



APRIL
Lifestyle
COFFEE TALK

Del Webb[®]
OAK CREEK



COFFEE TALK 101

Activities | Events | Fitness | Wellness | Social

Love a good coffee drink? Or simply wondering the differences between the types? Every week I will share a popular coffee drink that give you the most bang for your buck and is easy to make at home! I love coffeeshops, but there's something special about mixing up coffee recipes at home, too. Whether you're trying to understand the difference between a latte vs flat white or ready to whip them up at home...I have got you covered! Enjoy all the new experiences life has to offer at Oak Creek.



HOW TO MAKE CAPPUCINO

Do you love a great cappuccino? This small but mighty cup is one of the most famous espresso drinks of all! It stars that perfect combination of steamed milk, espresso and frothy foam. Guess what? You can make a barista-quality cappuccino in the comfort of your own home. In our Barista Series, we're teaching you all the tricks you need to know to make your favorite coffee drinks...homemade! Here's how to make a cappuccino that states like it's straight out of an Italian café.

The Cappuccino is one of the most famous of all coffee drinks, with that perfect combination of steamed milk, espresso and frothy foam. Guess what? You can make a barista-quality cappuccino at home that tastes like it's straight out of an Italian café. What's a cappuccino? A cappuccino is an espresso drink with steamed milk, milk foam and espresso. It has equal parts espresso, steamed milk and foam ($\frac{1}{3}$ each).



HOW TO MAKE CAPPUCINO

What is a cappuccino, exactly? A cappuccino is an espresso drink with steamed milk, milk foam and espresso. It's very similar to a latte (cafe latte), but the proportion of steamed milk is different. Here's the breakdown of a latte vs cappuccino:

- A cappuccino has equal parts espresso, steamed milk and foam ($\frac{1}{3}$ each).
- A latte is $\frac{1}{3}$ espresso and $\frac{2}{3}$ steamed milk, with a thin layer of foam on top. Here's a [chart that breaks it down!](#)

The differences between the two drinks are pretty subtle, and so is the flavor. But you're in luck: the cappuccino is the easier of the two to perfect at home. With a latte you're looking for microfoam, steamed milk with a wet-paint like texture that's almost impossible to get without an espresso machine. A cappuccino can easily be made with frothed milk using various tools: even a whisk!

HOW TO MAKE CAPPUCINO

- Make the espresso using an espresso machine, espresso maker, or Aeropress.
- Steam the milk (espresso machine method): to steam the milk and get it nice and foamy.
- OR, heat the milk on the stovetop then froth it. A temperature of 150 degrees Fahrenheit is perfect: that's where the milk is hot to the touch but not simmering. Then froth using your desired method to froth the milk until it's very foamy. For a cappuccino you'll want a good amount of froth: you're going for $\frac{1}{3}$ espresso, $\frac{1}{3}$ steamed milk and $\frac{1}{3}$ foam.
- Serve. Pour the frothed milk into the espresso and serve! It's nice to use a latte cup, which holds the perfect amount.

And that's it! How to make a cappuccino at home. Let us know if you give it a try, what tools you use, and how you like it!



LIFESTYLE

Activities | Events | Fitness | Wellness | Social

Experience a new level of retirement living at Del Webb Oak Creek. We provide unique opportunities that will soon encompass signature resort-style amenities. A full-time Lifestyle Director will ensure you stay active, and your neighbors become long-time friends. Each month a new event calendar is curated full of interesting new experiences, traditional holiday favorites, and wellness opportunities.



ACTIVITIES



EVENTS



FITNESS



WELLNESS



SOCIAL



ACTIVITIES & EVENTS

Activities | Events | Fitness | Wellness | Social

The 2nd Tuesday of each month - New Homeowner Virtual Orientation - For the month of April we had two new homeowners join the call.

The 3rd Tuesday of each month - Lifestyle Virtual Coffee Talk - Rescheduled

The 4th Tuesday of each month - HOA Virtual Update - April 25th



FITNESS

Activities | Events | Fitness | Wellness | Social

Il love being active! Proper nutrition and moving our bodies are critical components of a healthy lifestyle and are also enjoyable. It is recommended that you participate in exercise for at least 30 minutes a day. It's also advisable to incorporate weight training into your routine. How active is your lifestyle? Would you like to increase your activity level or try another way of getting in those 30 healthy minutes. Make the most of getting active! What is your daily exercise routine? What Sports/Exercise do you enjoy?



WELLNESS

Activities | Events | Fitness | Wellness | Social

It all begins with you - Mindfulness, Meditation, Spirituality and Personal Growth should all be part of our daily lives to help teach us to be mindful and bring awareness and compassion in all aspects of our life , sleep better and breathe deeper. Discover a Place to Rejuvenate - Growth Happens One Small Step at a Time - Take the month of April to Grow each day.

