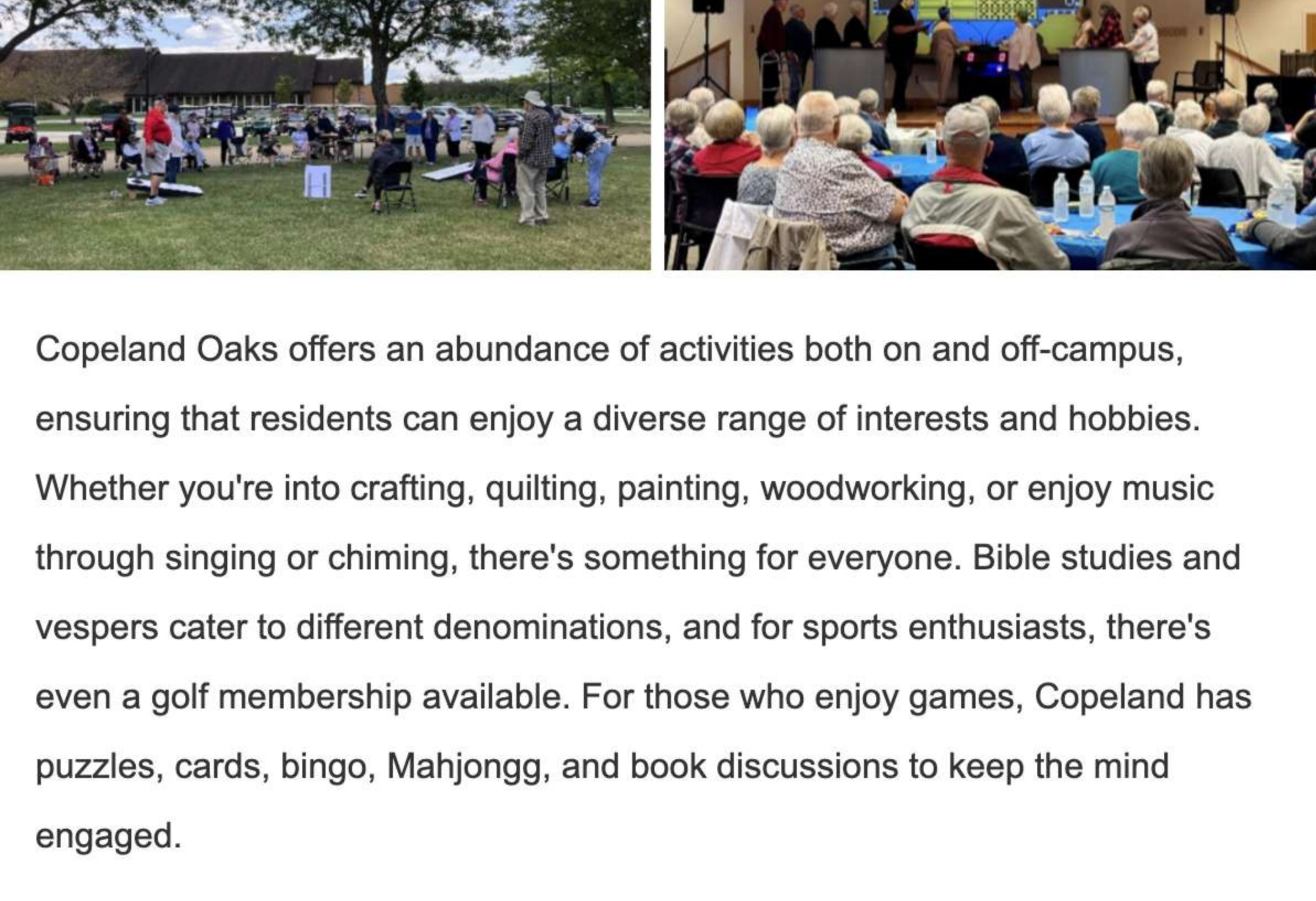




Crandall Medical Center · The Oaks Foundation

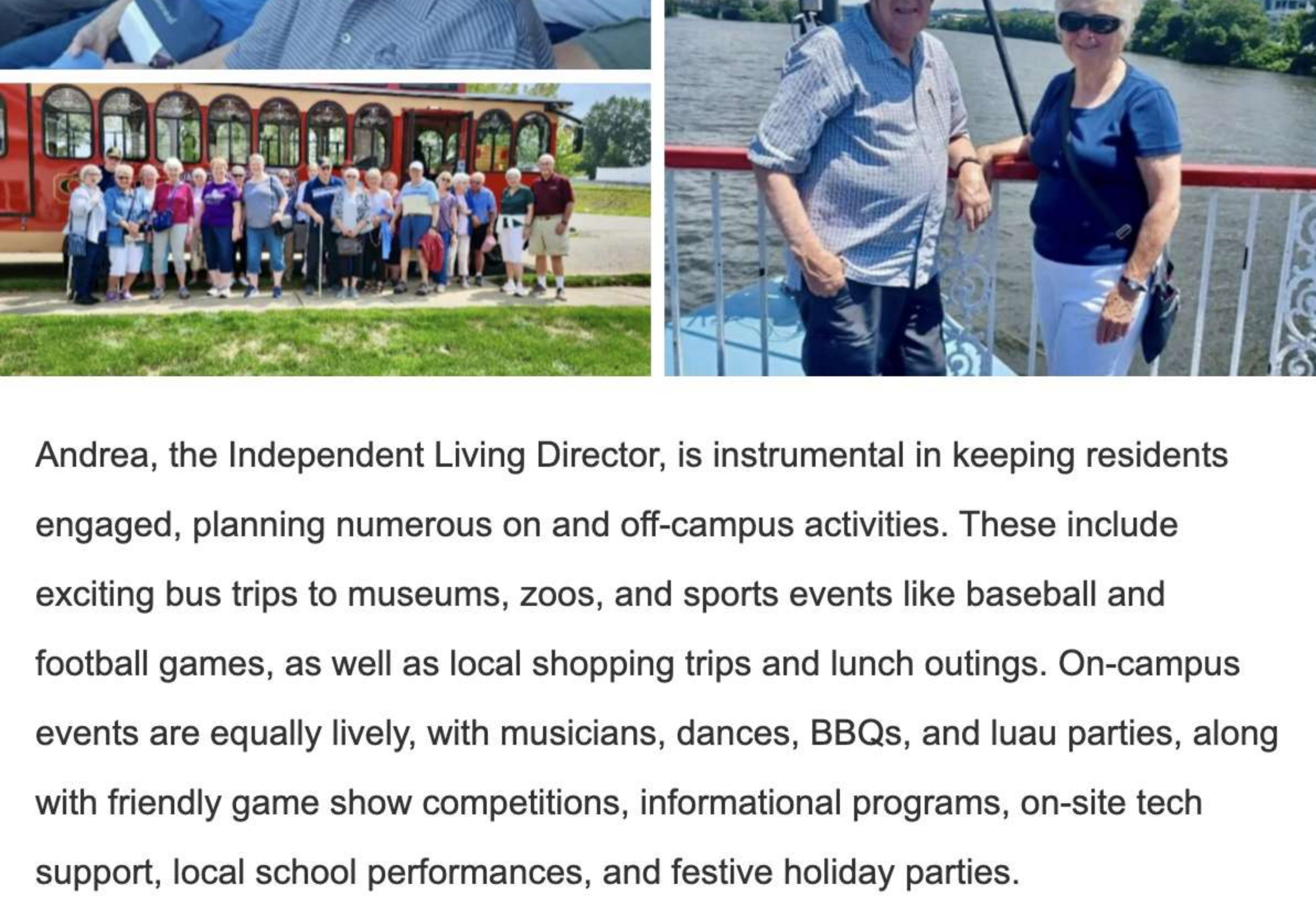
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## Endless Activities at Copeland Oaks



