

THE COPELAND EXPERIENCE

January 2024

New Year, New Hobby!



Are you interested in trying something new or getting out of your comfort zone? Copeland Oaks has you covered with 65 resident-led activities and volunteer opportunities.

Enjoy the Fresh Air

Enjoy the outdoors with a visit to our community garden and walking trails. Each Friday, a group gets together to enjoy walks in different areas in the surrounding community!

Embrace Your Creativity

The Creativity Center offers classes for a variety of art forms including watercolor, needlework (knitting, crocheting, and embroidery), quilting, and card crafting. Seasonal classes like Sip and Paint Valentine's Day Painting are also available. You could even volunteer to teach your own class!

Let's Get Physical

Engage in competitive activities with access to the local golf club, an on-campus Pickleball court, pool aerobics, and an array of exercise classes.

Indoor and Social Activities

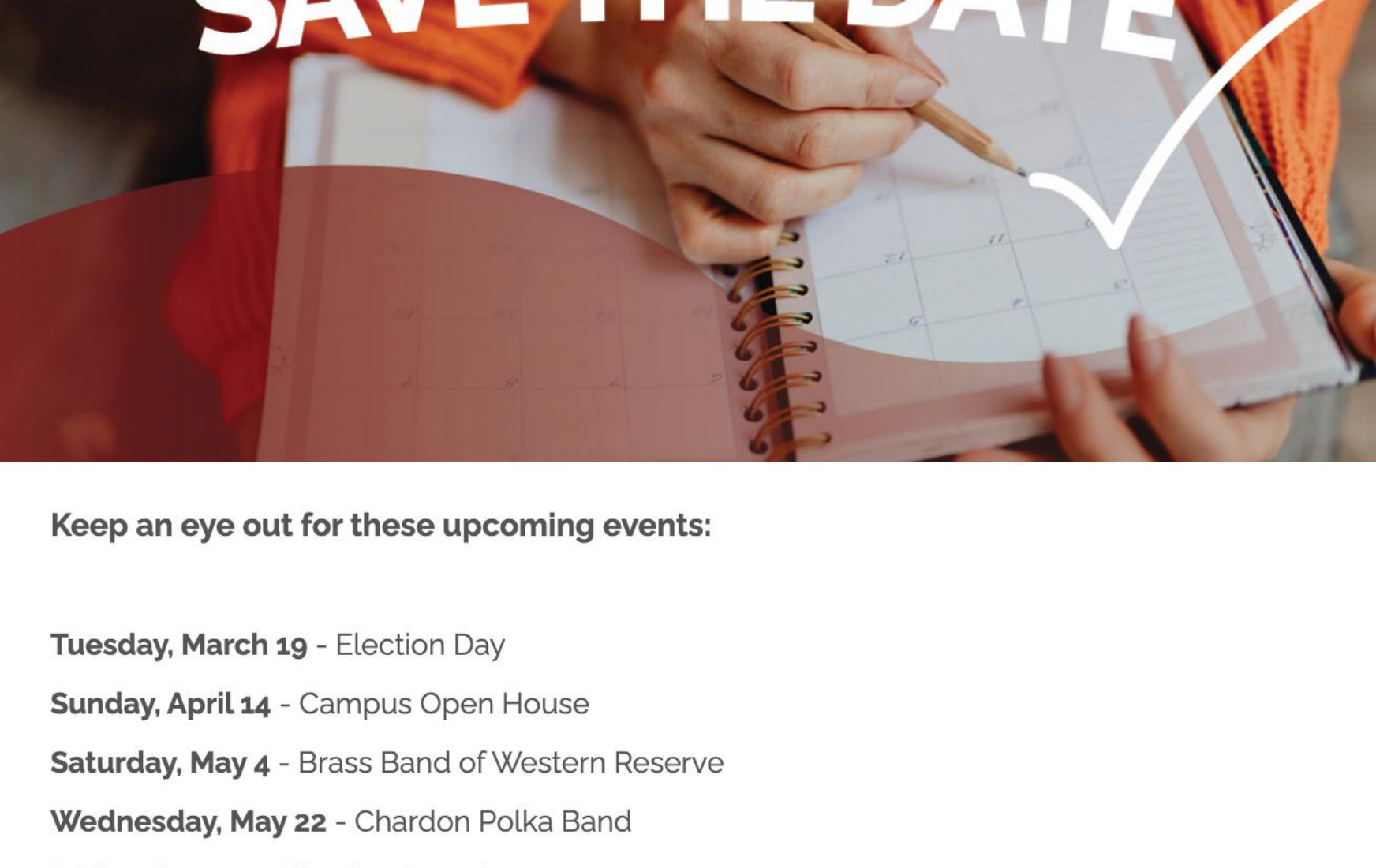
Are indoor activities more your thing? Join in on fun activity options including bingo, puzzles, cards, mahjong, ping pong, choral and chimes, low-vision games, and woodworking! We also provide Bible Studies and Vesper Services.

