

“For Your Information”

(A periodic publication by Sherwood Oaks president, Mark D. Bondi)

September 18, 2015

Cranberry Lake Fitness Center

Starting Monday, September 21, all group exercise classes including Yoga and Tai Chi will be held in the Cranberry Lake Fitness Center. The weekly bulletin and channel 900 will be updated with the correct location.

The official “grand opening” of the new fitness center is scheduled for Tuesday, September 29. An introductory class to Tai Chi will be held at 10 AM and an introductory class for Yoga will be held at 2 PM. Light refreshments and healthy snacks will also be provided. Please call Bill Burtner at ext. 8543 with any questions.

New Security Officer

Anthony Costa has been hired as our newest part-time officer. Anthony is from Pittsburgh and has a bachelor’s degree in criminal justice. He has five years of previous work experience. Please join me in welcoming Anthony to the staff.

Resident Putting Contest

The annual early-fall resident putting contest will be held at 2:00 PM on Wednesday, September 30 (rain date is Friday, October 2). All participants will putt on the same day. Round #1 - Each contestant will putt three shorter putts. The top 50% of the group from round #1 will move on to round #2. This will continue until three winners are chosen. Prizes will be awarded for first, second and third place.

If you would like to participate, please sign up on the administrative bulletin board in the mail room no later than Monday, September 28. Please contact Steve Guth at extension 8598 if you have any questions.

Understanding Medicare

Eric Holmes, an independent insurance broker with Insurance Services of Zelienople, will be here on Friday, September 25 to talk to you about the differences in Medicare Advantage and Medicare Supplement plans. This educational session will be held in the auditorium at 1:30 PM and is open to you and any family members or friends who wish to attend.

Parking Issues

Please do not park in any area on the campus that is marked “Fire Lane”. The entrances to these lanes are located in parking lots C, F and G and are clearly marked. These lanes are reserved for the Fire Department in the event of an emergency and cannot be blocked by vehicles.

Armstrong Cable TV Update

When you receive your October Armstrong cable TV bill, it should reflect all adjustments relative to the transition in billing. If you have any questions, please contact Annette McPeck, Chief Financial Officer, at ext. 8467.

Dining Services

Please join us on Wednesday, September 30 to celebrate Oktoberfest. This fall inspired menu starts off with roasted parsnip & apple jack soup or chicken spätzle soup. Your entree choices are sauerbraten, German sausages and sauerkraut, wiesn handel and pan seared trout in Riesling. Accompaniments include braised red cabbage, potato pancakes and brown butter string beans.

Since the farmer's market table was very popular with the residents and staff earlier this month, we've decided to bring it back again. The next farmer's market display will be Tuesday, October 6. Local produce will be available for purchase from 11:00-2:00 PM in the main lobby. Residents may pay with cash or charge items to their monthly statement. All others must pay with cash. Please call Bev Puglia at ext. 8495 with questions.