

# Woodcroft Swim and Tennis Newsletter

January/February 2021

Due to Covid-19 and the need to social distance, a RSVP is required for ALL events. **To RSVP, please email Jess at:** [activities@woodcroftclub.org](mailto:activities@woodcroftclub.org)

## Happy New Year from the Woodcroft Club!

We can't wait to have you all back on the pool deck this summer, and we are busy getting ready for you! We are hard at work planning so no matter how it happens, we will be ready to give you a wonderful summer!

Camp registration is now open and we are working on lots of exciting ideas.

We can't wait to see you all in 2021!

## BRAKE FOR BREAKFAST

Monday, January 11th 7:30-8:30am

Monday, February 8th 7:30-8:30am

RSVP to Jess

Cost: Free

A socially distanced version of coffee break! We are going to send out an email to sign up the week before the event, and then we will have your bag ready to pick up curbside the morning of. We will prepackage and label bags ahead of time to ensure quick pick up, so please make sure to order ahead of time.



## Crafts for Kids

Sunday, January 24th 10:00am

Sunday, February 7th 10:00am

RSVP to Jess

Cost: \$5/Member; \$8/Non-Member



## DUDES AND DONUTS

Thursday, January 28<sup>th</sup> 6:00pm

Thursday, February 25<sup>th</sup> 6:00pm

Calling all Dudes! Do you miss the games, comic books, movies, and all of the other things that we loved to do growing up?



\*\*We will resume this program social distanced style. It will continue to be the last Thursday of the month at 6 pm; email Mike at [manager@woodcroftclub.org](mailto:manager@woodcroftclub.org) for more details! \*\*



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## Woodcroft Day of Service

**Now - Monday, January  
18th**

**Martin Luther King Jr. Day has become a day of service. Help Woodcroft collect food for Interfaith Food Shuttle! During this critical time, food donations are needed more than ever. Food and fund drives form the foundation of the Food Shuttle's resources to provide for critical programs working to end hunger in central North Carolina.**

### COVID-19 EMERGENCY RESPONSE FOOD ITEMS NEEDED:

- Canned Vegetables
- Canned Fruit
- Rice
- Pasta & Pasta Sauce
- Cereal Boxes
- Oatmeal
- Canned Soup
- Canned Chicken & Tuna
- Canned & Dry Beans

### FOR HEALTH AND SAFETY REASONS, WE CANNOT ACCEPT DONATIONS OF:

- Items void of nutritional value including:
  - Candy
  - Vienna sausages/SPAM
  - "Fruit" drinks made without fruit juice
  - Sodas
  - Chips
  - Home prepared food including canned/jarred fruits, vegetables and preserves
  - Dented and rusted cans
  - Items without labels

### **Ways you can help:**

- Donate food (see next page)
- Donate money/gift cards (Walmart, Sam's Club, Target, Home Depot, AgriSupply, Northern Tool, Staples, Amazon, Gas Cards, and CAT bus passes.)
- Donate Time on **Monday, January 18th 3-4pm** to drop off food



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## COVID-19 EMERGENCY RESPONSE MOST NEEDED ITEMS

Family-sized, whole grains, high protein, light syrup, low sugar, and low sodium items are preferred.



### Proteins

Beans, Tuna, Soup,  
Pasta with Meat



### Breakfast

Whole Grain Cereal,  
Oatmeal, Grits



### Canned Fruit

No heavy syrup - only  
water, juice, or light  
syrup



### Canned Vegetables



### Healthy Snacks

Raisins, Granola Bars,  
Fruit Pouches



### Pasta and Sauce

For drop-off locations and times, please visit  
[FoodShuttle.org/donate-food](http://FoodShuttle.org/donate-food)

Inter-Faith Food Shuttle  
1001 Blair Drive, Suite 120  
Raleigh, NC 27603

[Info@FoodShuttle.org](mailto:Info@FoodShuttle.org) | 919.250.0043



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## 2021 Gym Reminders

1. Gym is available by sign up only. **Please note individual members are not allowed to sign up for more than 3 slots a week between the hours of 5am and 8pm.** No more than **four people** can be in the space (cardio area and weight room combined) at any time, and the capacity restriction will ensure that we are able to meet all necessary criteria for reopening. Because of social distancing protocols Only 1 person may be in the weight room (back room with the bench press) at one time. The gym is closed from 5am-10pm until the Governor's modified stay at home order changes.
2. Time slots are an hour, but this includes time to enter, clean, exercise, sanitize your equipment and leave in an orderly fashion that still allows for social distancing. Please plan accordingly.
3. Members are required to clean machines and equipment before and after use, using the provided cleaning supplies. Never spray cleaner directly onto the machine, always apply to the paper towel and then wipe down.
4. Hand sanitizer will be provided at the entry storage shelf, please use it when you enter and leave.
5. Gym users must wear a face mask at all times.
6. Gym users must maintain at least 6 feet of distance from others at all times; gym users may not use a machine directly next to another machine that is in use.
7. Gym users must enter at the beginning of their gym time and leave by the end of their gym time.
8. Anyone exhibiting any ill symptom is not allowed to use the gym under any circumstance.
9. Water can only be drunk from a personal container; do not drink directly from the water fountain.
10. No water cooler will be supplied for health reasons.

Staff will clean high touch areas regularly; gym users are asked to notify the office immediately if there is an issue with the space.

Gym users understand that the gym space is a small, enclosed space and that air flow is not optimal. While every precaution will be taken to provide optimal air flow, users recognize that they are choosing to be in this space with others, and that they undertake all risks associated with this choice.



Outdoor group fitness classes: all you need is a mat, towel, water and a positive attitude! These are fun & effective workouts that leave you feeling great.

Core & Cardio MWF 6:30am & 5:30pm

Sign up here: <https://www.signupgenius.com/go/10c0d4eafa62ca5fac70-core>

Lean & Toned TTh 6:30am & 5:30pm

Sign up here: <https://www.signupgenius.com/go/10c0d4eafa62ca5fac70-lean>

Group classes are \$15 for members and \$20 for non-members. We have lots of open space so bring friends and family!

Contact [untapped.potential50@gmail.com](mailto:untapped.potential50@gmail.com) or 402-415-4391 to set up a 1:1 session. We can do outdoors, in the clubhouse gym, or virtually via Zoom. \$35 for 45 minutes for club members, \$40 for non-members.



# January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Brake for Breakfast 7:30-8:30am	12	13	14	15	16
17	18 Day of Service	19	20	21	22	23
24 Craft 10am	25 31	26	27	28 Dudes and Donuts 6pm	29	30



# February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Craft 10am	8 Brake for Breakfast 7:30-8:30am	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Dudes and Donuts 6pm	26	27
28						