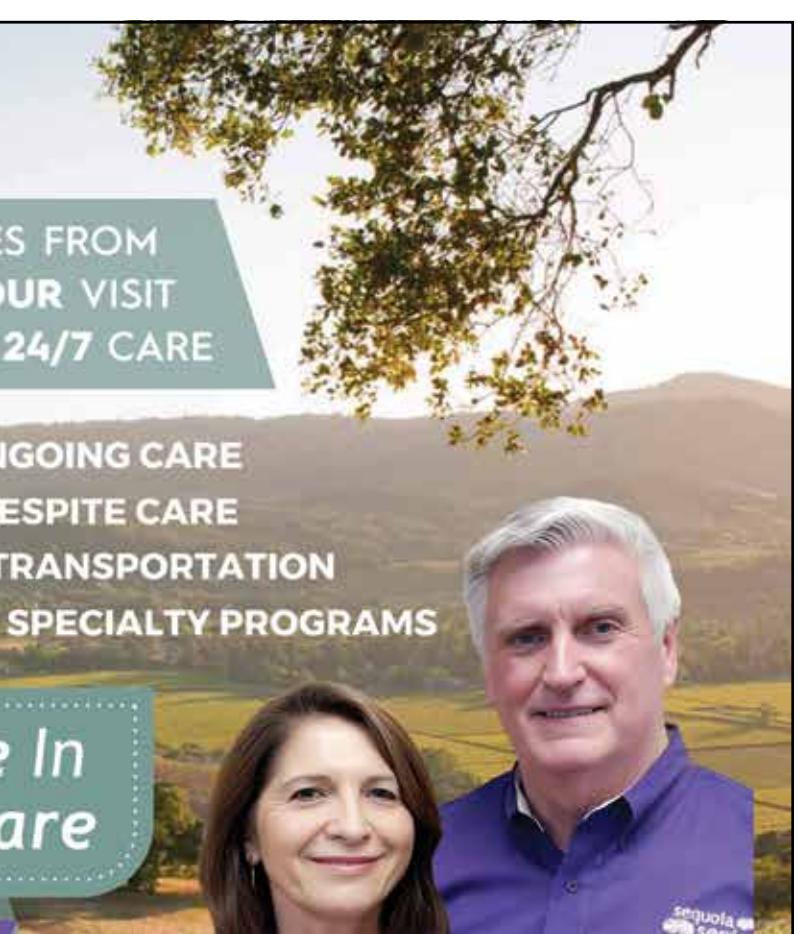
FOOD: Latkes and other items that you bring to share

We look forward to celebrating together and welcoming the holidays with music, food, and community at Oakmont!

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Gabriella and Stan

■D. Hall

Silver Guys of Oakmont

WINTER POTLUCK PLANNED

Silver Guys of Oakmont (without invited guests) will hold a holiday potluck from 12-2 p.m. on

Thursday, December 18 in the East Rec. Center. Please bring snacks and beverages to share.



■Bailey Penzotti

DECEMBER MIXER—HAPPY HOLIDAYS!

DATE AND TIME: Friday, December 19, 6 p.m.

WHERE: East Rec. Center

To finish out 2025, we're getting together to welcome in the winter solstice and festive season. Our annual Holiday Mixer will have live music by our very own member and pianist, Louise Bettner, and gift exchange. We'll laugh, sing, eat, drink and be very merry. Wear your favorite ugly sweater or sparkly, festive holiday wear. Bring a wrapped gift for our annual gift exchange; practical, re-gift OK and/or silly. Something for a member who's been good or bad (Santa won't be checking his list before our mixer).

Bring an appetizer or dessert to share, a beverage of choice, and your holiday spirit to enjoy a mix, mingle and spread the cheer with fellow Singles members. Remember to wear your name badge to the East Rec. Center.

Please RSVP via our website. If you need assistance with the website, please contact Alan at alans25028@hotmail.com. If no computer, feel free to email Kat at KAT9433@icloud.com. to RSVP to this mixer.

JANUARY 2026 BON APPETIT (OSSC MEMBERS ONLY)

WHEN: Thursday, January 8, 2026

RESTAURANT: Los Tres Chiles Cocina Mexicana,



Bumbles Bounce!
(Photo by Bailey Penzotti)

2765 Yulupa Ave., Santa Rosa

"Mi casa es su casa!" This restaurant is a local neighborhood Mexican restaurant known for their comfortable dining experience and warm, gracious service. Every guest is made to feel relaxed and at home. Indulge in outstanding, authentic-style Mexican food everything from carne asada to fish tacos to savory enchiladas. Experience this taste of tradition!