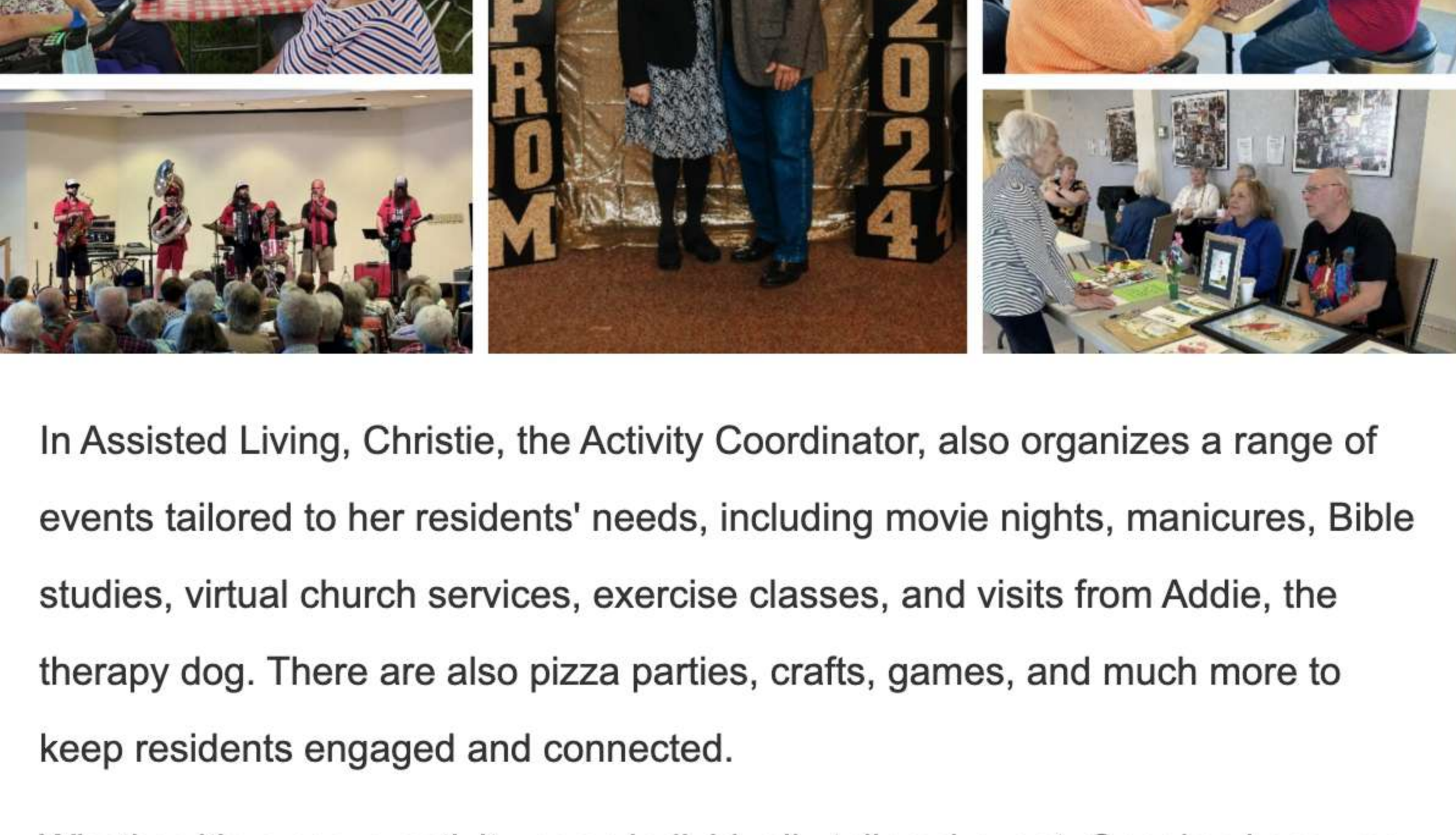
Copeland Oaks offers an abundance of activities both on and off-campus, ensuring that residents can enjoy a diverse range of interests and hobbies. Whether you're into crafting, quilting, painting, woodworking, or enjoy music through singing or chiming, there's something for everyone. Bible studies and vespers cater to different denominations, and for sports enthusiasts, there's even a golf membership available. For those who enjoy games, Copeland has puzzles, cards, bingo, Mahjongg, and book discussions to keep the mind engaged.

