

“For Your Information”

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

June 30, 2023

Sit & Fit (At-Home) Strength Class

Beginning Monday July 3, Channel 951 will air a 30-minute “Sit & Fit” seated strength class. The class will air 7 days/week at 3:00 p.m. and is designed to provide an at-home exercise option for residents. This is also a great option for exercise if you cannot make it to the in-person group classes at the Cranberry Lake Fitness Center. Call Bill Burtner at ext. 8543 with any questions or concerns.

Happy 4th of July

On Tuesday, July 4, the normal weekly transportation, and campus transportation schedules will be followed. Please see the security & transportation bulletin board for full details. All patio homes and apartments that are normally cleaned on Tuesdays will not be cleaned due to the holiday. A credit will be applied to your monthly statement. Fitness classes are canceled. Reception desk hours this day will be 8 a.m. to 6 p.m. Dining hours are listed below.

Main Dining Room/Tent

Lunch – 11:30 a.m. – 1:30 p.m.

Outside Tent – 11:30 a.m. – 1:00 p.m.

Dinner – Closed

Café

Breakfast – 8-10:30

*Lunch & Dinner – Closed

*Takeout meals are available at the Café counter from 11:30 – 1:30 p.m. only.

(The Always Available menu is not available this day.)

Home delivered meals will be delivered around noon.

Join us in the main parking lot under the tent to enjoy SORA sponsored entertainment:

11:30 a.m. – 1:15 p.m. – Dixieland Band – The Better Cupps

