

“For Your Information”

(A periodic publication by Sherwood Oaks Executive Director, Annette McPeck)

January 24, 2020

Fitness Center Reopens

The Fitness Center reopened this morning. Please contact Bill Burtner at ext. 8543 to make an appointment or if you have any questions. In addition, by the request of residents, we are keeping one of the NuStep recumbent steppers in the Cranberry Lake Fitness Center. It is available for resident use at any time except for Thursdays between 11 a.m. and noon (Yoga). In order to use this machine, residents must have completed a fitness assessment with Bill Burtner and also must:

- ✓ Sign his/her name on the sign-in sheet
- ✓ Wear an Arial Alert pendant – a pendant is located beside the sign-in sheet

Library and Computer Room Updates

The Library is scheduled to reopen on Monday, January 27. Shiloh will also be here on Monday to reconnect the computers and printers in the Computer Room.

Ceiling Tile Installation

Installation of the Main Dining Room (acoustic) ceiling tiles will begin on Monday, January 27. Installation will be done in the evening when the Dining Room is empty. This project is expected to take approximately two weeks to complete. During this time, the Private Dining Room will be closed so the installers can use it to store the ceiling tiles and any equipment they will be using. Reservations in the Private Dining Room will be moved to the Main Dining Room. If you have questions, please contact Beverly Puglia at ext. 8495.

Super Bowl Sunday

Thank you to Dave Moon who has volunteered to set up the TV on Sunday, February 2 for you to view San Francisco and Kansas City battle it out at Super Bowl LIV. The game will be shown in the Auditorium starting at 5:30 p.m. Light snacks will be served.

Monday Night Movies

The Movie Committee plans to show movies on Mondays, in addition to Saturdays. This will begin on Monday, January 27 at 7:00 p.m. in the Auditorium. Movie titles and descriptions are displayed in the mailroom and on Channel 900. Additionally, trailers of each movie can be previewed in the SO App by opening the “Movies” icon.

Emergency Contacts

As a reminder, please notify the Medical Office and Community Nursing Department if you update your emergency contacts. This information is very important for their files.