

# “For Your Information”

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

**March 19, 2021**



## **Happy Anniversary Sherman and Oakley!**

This Sunday will mark the 5th anniversary of the swans moving to Sherwood Oaks.

## **Masks**

Just a reminder that extra masks are available at the reception desk if you forget yours at home.

## **New Fitness Classes**

The group fitness class schedule will be changing starting the week of March 29. We will be eliminating the Monday and Wednesday “Guided Imagery” class and replacing them with two new classes. Thank you to everyone who participated in the Guided Imagery classes! CDs as well as a CD player will be available in the Fitness Center for you to sign out and take home for your enjoyment. Please see the Fitness Center for more information on the Guided Imagery sign out process! The two new classes to be added are:

- **Stretch and Stability-** This 45-minute class will focus on improving overall flexibility by increasing the range of motion throughout the joints. Various exercises for posture, strength and balance will be incorporated to help increase stability. The class will consist of exercises from various positions like standing, sitting in a chair and sitting on the floor. Mats will be provided. Please bring a towel which can be utilized for comfort and deeper stretching.
- **Take a Walk with a Friend-** Get out, walk and enjoy the spring air! This is a group walk which explores our beautiful campus while benefitting from a 30-40-minute aerobic workout. Those interested in joining this weekly group walk should meet outside the Scooter Room/Gallery entrance on Wednesdays at 11 a.m.

## **Raffle Tickets Available until May 15**

The Celebrating Senior Champions 50/50 raffle tickets are available at the reception desk through May 15. Tickets are 1 for \$20, 3 for \$25 and 6 for \$40. Proceeds will be split evenly between the winner and UPMC Senior Communities Benevolent Care Fund. The winning ticket will be randomly drawn on May 24 at noon and the winner will be notified.

## **Virtual Concert - Mozart’s Requiem**

The Pittsburgh Concert Chorale will be presenting a virtual performance in lieu of their usual spring classical concerts. The concert will feature Mozart’s *Requiem*, in remembrance of those lost to the COVID-19 pandemic. In addition to the Chorale itself, the performance will feature six high school choirs, including Seneca Valley. The concert will premiere on Friday, March 26 at 8:00 p.m. on the Choral website, [www.pccsing.org](http://www.pccsing.org).

## **Good Friday Tenebrae Service**

The Chapel Committee will present the annual Good Friday Tenebrae Service on channel 901 during Holy Week. Watch for specific times. The Office of Tenebrae, meaning darkness or shadows, dates back to the 7<sup>th</sup> century A.D. It is characterized by the extinguishing of candles as the service progresses with hymns, prayers and scripture readings this year from the Gospel of Luke. Leading the service will be resident Rev. Dr. Jean H. Henderson, musician, Timothy Heavner, and resident technician, Jason Lyle. Please join the committee for this somber devotion.