Volunteer in the Community

Residents also have the opportunity to engage in various volunteer opportunities at the Acorn Shop, Thrift Shop, and Library. You could even offer a helping hand in assembling the weekly Oak Leaf publication!

The community at Copeland Oaks provides a vibrant and diverse environment for seniors to pursue new hobbies, stay active, and engage in social and creative activities, ensuring a fulfilling and enriching lifestyle.

Upcoming Events - Save the Date!

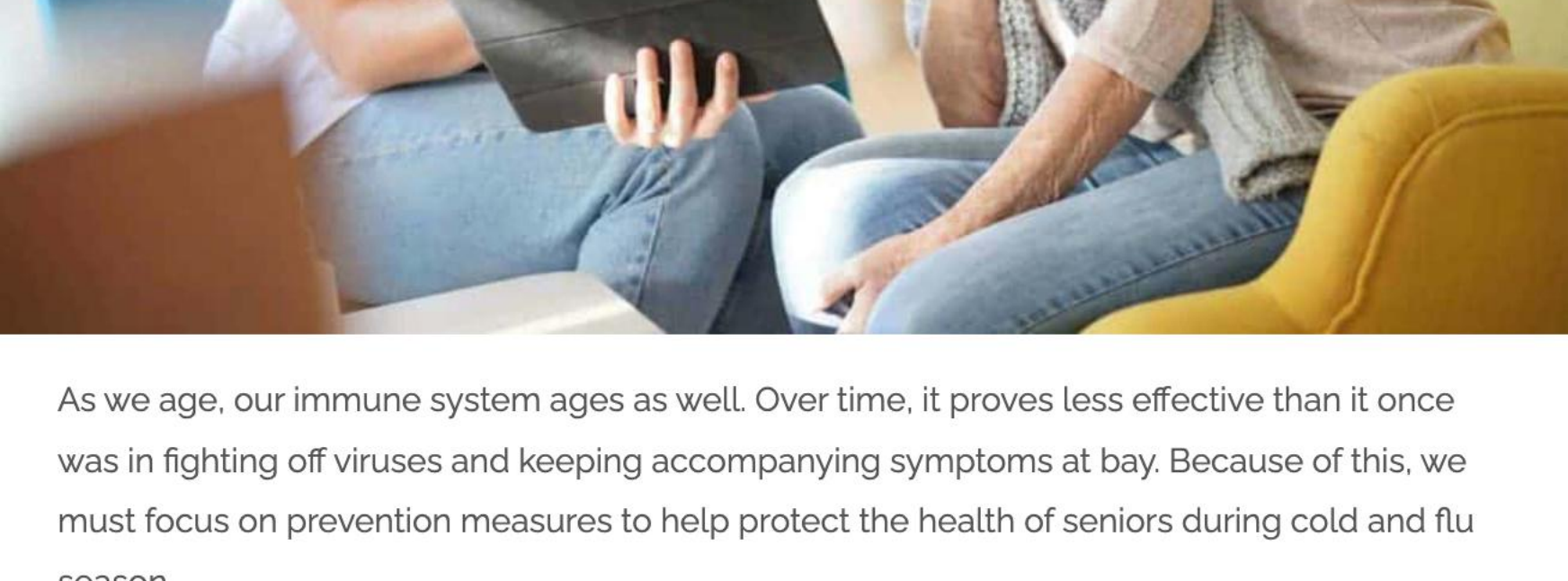


Keep an eye out for these upcoming events:

- Tuesday, March 19** - Election Day
- Sunday, April 14** - Campus Open House
- Saturday, May 4** - Brass Band of Western Reserve
- Wednesday, May 22** - Chardon Polka Band
- Friday, June 14** - Flag Day Parade
- Thursday, July 25** - Salem Quaker City Band
- Sunday, July 28** - Copeland Cruise-In

We hope to see you at these events; join in on the fun!

