

August 29, 2020

Dear Residents,

Grand Oaks has moved into phase 2 of our Reopening Plan. One of the most exciting aspects of this phase is the addition of limited community activities. Beginning on Tuesday, September 1st we will offer limited communal programs. Residents will continue to be updated and notified of any changes regarding activity schedules and locations.

In order to ensure the health and safety of all residents, we are taking the following precautions:

- **Hand sanitizer** will be available and located outside of each activity program.
 - Residents must sanitize **before and after** each group activity.
- Residents must **wear masks** to participate in group activities.
- **Large groups** will be limited to **5-10** residents, and **small groups** will be limited to **2-4** residents.
- **1 on 1** exercise options will continue to be offered inside resident rooms if you do not wish to participate in a group setting.
- Residents will be **escorted to and from group activities** to ensure social distancing practicing in the hallways and elevators.

As previously mentioned, there are three different exercise options. Residents can choose from **large group, small group, and 1 on 1 exercises**. Reservations for these activities are required no later than **24 hours in advanced**, and can be made by **calling the front desk**. These reservations are a **first call, first serve basis** and will include a waitlist if groups are full. Residents can only sign up for **one exercise option a day** to make sure that all residents are able to participate in physical activity. Below are more details on the different activity options.



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- **1:1 Exercise with Adela in Apartment– Tuesday, Wednesday, Thursday, & Saturday**
 - Residents must call and sign up with front desk.
 - Deadline to sign up for Saturday 1:1 class is Friday @ 12:00pm
- **Large Group Exercise Class with Sam in The Commons: Sunday - Friday**
 - **Class Length:** 30 minutes max
 - **Scheduled Times** - 11am, 2pm, 4pm
 - **Class size:** 5-10 residents
 - **Reservation:** call and sign up no later than 24 hours in advance.
 - *Friday's Class will be led by Adela
- **Small Group Exercise Class With Jordan in 4th Floor Gym: Monday - Friday**
 - **Class Length-** 30 minutes
 - **Scheduled Times-** 11:30, 2:30pm, 3:30pm
 - **Reservation:** call and sign up no later than 24 hours in advance.

Sincerely,

Jordan Asrat
Director of Activities



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