

# “For Your Information”

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

**September 30, 2022**

## New Fitness Classes

Starting on Monday October 3, the Fitness Center will be transitioning into our Fall Group Fitness Schedule. There are a few changes and one new class added. Here is the new schedule along with the description of the new class:

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
10am Group Fitness (Strength & Balance)	10am Tai Chi	10am Group Fitness (Strength & Balance)	10am Move & Groove	10am Tai Chi
11am Yoga	11am *60 Second Circuit	11am Stretch & Stability	11am Stretch & Stability	11am On the Move

**\*60 Second Circuit-“NEW”**- Gain more energy and endurance! Designed to work with residents’ individual fitness levels. Different movements involving both arms and legs will be performed to elevate the heart rate helping to increase cardiovascular endurance, burn calories, and increase energy! Each exercise will be performed for 45 seconds followed by a 15 second rest before performing the next move. Exercises will be timed allowing residents to work at their own pace.

**\*Class can be performed standing or sitting or a combination of both. (35-40 minutes)**

## Resident Get Together

A resident get together is scheduled for Friday, October 7 at 1:30 PM in the Auditorium and Card Room. I will be reviewing last year’s resident satisfaction survey results, discussing this year’s survey process, and will be providing a campus update.

## Flu Shot Clinic - Independent Living Residents

Flu shot clinics for independent living residents will be held on Tuesday, October 11 and Tuesday, October 18 from 10:00 a.m. to Noon in the Medical Office. This is a walk-in clinic; appointments are not necessary. If you cannot make it to the clinic, please contact Joanie Reese at ext. 8480 to schedule an appointment. Flu shots for residents in Skilled Nursing, Personal Care and the Oak Grove Center will be administered on each unit.

## Retirement

Housekeeper, Sherry Brelloch, will be retiring after 21 years of service. Sherry’s last day is Wednesday, October 5. Please join me in wishing her the best of luck in retirement. Good wishes cards can be dropped off at the reception desk.