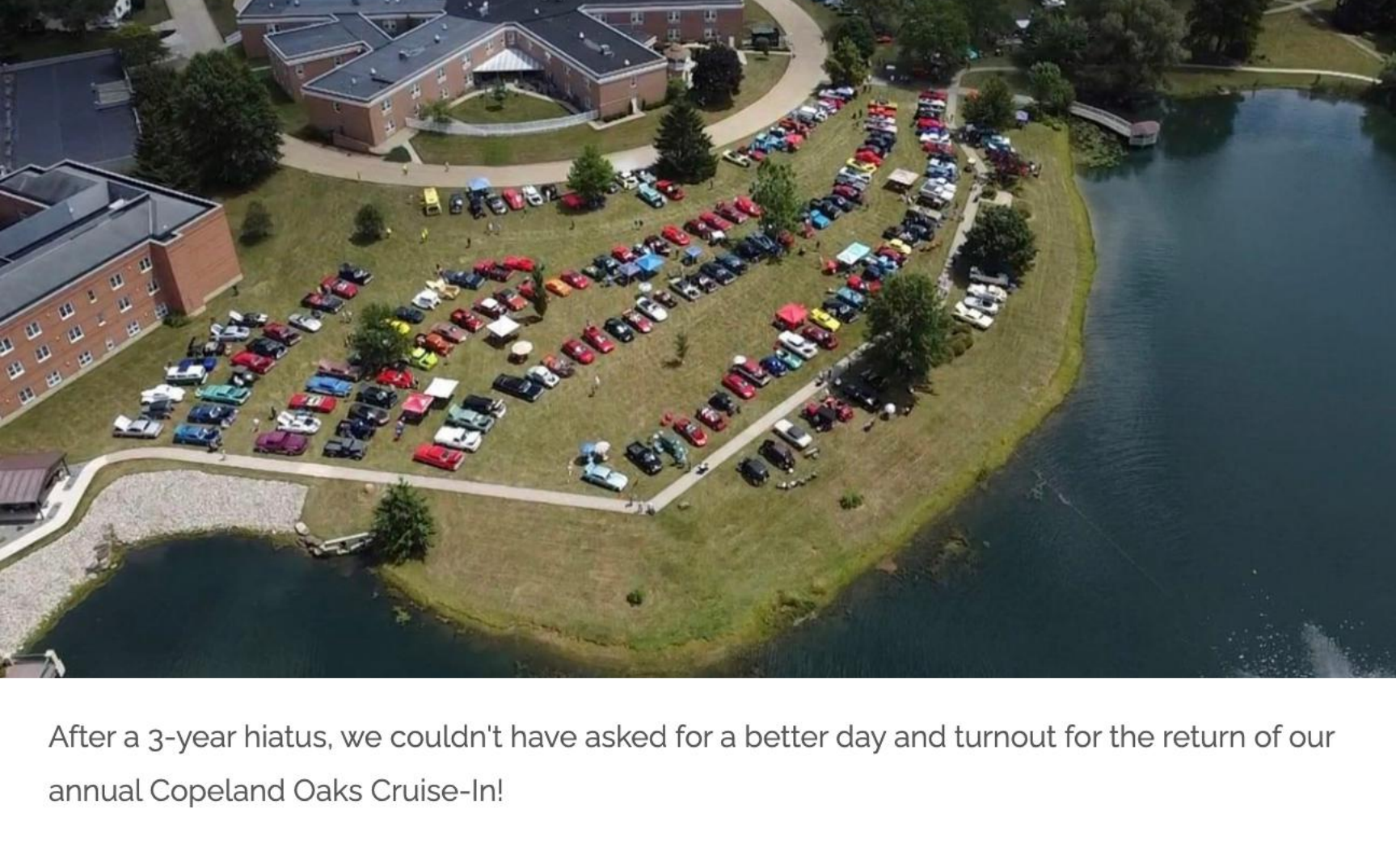


## THE COPELAND EXPERIENCE

August 2023

### Cruise-In Success!



After a 3-year hiatus, we couldn't have asked for a better day and turnout for the return of our annual Copeland Oaks Cruise-In!

We rounded out the event with 206 registered vehicles, with approximately 250 cars in total.

We are proud to announce that the event raised \$2,380. We will donate the funds raised to the local charity Danny's Cans, which provides help to children in the Sebring area by providing things such as toys and clothes.

### Check Out the Copeland Oaks Wellness Department!



Have you heard about our Wellness Department? Here at Copeland Oaks, we have a Wellness Department complete with group fitness classes, personal training, an Olympic-sized pool, a hot tub, and various pieces of fitness equipment around campus.

There are no added fees for residents to take advantage of our wellness opportunities – we encourage always an active retirement! As a faith-based community that embraces holistic health, we believe whole-person health includes fitness of mind, body, and soul. The truth is that getting active not only adds years to your life, but it can also add life to your years.

**Here are some of the fun group fitness classes our residents get to enjoy:**

**Balance:** 20 minute standing class, challenging your core and agility.

**Strength-Mobility:** Chair-based strength & range of motion training to maintain the activities of daily living.

**Mix to Fit:** Seated and standing exercises; cardio, strength, and balance to maintain an active lifestyle.

**Chair Yoga:** Yoga-based workout, with the assistance of a chair. Improve flexibility, strength, and mindfulness without getting on the floor.

**AquaFit:** No impact water workout that will work your heart and lungs while increasing flexibility.

**Cardio Intervals:** Mix of cardio, strength, and balance intervals to get a full body workout.

**Chair POUND:** Music and drumming-inspired seated workout. Have fun moving to the beat while engaging your mind and body.

**Aqua Mobility:** Range of motion training; mobility, flexibility, and balance to maintain activities of daily living.

### Senior Wellness Tips



It's no secret that growing older can challenge a person's ability to remain healthy and active. Unfortunately, about one in three men and one in two women engage in no physical activity by the age 75, according to the Centers for Disease Control and Prevention (CDC). And that loss of activity and engagement with life can have a major impact on an older adult's physical well-being and emotional health.

Jump into our latest blog post as we highlight the importance of wellness as a senior, tips on how to achieve your wellness goals, and wellness options at Copeland Oaks.

[Read More](#)

### What's Cooking at Copeland?



#### Ham and Cheese Sliders

These make for an easy dinner at home or the perfect party food!

#### Ingredients:

- 1/2 cup butter (melted)
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoon Worcestershire sauce
- 1 tablespoon poppy seeds
- 1 tablespoon dried minced onion (or 1 1/2 teaspoons onion power)
- 1 pound Hawaiian Rolls 24 small or 12 large (my dinner rolls also work great)
- 1 pound deli ham thinly sliced
- 1 pound Swiss cheese

#### Directions:

1. Preheat the oven to 350 degrees. Spray a 9 by 13 inch baking dish with cooking spray and set aside.
2. Mix together the butter, brown sugar, mustard, Worcestershire sauce, poppy seeds, onion.
3. Cut the rolls in half and put the bottom in the prepared baking dish. Top with half the ham. Add the cheese, and top with the remaining ham.
4. Add the tops of the rolls and pour over the butter mixture. Cover with foil and bake for 15 minutes. Remove from the oven and remove the foil. Return to the oven and bake for an additional 10 minutes.
5. Remove from the oven, cut and serve immediately.

#### CALLING ALL COPELAND ASPIRING CHEFS AND BAKERS

Do you have a recipe you want to share? We'd love to feature it in our newsletter. Please submit your favorite recipes to the Marketing Office.

[Read All Recipes](#)



**Schedule a move-in date to an Independent Living Villa or Apartment and we will cover your moving costs up to \$1,500!**