Reservation is for 20. Bring cash because the restaurant will not provide separate checks! Meet at Berger Center parking lot by 5:30 p.m. to carpool to the restaurant.

Reservation cutoff is January 5 or when the 20 slots are filled. If there are 20 members confirmed before this date, you will be placed on a waitlist. RSVP on our website or email Simone Smith at ssmith8151@aol.com.

DO YOU LIVE IN OAKMONT? ARE YOU SINGLE?

If so, join our club to mix and mingle with other Singles. Oakmont Singles Club offers the opportunity to network with other singles who may have your same interests as you. For more Oakmont Singles Social Club membership visit our website at <http://www.oakmontsinglessocialclub.org>.



■Greg Fauss

CELEBRATE ADVENTURE AND CHRISTMAS EVE WITH US!

Christmas is fast approaching! If you're looking for a place to celebrate, we'd be honored to have you join us.

Aside from our regular Advent Sunday services, we will celebrate a special Christmas Eve service at 4 p.m. on December 24 in the East Rec. Center.

Our Sunday Worship Services begin at 10:30 a.m. in the East Rec. Center. For information about our Wednesday Morning Bible Study, Saturday Prayer meeting, and other gatherings go to www.occsantarosa.org, write us at occsantarosa@gmail.com or call us at (707) 595-0166.



Photo by G. Fauss.

Movies At Oakmont



WHERE: Berger Center

SCREENING DAY AND TIME: Sundays at 2 p.m.

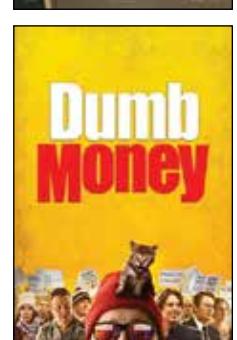
HOSTS: Mike McInnis, Deborah Davidson, Jeff Neuman and Barbara Marquardt.

NOTE: All films are shown with English subtitles, when possible, free of charge—compliments of the OVA.



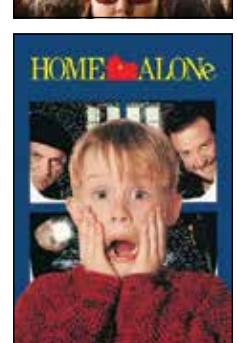
DECEMBER 14 NICKEL BOYS

A powerful friendship develops between two young Black men as they navigate the harrowing trials of reform school together. 2024, PG-13, 2:20.



DECEMBER 21 DUMB MONEY

A regular guy sinks his life savings into the stock of videogame store GameStop and starts posting about it. When his social posts start blowing up and a stock tip becomes a movement, everyone gets rich, until the billionaires fight back. 2023, R, 1:45.



DECEMBER 28 HOME ALONE

An eight-year-old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve. 1990, PG, 1:43.



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Oakmont Art Association

■ Linda O'Connor

ARE YOU READY FOR ART CLASS?

Two hours of guided creativity with all materials supplied—that's what's being offered in the new class "An Homage To..." taught by Gail Mardfin. In this 8-week course, you'll be introduced to several artists and their style of art, and then you'll create your own version.

Artists such as Georgia O'Keeffe, Kathe Kollwitz, Andy Warhol, Pablo Picasso, Piet Mondrian, Bridget Riley, or Wayne Thiebaud will be featured in a brief PowerPoint slide show, and then students will work in a variety of techniques and mediums, including ink, scratchboard, watercolor, and oil pastels.

If you liked your high school art class, you'll enjoy this class! Why not sign up with a friend? No experience needed. Just curiosity and two hours on Sunday afternoons.



Gail Mardfin.

Gail Mardfin spent 20 years teaching high school students to draw and paint. Now she's helping Oakmont residents discover abilities they didn't know they had. Her students value the non-judgmental setting and her encouraging style.

"An Homage To..." meets January 4—February 22, from 1:30–3:30 p.m. in the Central Activities Center. Cost is \$230 plus \$25 for materials.

Email gmardfin@gmail.com with your name and cell number to register.