Staying Protected During Flu Season

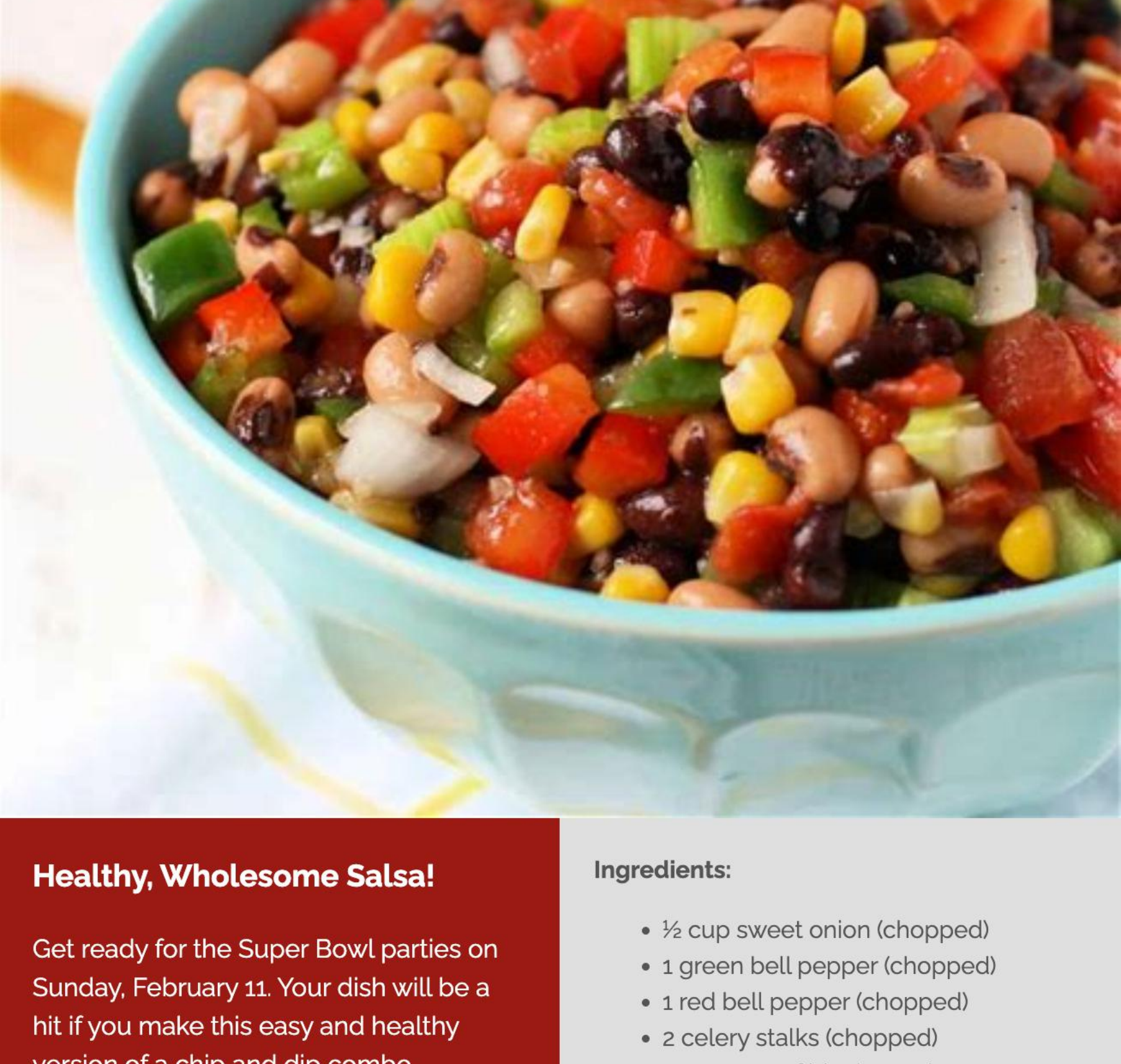


As we age, our immune system ages as well. Over time, it proves less effective than it once was in fighting off viruses and keeping accompanying symptoms at bay. Because of this, we must focus on prevention measures to help protect the health of seniors during cold and flu season.

Visit our blog and be sure to follow the cold and flu season tips provided to keep you and your loved ones happy, healthy, and safe from the flu.

[Read More](#)

What's Cooking at Copeland?



Healthy, Wholesome Salsa!

Get ready for the Super Bowl parties on Sunday, February 11. Your dish will be a hit if you make this easy and healthy version of a chip and dip combo.