APRIL - GROW



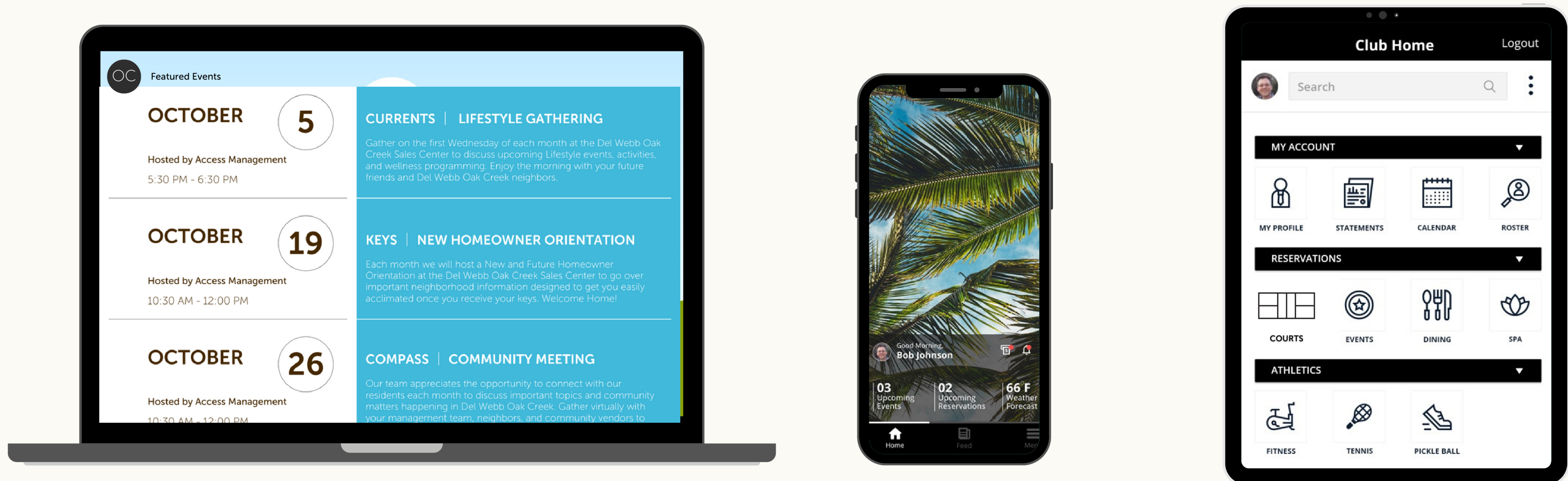


SOCIAL

Activities | Events | Fitness | Wellness | Social

FRIDAY, APRIL 21ST - SUCCULENT POTTING PARTY TO CELEBRATE EARTH DAY

In this world of instant gratification, our full-featured community website and mobile application provides members access to all that Del Webb Oak Creek has to offer from the palm of their hands. You can easily register for upcoming events and activities, reserve a court, order food on the go, have a drink delivered to you while lounging at the pool, or manage your account from anywhere at any time.





ACCESS MANAGEMENT

Access Management has been hand-selected, along with a talented team of individuals who are trusted to engage in inspired conversations with residents and provide accurate guidance when needed and be the sounding board for the community. The Board has delegated the responsibility to the Management Team to manage the day-to-day operations of Del Webb Oak Creek. Access is dedicated to providing unparalleled service to ensure that the community is well-maintained, and resident's needs are met promptly and efficiently.

STAYING CONNECTED TO YOUR COMMUNITY AND NEIGHBORS.

The Lifestyle Team will regularly send out community communications via e-mail, mobile app notifications, and/or SMS messaging to keep residents up to date on what's happening in the neighborhood.

- Each month a new calendar of events is released.
- Bi-monthly Lifestyle Newsletters are delivered via e-mail.
- Weekly or bi-weekly communications are distributed containing event details, and RSVP instructions.
- Amenity updates, clubs, fitness schedules, and staffing information will also be communicated upon delivery of the Clubhouse.
- The community website: www.delwebboakcreekhoa.com is also a great resource for important information for the community.

If you are not currently receiving our community communications via e-mail, please provide your information to the Lifestyle Director.

COMMUNITY ASSOCIATION

VENDOR MANAGEMENT | LANDSCAPE | MAINTENANCE | GOVERNING DOCUMENTS





From all of us here on Team Del Webb Oak Creek, we would like to say thank you for choosing to join our neighborhood. We look forward to building a beautiful and thriving community with you. Please let us know if you have any questions or concerns.