In addition, Gail will teach a Drawing II class for those with prior drawing experience. Watercolor pencils will be explored. Please inquire for more information.

Café Mortel

■ Linda Suhru



CHOICE AND PLANNING AT LIFE'S END

When it comes to where Americans die, trends have shifted over the decades. Historically and into the 1950s, the majority of people died at home. Medical care and attitudes changed dramatically so that by the 1990s, more than 80% of people died in hospitals or other institutions. Currently about 50% of people go home on hospice to die. Granted, we can't always choose where we die, but often we are able to make that choice. How do we know what choice is best for us?

The best way to have our wishes honored is to educate ourselves about options, discuss our priorities and wishes with the people who matter, document them and update them as our situation changes.

Café Mortel is where people come to learn and discuss information on preparing for the end of life. Our next meeting will be an open discussion-in-the-round on January 14 from 3–4:15 p.m. in the East Rec. All are welcome.

NEW EOL PLANNING WORKSHOP

Café Mortel will present a 6-part workshop called End-of-Life Planning with Heart beginning January. You may have a trust or will, but there is so much more to put in place in case of incapacity and for death so that others may honor your wishes.

In this workshop, we will take steps to prepare for the end of life not only in a practical way but also emotionally and mentally. Through self-exploration, we will move toward a feeling of completeness, which brings a sense of peace about our mortality.

The workshop dates are Jan. 9, Feb. 13, Mar. 13, Apr. 10, May 8 and Jun. 12 from 1:30–3:30 p.m. in Oakmont. The workshop will be led by me, end-of-life planning guide and doula. For more information, cost and registration, contact me at linda@autumnolifeplanning.com.

Pickleball Corner

■ Peter Copen

OMG, IT'S ALMOST 2026!



Graphic by Peter Copen.

Pickleball at Oakmont is for Oakmont residents and their guests only!

New Player Orientation: 9 a.m. Tuesday mornings. Contact Victoria Dettman, (707) 230-2958. Call Jim Howard at (209) 761-8517 for demo loaner.

Visit our website: oakmontpickleballclub.com.

Great Decisions

■ George McKinney

JOIN YOUR NEIGHBORS IN DISCUSSING GREAT DECISIONS

"Great Decisions" is the United States' (and Oakmont's) largest discussion program on world affairs. It focuses on the most critical global issues facing the United States today. The program involves reading the *Great Decisions Briefing Book* and participating in a discussion group with your Oakmont neighbors. There are 30-minute videos available online to supplement the *Briefing Book*.

Early 2026 will be an especially interesting and challenging time to discuss world affairs, considering the turbulent foreign policies of the Trump Administration and the continuing global search for resolutions of the wars in Ukraine and the Middle East. These topics are included in the 2026 discussions.

You don't need to be an international affairs expert to participate. Each of us brings a fascinating personal perspective from a lifetime of learning, experiencing, and traveling. Occasionally we have a neighbor with particular knowledge of the part of the world being discussed, and we all benefit from that.

Meetings for 2026 are 10 a.m.–12 noon on Monday mornings every other week from early February through mid-May in the East Rec. Center. The eight topics for 2026 are:

- 1: America and the World: Trump 2.0 Foreign Policy.
- 2: Trump Tariffs and the Future of the World Economy.
- 3: U.S.-China Relations.
- 4: Ruptured Alliances and the Risk of Nuclear Proliferation.
- 5: Ukraine and the Future of European Security.
- 6: Multilateral Institutions in a Changing World Order.
- 7: U.S. Engagement of Africa.
- 8: The Future of Human Rights and International Law.

The only cost to participate is \$28 for the *Briefing Book*. The videos are free online.

We look forward to having you with us discussing Great Decisions.

For more information and to join a Great Decisions discussion group, contact me, Marty Behr or Alan Silow at oakmontgd@gmail.com.



Let's Dance Together!

■ Terry Whitten



LEARN FOXTROT IN THE NEW YEAR

WHAT: Beginning Foxtrot partner dance classes

WHEN: Wednesdays, Jan. 7, 14, 21 and 28; 4–5:15 p.m.

WHERE: Lower West Rec. Center

COST: \$12 pp for single class. \$10 pp if two or more classes are purchased at the same time

RSVP: Please contact instructor, Terry Whitten to register in advance at twhitten@pacbell.net or call (415) 265-7590. Class size may be limited as Foxtrot requires more space than many other dances.

