

“For Your Information”

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

May 1, 2023

Universal Masking Update

Based upon current risk assessment, universal masking is now optional for residents and staff in UPMC Senior Communities. Masking is a personal choice, and it is important to support those who choose to mask. UPMC changes are based on local, regional, and national observations, scientific evidence, and expert guidance. Masks will remain widely available to everyone who chooses to mask.

COVID-19 Vaccine Booster Clinic

We anticipate having an on-site vaccination clinic this Spring. We will provide information once details are finalized with RX Partners.

Guest Updates

Guests are welcome in the lobby, gift shop, library, billiards room, swimming pool (during open swim times) and at resident activities including, chapel, concerts, programs, etc. The current swimming pool schedule is posted outside the entrance to the pool and in the SOapp. Keys for the billiards room and swimming pool must be signed out at the reception desk.

SORA Room Reservations for FY 2024

In the fall of 2014, policies were created for reserving rooms on the campus for Resident/SORA meetings, functions, events, activities, etc. Accordingly, these rooms are reserved on a first come, first served basis for one fiscal year only (July 1-June 30). It also states that the chairperson or person in charge of the function should be the person reserving the room. This helps clear up confusion and prevents multiple people from reserving rooms for the same purpose. It also lets us know who to contact if we have questions concerning the reservation.

The receptionists may start accepting reservation forms for fiscal year 2024 (July 1, 2023 - June 30, 2024). Forms are available at the reception desk. If there are any conflicts with your request(s), you will be notified. Please note: We are not accepting reservation forms for the Auditorium at this time. Once the Auditorium renovations are complete, we will begin accepting reservations for this room. Please contact Tabby Alford at ext. 8460 with questions.

Areas that can be reserved:

- ✓ Meetings/Activities/Programs
 - Conference Room, Small Conference Room, Sherwood Meeting Room, Chapel & Card Room
 - Note: The Cranberry Lake Grill & Oak Lodge Great Room are out of service.
- ✓ Family Functions/Private Parties (Dining Services' catering is unavailable)
 - Card Room (Tuesday & Wednesdays from 5-8pm only for up to 30 people)
 - Summer House – Tentatively May 24 – October 1 (standard set up only – residents/guests are responsible for clean up after event)

(Over)

New Fitness Schedule

The new fitness schedule starts today. The weekly bulletin and channel 950 slides display the new schedule. A new class has been added – please see the description below.

- **Mindful Stretch & Relaxation** - A Yoga inspired class focused on total body stretch, mobility, and relaxation. Improve flexibility, coordination, posture, circulation, and enhanced mind-body connection. The first 25-30 minutes will focus on Yoga inspired stretches followed by 15-20 minutes of progressive relaxation focusing on the tensing and relaxing of each muscle group. *All movements will be performed sitting in a chair, great for many different fitness levels. (40-45 minutes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am Group Fitness (Strength & Balance)	10am Tai Chi	10am Group Fitness (Strength & Balance)	10am Move & Groove	10am Tai Chi
11am Mindful Stretch & Relaxation (NEW CLASS)	11am Move & Groove	11am 60 Second Circuit	11am Stretch & Stability	11am On the Move

Memorial Music Tribute – May 11

A bagpipe tribute to Catherine Nettelmann will be held at the Lake gazebo on Thursday, May 11 at 11 a.m. Her children have invited residents & staff to attend.

Stage and Auditorium Update

To prepare for the May 30 construction start, the Auditorium has been blocked off starting May 24. Chapel will be held in the Card Room starting May 28.