The community also boasts a variety of shopping options, with the Acorn Shop featuring resident-made consignment items, the Thrift Shop for great deals, and two delightful dining venues – Lakeview Terrace and The Bistro.



Andrea, the Independent Living Director, is instrumental in keeping residents engaged, planning numerous on and off-campus activities. These include exciting bus trips to museums, zoos, and sports events like baseball and football games, as well as local shopping trips and lunch outings. On-campus events are equally lively, with musicians, dances, BBQs, and luau parties, along with friendly game show competitions, informational programs, on-site tech support, local school performances, and festive holiday parties.

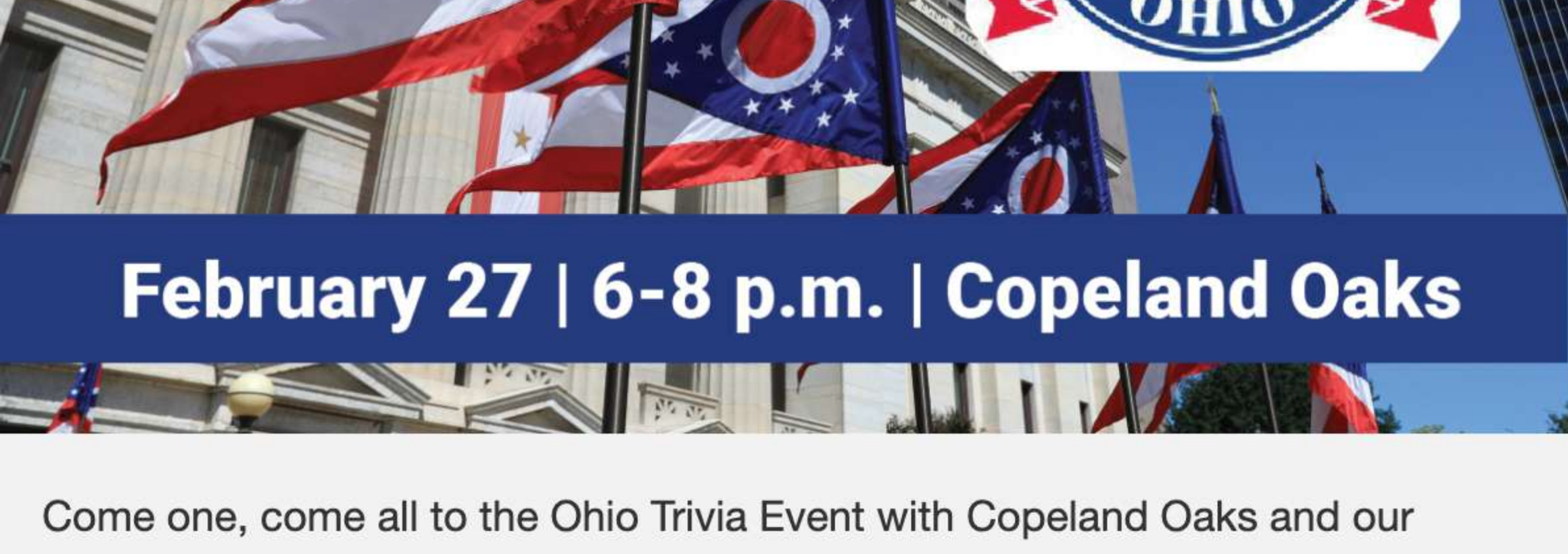
For residents looking to stay fit, Copeland offers a wealth of wellness classes and activities. The wellness team, led by Heidi and Michelle, offers a variety of fitness classes such as balance, strength, chair yoga, AquaFit, Chair Pound, and cardio. The newly updated fitness center and activities like pickleball, ping-pong, and aerobics classes provide ample opportunities to stay active.