Foxtrot is the dance that will be taught in January. It is a classic dance done to a variety of music ranging from Frank Sinatra standards to songs by Michael Buble, Natalie Cole, Rod Stewart and even the Beatles and Stevie Wonder.

For any questions and to register, please contact me at twhitten@pacbell.net or call (415) 265-7590.

Conservatives Club

■ Jane Gyorgy



WISHING YOU LOVE

Thanksgiving is behind us. Hanukkah, Christmas, and the New Year are before us. This is the most hopeful time of year.

Let us take a moment to recall the ideals on which our country was founded, and to be thankful for the blessing of living in a country that continues to strive to live up to those ideals as articulated centuries ago:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed..."

"We the People of the United States, in Order to form a more perfect Union, establish Justice, ensure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

Thomas Jefferson felt the success of the Constitution depended on the moral character of the people, as laws alone cannot sustain liberty without civic virtue. He held a core belief in a benevolent and just God.

Let us be the embodiment of benevolence and justice. We hope your Thanksgiving was filled with gratitude, and we wish you a joyful Hanukkah and Merry Christmas. May we each strive toward benevolence and act with justice for one another.

NEED A RIDE? GIVE A RIDE! OAKMONT VOLUNTEER HELPERS

COORDINATOR

Rides to Medical Appointments

December 1–15 Gloria Heinzl 707-843-0224

December 16–31 Matt Zwerling 707-539-8996

We provide the following services to Oakmont Residents:

- Transportation to medical/dental appointments, including pet appointments in Santa Rosa only
- Rides to events and activities within Oakmont
- Meals on Wheels 707-525-0383

If you would like to be a volunteer, please call 539-8996. Donations to Oakmont Volunteer Helpers are appreciated and tax deductible.

Mail your check payable to Oakmont Volunteer Helpers, 6637 Oakmont Dr., Ste. A, Santa Rosa, CA 95409. Thank you.

Mon.–Fri. medical rides before 9 AM or after 4 PM are subject to limited volunteer driver availability. No service on weekends or holidays.

Please call at least three full working days prior to appointment.

We regret that we are unable to provide either wheelchair or emergency service.

Oakmont Democratic Club



■Robin Jurs

A HUGE SUCCESS

The Oakmont Democratic Club (ODC) and the Oakmont Progressives (OP) who have come together as the Oakmont Democratic Alliance (ODA) filled the Berger to capacity on November 14 to hear More Joy and fundraise for the ODA. More Joy and those gathered created the perfect recipe for our spirits to rise and sing. Together we mixed resilience with hope, added in a splash of fun and humor and watched that hope germinate and blossom over the evening, knowing we have a big job ahead as we

move into 2026.

We learned that Oakmont is the largest and strongest voting block in Sonoma County. As privileged members of Oakmont, we have a voice. The challenges ahead are real but so is our power, especially when we act in community. That is where every one of us comes in. We need you as we come together to build a strong, organized group of activists to do the work and make a difference. Our success in 2026 depends upon shared effort. We need worker bees.

On December 17, meet us in the OVA, Ste. B, 3:30–5 p.m. to chart the work ahead and how you can help.

On Monday, January 12, join the regular monthly meeting of the Alliance in the ERC, 6:30 p.m. Fred Glass will speak to us about our current state of affairs in government and how we can move closer to retaining our democracy.

We are hopeful and ready to work with you in 2026. Did you hear me say “with you?” That’s because we can only do the work ahead with you in community, acting together. Join us.

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HAVING TROUBLE GETTING YOUR GARBAGE TO THE CURB FOR PICK-UP?

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Taylor's Eco-Friendly Landscaping provides reliable landscape maintenance services that are 100% electric and much quieter. We show up rain or shine, unless we notify you beforehand. Call or text

Kevin at (707) 364-0210.

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Providing legal services for Estate Planning, including preparation or amendment of wills, trust, healthcare directives and powers of attorney. Family Law Mediation and other non-litigation family law services. Call for a free 30-min. consultation. Attorney Bailey Penzotti, (707) 203-2247.

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Lawn Bowling



■ Mary Blake

INTERESTED IN LEARNING TO BOWL?

Email us at oakmontlawnbowling@gmail.com. Training is about three lessons followed by a practice game. Membership is \$20 per year.

DAILY DRAW

Daily Draw is at 12:30 p.m. Bowlers should be there at 12:15.



