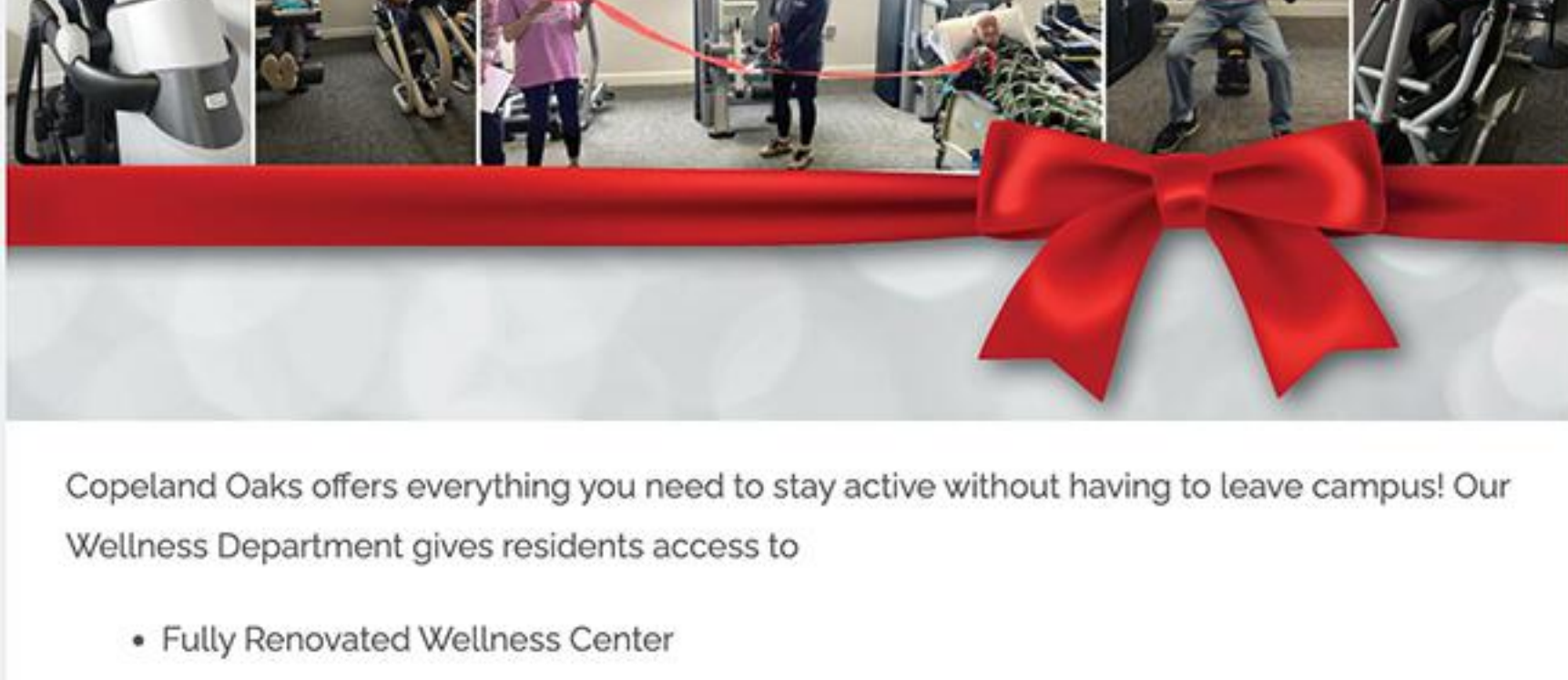


THE COPELAND EXPERIENCE

March 2024

The New and Improved 5th Floor Wellness Center

5th Floor Wellness Center



Copeland Oaks offers everything you need to stay active without having to leave campus! Our Wellness Department gives residents access to

- Fully Renovated Wellness Center
- One-on-One Personal Training
- Indoor Swimming Pool
- Group Fitness Classes

The Copeland Oaks Wellness Center recently underwent a complete renovation to enhance the workout experience for our residents, including the addition of 8 new selectorized weight machines. Residents can enjoy a full-body workout by utilizing the circuit of machines along with dumbbells, kettlebells, treadmills, NuSteps, ellipticals, bikes, and more! In addition to the main Wellness Center, there are two smaller workout areas on campus equipped with weights and cardio equipment.

Schedule an appointment with a personal trainer to come up with the perfect plan for your goals and needs, or sign up for a group fitness class that suits your fitness level. Classes range from chair-based to standing exercises aimed at improving muscular strength, cardiovascular endurance, range of motion, balance, and flexibility.

Some of the Classes Offered at Copeland Oaks Include:

- Chair Yoga
- Chair POUND
- Strength and Mobility
- Balance
- Cardio Intervals
- AquaFit
- AquaMobility

At Copeland Oaks, residents have everything they need to prioritize their health and well-being right here on campus!

Upcoming Events - Save the Date!



Keep an eye out for these upcoming events:

- Sunday, April 21** - Campus Open House from 1:00-3:00 PM
- Saturday, May 4** - Brass Band of Western Reserve at 7:00 PM in Murphy Auditorium
- Wednesday, May 22** - Chardon Polka Band at 6:30 PM in Murphy Auditorium
- Friday, June 14** - Flag Day Parade
- Thursday, July 25** - Salem Quaker City Band
- Sunday, July 28** - Copeland Cruise-In
- Tuesday, August 13** - Youngstown Area Community Concert Band

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

Receiving Quality Care at Copeland Oaks



You will always receive the highest quality of care at the Copeland Oaks assisted care facility. Copeland Oaks was established with a commitment to uphold the dignity and security of its residents throughout their lifetime. Unlike conventional senior living facilities, we are dedicated to ensuring that our residents relish their retirement years fully.

Learn more about the quality care that our residents receive on our blog!

[Read More](#)

What's Cooking at Copeland?



Pepper Ricotta Primavera

Try this light and healthy spring pasta dish!

Ingredients:

- 1 cup part-skim ricotta cheese
- ½ cup fat-free milk
- 4 teaspoons olive oil
- 1 garlic clove, minced
- ½ teaspoon crushed red pepper flakes
- 1 medium green pepper, julienned
- 1 medium sweet red pepper, julienned
- 1 medium sweet yellow pepper, julienned
- 1 medium zucchini, sliced
- 1 cup frozen peas, thawed
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- 6 ounces fettuccine, cooked and drained

Directions:

1. Whisk together ricotta cheese and milk; set aside.
2. In a large skillet, heat oil over medium heat.
3. Add garlic and pepper flakes; sauté 1 minute.
4. Add all peppers, zucchini, peas, oregano, and basil.
5. Cook and stir over medium heat until vegetables are crisp/tender, about 5 minutes.
6. Add cheese mixture to cooked fettuccine and top with vegetables.
7. Toss and serve!

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](#)



Copeland Oaks Campus Open House

Sunday, April 21, 2024
1 p.m. - 3 p.m.
800 South 15th St., Sebring, OH 44672

COME SEE WHAT WE'RE ABOUT!

Tour our multiple living options to see what fits your lifestyle.

- Villa Homes
- Lakeshore Apartments
- Catered Living Apartments
- Assisted Living and Memory Care

- Independent Lifestyle
- Entertainment
- Complimentary golf membership
- No down payment required
- Pet Friendly
- Utilities and maintenance included



Attend our open house, and commit to a 2024 move-in date, and receive ONE FREE MONTH of rent for any Independent Living option!!

330-938-1093

copelandoaks.com

Attend our open house, and commit to a 2024 move-in date, and receive one free month of rent for any Independent Living option!

[Contact Us](#)