

“For Your Information”

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

August 14, 2020

Reminders

- ✓ Thank you to Civic Affairs Committee for making mail-in ballots available at the Reception Desk.
- ✓ Political solicitation is not permitted on the bulletin boards or pigeon holes in the mailroom.
 - A sign may be displayed in your patio home window. Please - no yard signs.
 - Your fellow resident is entitled to their political views. You may not share those same views. I expect you to treat each other with courtesy and respect in our community.
- ✓ Pets section 1.11 in the Resident Handbook states the following:
 - Owners must clean up after their pets on all areas of Sherwood Oaks property.
Note: Pet waste stations are conveniently located throughout the campus.
- ✓ Please obey the signs that are posted outside the mailroom permitting only two people in the mailroom at one time.

Scam Alert – Contact Tracing

Legitimate contact tracing inquiries could ask for your date of birth, your address and testing location. Legitimate contact tracing inquiries **WILL NOT** ask for money, bank account or credit card information, social security number, or immigration status. Do not click on links in email or text messages.

Scam callers may try to verify personal information they already have for you (including your address and last four digits of your social security number) from open resources.

If you receive a suspicious call, text message or email regarding contact tracing inquiries, please do not give out any information; instead, notify Security at ext. 8219 or Mike Mills at ext. 8482.

Styling Center Appointments

Styling Center appointments can be made by calling ext. 8479. Currently, the stylist is here on Thursdays from 9:00 a.m.- 4:00 p.m. We have requested additional days be added and that the styling center operator check the phone messages remotely.

Fitness Activities to Resume

Tai Chi, Group Fitness, Yoga & Walk with a Friend will resume on Monday, August 17 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
 - Group Fitness – Wednesdays
 - Yoga – Thursdays
 - Walk with a Friend – Mondays & Thursdays at 11:15 a.m. – meet outside Scooter Room/Gallery entrance
- Interested residents must call the Fitness Center at ext. 8543 to register
- Class size will be limited to no more than 15 participants
- All participants and instructors will wear face coverings at all times
- DO NOT attend class if you don't feel well

Package Pick-ups Resume

Residents may pick up packages delivered to the reception desk. After packages are logged in by the receptionist on duty, a yellow package slip will be given to the mail carrier to be placed into your locked U.S. mailbox. Security will call and ask if you would like to pick up your package or have it delivered.

(over)

DINING SERVICES HOURS

RESIDENTS ONLY



PICK-UP MEAL FROM CAFÉ

Sunday thru Saturday

12:30 until 1:15 PM

HAVE MEAL DELIVERED (no delivery charge)

Sunday thru Saturday

11:30 AM until 1:00 PM

MAIN DINING ROOM

**reservations are required – ext. 8234 – Please reserve
with your caller on Monday and/or Wednesday**

Tuesdays – lunch and dinner (meal plan only)

12 noon, 4:30 PM, 6:00 PM

Thursdays – breakfast (meal plan or charge account)

8:00 – 9:30 AM