Tony before
Lawn Bowling.



Tony after
Lawn Bowling.

2025 VOLUNTEER OF THE YEAR

He's been an important part of the Lawn Bowling Club since moving to Oakmont and being introduced to the game by Wally Schillp. He

organized our Demo Days. He headed our training program. He was our Treasurer for 15 years! And he brings dad jokes to our social events.

Thanks to Tony Lachowicz for doing so much for the Oakmont Lawn Bowling Club and congratulations on being selected the 2025 Volunteer of the Year!

Email: oakmontlawnbowling@gmail.com

Website: <http://www.oakmontlawnbowling.com>.

Strength and Balance Class

■ Valerie Hulsey

MARY'S FITNESS CLASS

The Balance and strength class is held every Friday at 9:30 a.m. at the East Rec. Center. Not only do we work on our balance skills we have lots of fun doing so. The laughter in the room is always contagious.

Everyone is welcome to join the class. There is a \$5 drop-in fee and don't forget to bring your TheraBand for strengthening. If you don't have one you can purchase one for \$5 when you arrive.

Bring water and come and have some fun and improve your balance at the same time.

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Jazz Club Classes

■ Michael James

START THE NEW YEAR WITH MUSIC!

The first of the year is upon us and making a New Year's resolution is on everyone's mind.

Our guest performer for the month of January will be Doc Sevarese, who is a resident of Oakmont. Doc plays clarinet, tenor sax, harmonica and sings. His initial connection with the clarinet was in 1956, when he moved to California and joined a band to meet people. Prior to that, he never played any musical instrument and selected the clarinet because the only person he knew was another clarinet player.

He bought a music book and learned all the notes, and before he knew it, he was playing in college. He quit playing after graduation and didn't resume playing for 20 years. He only started playing again in the mid 80's for relaxation and pleasure. In 2021, he became a founding member of the Oakmont band "Relish" and added tenor saxophone and harmonica to his clarinet playing. His story is an illustration that anyone can enjoy being a musician, at any skill level.

Doc will share his music and story of why he enjoys playing his favorite instrument, the clarinet. He will share the stage with other musical friends for the second hour and invites anyone with a musical instrument to come and enjoy the fun. Just bring your instrument and music stand and we will supply the music.

WHAT: Live Music with Doc Sevarese

WHEN: Wednesday, January 7, 2026

WHERE: East Recreation Center

TIME: 2-4 p.m. **COST:** \$5 suggested donation



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■ Charlene Bunas

MAKE YOURSELF PROUD

When winter weather chills to the bone, Oakmont Health Initiative exercise classes heat the entire body. Exercising in winter creates a metabolic warmth not achieved outdoors in cold weather or in sluggish, overheated interiors.

Each of the three OHI weekly sessions begin with warm-up, an appropriate stretch, slow motion movements and bigger, longer extensions. Next comes an uptick in beat, a quickening of movement and an increase of pulse. The beat goes on with neither instructor showing mercy. Both JoRene and Nicole recognize that a big plus of aerobic exercise is to create personal body heat, raise metabolism, increase lung capacity and improve blood circulation. At the same time, they urge all members to "listen to your body and adjust any exercise that may cause injury."



JoRene stretching before class.



Irina and Jewel in holiday spirit.

Even the most "wintered down" person can come to class, start the day with positives and connect with others. One never knows how her/his attendance will affect another Oakmont exerciser: "One kind word can warm three winter months."—Japanese proverb.

Italians also have a proverb: "They who sing through the summer must dance in the winter." The body doesn't know

it's December. It just knows it wants to move those muscles! On days of wanting to stay away from class with the intentions to "return after the first," throw away your excuses and just come to class. Make yourself proud!

Now, a word of caution: cold weather means it's easy to pull a muscle. Bodies take longer to warm up. Go easy, go gradual, and come to class with common sense.

Zoom: 850 1489 7161 / 998608; Mon., Wed., Fri. 9 a.m.



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Christmas Food Drive

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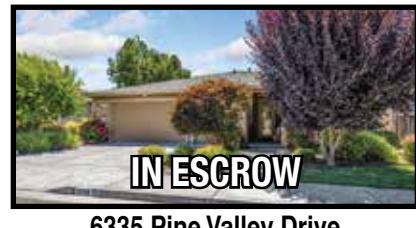
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