



LAKESHORE

Your Weekly Update

January 12, 2022

Member News

Lakeshore will be open from 8 a.m. to 1 p.m. on Monday, January 17 in observance of Martin Luther King, Jr. Day

As the Omicron variant continues to spread throughout our area, thank you for doing your part to make Lakeshore as safe as possible. Wearing a mask over your nose **and** mouth continues to be a primary way to reduce the spread of COVID and is required in our buildings. You should bring your mask with you each time you visit. Masks are available at the front desks if you forget yours but are not intended to routinely replace your own mask.



Please also remember,

- Remain, at minimum, 6 feet apart from one another.
- Wash your hands frequently.
- If you become aware of a potential exposure to COVID or have a positive COVID diagnosis, please notify Debbie Smith, debbies@lakeshore.org. She will assist with next steps before you return to Lakeshore.
- Self-monitor, and do not come to Lakeshore if you have any known COVID symptoms or potential exposure.
- We encourage you to get vaccinated and receive your booster. Visit [vaccines.gov](https://www.vaccines.gov) to find a vaccine near you.



Spice up your physical activity at Lakeshore

It's a new year and a great time to try something new at Lakeshore. We have so much to offer. Get your heart rate up in our Zumba or Total Body Conditioning class, unwind and find balance in the warm Therapy Pool with Ai Chi, or socialize and get your competitive juices flowing with a laid back game of bocchia in the Fieldhouse. There is so much to try! Not sure where to start? Check out all of our schedules online by clicking the links below.

[Adult Aquatics Classes](#)
[Adult Fitness Classes](#)
[Adult Recreation Programs](#)

Your Weekly Reservations

In-person Fitness Classes January 17-22

In-person Fitness Classes January 10-15

Can't make it to Lakeshore? Take one of our fitness classes wherever you are with Lakeshore Online Fitness. Visit fitness.lakeshore.org to log in or create your account.

Give Your Feedback on Air Travel

Are you an airline traveler? The U.S. Access Board is looking for input from wheelchair users regarding aircraft onboard wheelchairs. Share your opinions as the U.S. Access Board



prepares its advisory guidelines on the subject. The deadline to submit comments is January 17. Visit the U.S. Access Board [website](#) to share your voice.



Congrats Lakeshore Typhoons

The Lakeshore Typhoons youth swim team had a great showing at the Birmingham Swim League Vulcan Open last weekend, competing in 12 events and setting nine personal records. The team also qualified for the 2022 Move United Junior Nationals in all 12 events. Are you interested in your child participating in Lakeshore aquatics programs this season? Visit our [website](#) to learn more about our competitive and non-competitive swim opportunities.



From the NutriLab

Looking for a delicious and nutritious meal idea that will please the whole family any time of day? Look no further than Chef J's [sweet potato pancake recipe](#) from NCHPAD's NutriLab.

Give
Today

Lakeshore Foundation | lakeshore.org

