



# LAKESHORE

## Your Weekly Update

December 29, 2021

### Member News

#### Holiday Hours of Operation

- Lakeshore will be open Friday, December 31 from 8 a.m. to 1 p.m. and closed on Saturday, January 1.
- The Fieldhouse is closed until January 3 as we resurface the hardwood courts.

#### Remember: A Mask Covering Your Nose and Mouth Is Required

**Thank you** for continuing to do your part to make Lakeshore as safe as possible during the spread of the COVID Omicron variant. 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. You may find more information on masks on the CDC [website](#).

**Have you received your COVID-19 booster yet?** The [CDC recommends](#) everyone ages 18 and older should get a booster shot. Visit [vaccines.gov](#) to find a booster near you.

## Choosing a Mask: Dos and Donts

### DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask



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### DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

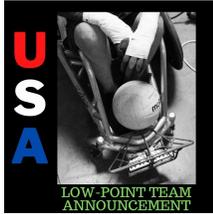
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### Your Weekly Reservations

Can't make it to Lakeshore over the holidays? Take one of our fitness classes wherever you are with Lakeshore Online Fitness. Visit [fitness.lakeshore.org](https://fitness.lakeshore.org) to log in or create your account.

In-person Fitness Classes January 3-

In-person Fitness Classes December 27-



## USWRA Announces Invite List for World Games Tryout

The U.S. Wheelchair Rugby Association released its [invite list](#) for The World Games 2022 low-point wheelchair rugby team tryout. Congratulations to Lakeshore Demolition athlete Ben Tomlinson on making the list! The World Games 2022 Birmingham will be the first World Games to feature a disability sport with the inclusion of low-point wheelchair rugby.



## Give Through Your IRA

Did you know if you own an IRA and are 70-1/2 or older, you can make a charitable gift of up to \$100,000 from your IRA and name Lakeshore Foundation as a beneficiary? It's just one more way you can make an impact by giving to Lakeshore this holiday season.

See your tax professional for more information. For other questions, contact Leon Ryan at [leonr@lakeshore.org](mailto:leonr@lakeshore.org) or 205-612-3314.



## New Year's Meditation

As we enter a new year, let go of what no longer serves you with this mindful meditation from [NCHPAD](#).

We continue our commitment to providing an environment that is as safe as possible for you and your fellow members. As we have done since the beginning of the pandemic, our Recovery Team meets, now bi-weekly, to review the latest COVID-19 statistics and consider our next steps. Please remember the following guidelines for using the Lakeshore facility:

- Wear a mask that covers your nose and mouth at all times while in the building unless in the pool.
- 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](mailto: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](#) if you are able.

Give  
Today

Lakeshore Foundation | [lakeshore.org](http://lakeshore.org)

