

“For Your Information”

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

July 10, 2020

Transportation Change

Transportation to stores with senior shopping hours has been discontinued due to low census. Weekly transportation has reverted to the normal schedule, which is posted in the mailroom.

Fitness Activities to Resume

Tai Chi, Group Fitness & Yoga will resume using the guidelines below:

- All three fitness activities will be held in the Auditorium from 10:00-11:00 a.m.
 - Tai Chi – Tuesdays & Fridays beginning July 21
 - Group Fitness -Wednesdays beginning July 29
 - Yoga – Thursdays beginning July 22
- Classes are available to Independent Living residents only at this time
- Class size will be limited to no more than 15 participants
- All participants and instructors will wear face coverings at all times
- Interested residents must call the Fitness Center at ext. 8543 to register
- DO NOT attend class if you don't feel well

Beauty Shop to Reopen with Limited Days

We are pleased to announce a new hair stylist will be in the Beauty Shop on Thursday, July 16 from 9:00 a.m. to 5:00 p.m. Appointments are being offered for haircuts and wash & sets only and will be limited to 30 minutes. Other services will be phased in over the next month. All services will be billed to your statement. Appointments can be made by calling the reception desk. Hours for the week of July 20 will be provided next week.

Plastic Bags

The Recycling Committee asked me to remind you that plastic bags are NOT recyclable - do not put them in the recycling bins in the trash rooms. We have contacted Cranberry Township and they are not aware of any businesses that are accepting plastic bags at this time.

Ice Cream Truck

Graeters ice cream truck will be here on Thursday, July 16 for residents and staff to purchase ice cream treats and novelties during the times below. Social distancing and face coverings are required. They accept cash, credit and Apple Pay. Flyers are posted in the mailroom.

1:00-1:45 p.m. – Scooter Room Entrance

Personal care residents & Personal Care staff ONLY

1:45-2:30 p.m. – Ambulance Entrance

Skilled Nursing residents & Skilled Nursing staff, Independent Living residents,
and all non-clinical staff ONLY

2:30-3:15 p.m. – Oak Grove Center Entrance

Oak Grove residents & Oak Grove staff ONLY