Ingredients:

- ½ cup sweet onion (chopped)
- 1 green bell pepper (chopped)
- 1 red bell pepper (chopped)
- 2 celery stalks (chopped)
- 1 15oz can of black-eyed peas (drained and rinsed)
- 1 15oz can of black beans (drained and rinsed)
- 1 14oz can of Rotel tomatoes or any brand of tomatoes with green chiles (mild or hot, drained)
- 1 cup corn kernels (drained)
- 1 ¼ cup zesty Italian dressing (be sure to check the label for your dietary and allergy needs)

For Serving:

- Corn chips

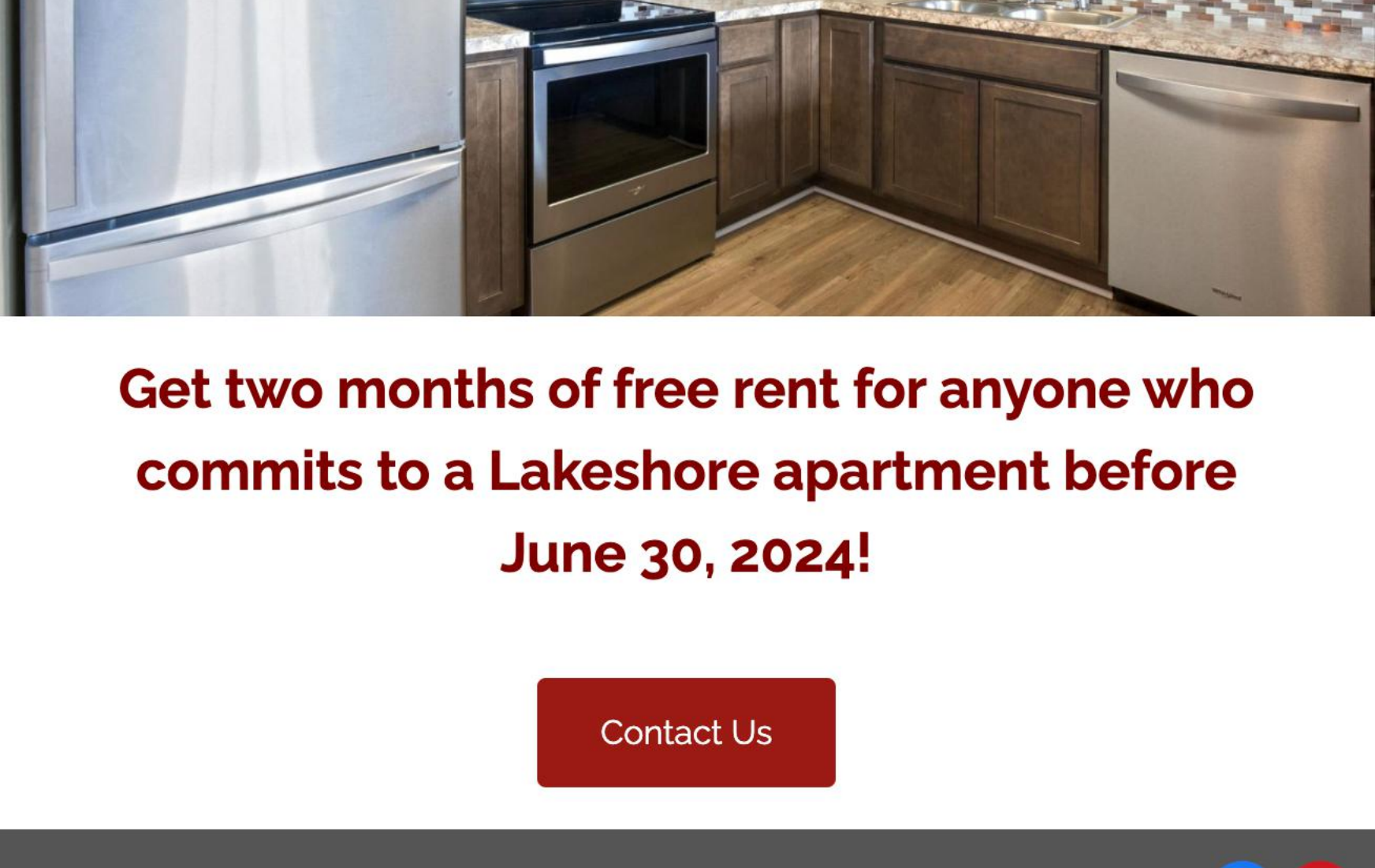
Directions:

1. Place all the ingredients (minus the corn chips) into a large bowl and stir well.
2. Refrigerate for about two hours before serving.
3. Serve and scoop with your favorite corn chips.

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](#)



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