

THE LilyPad

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A PUBLICATION FOR FRIENDS OF FREDERICKA MANOR

New Resident Dining Room Combines Comfort and Contemporary Flair

More services and expanded menu enhance dining experience

Stylish woods, bright, comfortable seating, open spaces, a touch of elegance and expanded personal services are all part of the new resident dining experience at Fredericka Manor.

"We listened to our residents and they told us what they wanted in a dining experience," said Karen Woolsey, Fredericka Manor dining services director. "We created a welcoming, relaxed and comfortable atmosphere with more choices than ever."

Remodeled last fall, the new dining room features a larger fresh fruit and salad bar. Residents enjoy made-to-order fare from an expanded lunch and

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Take Advantage of our Move-in Special

Reserve your new home by December 31, 2015 and save up to \$2,000 in moving costs



Are you ready to give up the hassles of home ownership including all of the mundane chores and maintenance that go along with it? It's time to enjoy retirement at Fredericka Manor. Here, you will experience full-service retirement living with housekeeping, maintenance, restaurant-style dining and scheduled transportation all included in your monthly fee. And care is available on site if you ever need it.

Fredericka Manor offers a variety of accommodations, ranging from \$1,995 for our Economy Studio apartments to \$3,745 for our two-bedroom apartments or cottages. Schedule a tour and you will be treated to a complimentary lunch with absolutely no obligation! Call us today at **(800) 310-4696** or **(619) 205-4115** because our move-in special only lasts until December 31, 2015. 

Residents Hold Record as National CyberCycle Champions

Fun and fitness combine for better health

Riders traverse courses like Redwood Dash, Coastal Run, Gut Buster, Monkey Pass and Savage Revenge, just to name a few. Each course enjoys a unique charm, beauty, length and difficulty. Terrains are scenic, daunting, challenging, but mostly fun. And riders are rarely bored.

"Savage Revenge was a tough one," said Joanne Papadakis, a CyberCycle enthusiast at Fredericka Manor who recently set a national record by peddling 259 miles in one month within the virtual world of stationary exercise biking. Savage Revenge is just one of more than 40 virtual "tours" available on the innovative, interactive recumbent exercise bicycle created by Interactive Fitness and which has turned into a popular resident activity at Fredericka Manor.

Elsie Marini, another record holder for her age group and gender, and Joanne are part of the Fredericka 25-member team called the "Cyclepaths," who compete against other retirement community teams from around the world in what is known as the CyberCycle Challenge.

don't ride are not like the days I do ride. It's just a great feeling."

"When you add it all up I think I've spent about 15 days on this bike," said Elsie, who estimates she has ridden 360 hours total so far. She also achieved second place for most miles logged nationally in May, behind Joanne.



Joanne Papadakis (left) and Elsie Marini hope to set new records on the CyberCycle.

At the end of each month, a computerized system tallies the speed and distance from users across the globe and reports it to the CyberCycle web site, expresso.com.

And while physical activity increases, cognitive abilities improve as well, recent studies have confirmed.

"Since I began riding I've lost weight and my doctor says my heart rate and blood pressure are better," Joanne said. "You can't beat that."

Stacey Buffington, Fredericka Manor's exercise physiologist, started the team and said competition is a good motivator.

"That's what it took to get our group motivated, and it really brought our team together as a community," Stacey said.

Joanne and other members of the Cyclepaths were recently featured on KPBS and Fox 5 news. 🌸



"It's all such great fun," Joanne said. "I like the feeling when I get off my bike. The endorphins are running through my body. The days that I