

# “For Your Information”

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

**February 22, 2024**

## New Fitness Schedule

A new fitness schedule begins on Friday, March 1. We’ve added a new line dance class on Thursdays. Join your fellow residents and learn fun and popular choreographed line dances. This class will break down each step so you can slowly learn each dance. It will get your heart pumping and your brain working, all while being part of a social activity. Note: this class will require long periods of independent standing and moving for 45 minutes. Questions about fitness classes? Call Bill Burtner at ext. 8543.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am Group Fitness (Strength & Balance)	10am Tai Chi	10am Group Fitness (Strength & Balance)	10am Line Dance	10am Tai Chi
11am Mindful Stretch	11am Move & Groove	11am 60 Second Circuit	11am Stretch & Stability	11am Group Fitness (Strength & Balance)

## Birthday Celebration

Adventure is out there! Join us in the main dining room on Wednesday, February 28 for our Up themed meal. Float away with Carl’s balloons to Paradise Falls in South America (it’s like America...but south) for our menu of Venezuelan seafood soup, Venezuelan meat stew, beef short ribs in a Mexican sauce, cheese and chorizo empanadas, Venezuelan scrambled eggs, Spanish style shrimp, yellow rice and black beans, Mexican style zucchini, cinnamon roasted butternut squash, dulce de leche cake or flan with caramel sauce.

Due to the popularity of our themed events, we highly recommend you make a reservation for lunch and/or dinner by calling extension 8234 - with your name, number of people in your party and reservation time.

The wilderness must be explored! Tune in to channel 951 at 1:30 p.m. and 7:30 p.m. to watch Up!