In Assisted Living, Christie, the Activity Coordinator, also organizes a range of events tailored to her residents' needs, including movie nights, manicures, Bible studies, virtual church services, exercise classes, and visits from Addie, the therapy dog. There are also pizza parties, crafts, games, and much more to keep residents engaged and connected.

Whether it's a group activity or an individually tailored event, Copeland ensures that there's always something happening for everyone – so residents will never run out of things to do unless they choose to!

## Ohio Trivia Event with the Library



**February 27 | 6-8 p.m. | Copeland Oaks**

Come one, come all to the Ohio Trivia Event with Copeland Oaks and our friends from The Public County Library of Youngstown & Mooning County! On Thursday, February 27th from 6-8pm, enjoy a night of fun with trivia about Ohio history, entertainment figures, and geography. A light dinner will be provided – sandwiches, fruit, and veggies. The event is open to the public, so bring your team, and bring your A-game!

[RSVP Today!](#)



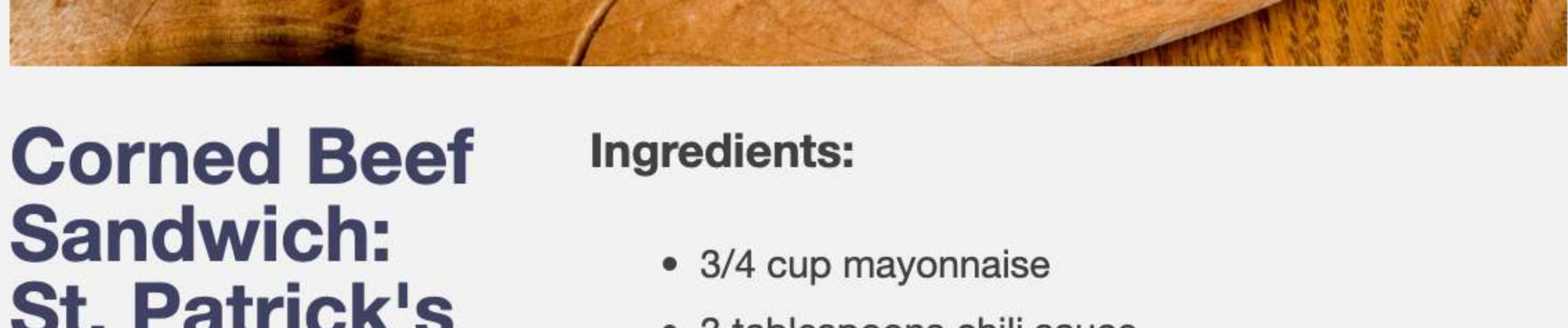
## Choosing the Right Assisted Living Facility

Embracing the golden years can be daunting when it comes to trying to find a senior living facility that fits. Hours of research can go by, and you still might feel lost. Having a list of key questions can help guide your search, ensuring you get the information you need about pricing, floor plans, amenities, and more.

At Copeland Oaks, we know how overwhelming this process can be. That's why we've compiled a list of important topics to cover when you're researching. Read more on our blog, 'Questions You Should Ask an Assisted Living Facility.'

[Read Our Latest Blog Post](#)

## What's Cooking at Copeland?



### Corned Beef Sandwich: St. Patrick's Day Lunch

Get festive next month when you try out this dish!

#### Ingredients:

- 3/4 cup mayonnaise
- 3 tablespoons chili sauce
- 2 cups shredded Swiss cheese
- 1 can (14 ounces) sauerkraut, rinsed and well drained
- 12 ounces sliced deli corned beef
- 20 slices rye bread
- 1/2 cup butter, softened
- Thousand Island salad dressing, optional

#### Directions:

1. In a large bowl, combine mayonnaise and chili sauce until blended. Stir in cheese and sauerkraut. Spread over all 20 bread slices, about 2 tablespoons per slice. Place corned beef on 10 bread slices; top with remaining bread, spread side down. Spread outsides of sandwiches with butter.
2. On a griddle, toast sandwiches over medium heat until golden brown and cheese is melted, 4-5 minutes on each side. If desired, serve with dressing.

### 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.

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