

IN PERSON CLASSES AFTER COVID

ELAINE THOMPSON

COLONIAL HEIGHTS SENIOR CENTER



JULY 2020 - REOPENING

- Entrance/Exit through front doors
 - Temp check
 - Masks required
 - Social distancing
 - Required people to stay in vehicle and not enter building any earlier than 10 mins prior to class/activity
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- Sanitize
 - Bring own equipment
 - Class sizes no more than 25
 - Ensured time between class/activity to limit traffic within building
 - Last name beginning
 - A-K T/TH
 - L-Z W/F

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 9:00a Tai Chi 10:00a Line Dancing 1:00p Coloring & Diamond Art	7 9:00a Yoga 10:00a Sit & Fit 11:00a Meditation 12:30p Sewing 1:00p Bingo	8 8:30a Crochet & Knitting 9:00a Yoga 10:00a Sit & Fit 11:00a Line Dancing 12:30p Bridge	9 9:00a Muscles in Motion 10:00a TBS 11:00a Strength & Stretch 1:15p Senior Club 1:30p Watercolor	10 9:00a Muscles in Motion 10:00a TBS 11:00a Strength & Stretch 1:00p Scrabble	11
12	13 9:00a Tai Chi 10:00a Line Dancing 1:00p Coloring & Diamond Art	14 9:00a Yoga 10:00a Sit & Fit 11:00a Meditation 12:30p Sewing 1:00p Bingo	15 8:30a Crochet & Knitting 9:00a Yoga 10:00a Sit & Fit 11:00a Line Dancing 12:30p Bridge 1:30p Craft	16 9:00a Muscles in Motion 10:00a TBS 11a Strength & Stretch 1:15p Senior Club 1:30p Watercolor	17 9:00a Muscles in Motion 10:00a TBS 11:00a Strength & Stretch 1:00p Scrabble	18
19	20 9:00a Tai Chi 10:00a Line Dancing 1:00p Coloring & Diamond Art	21 9:00a Yoga 10:00a Sit & Fit 11:00a Meditation 12:30p Sewing 1:00p Bingo	22 8:30a Crochet & Knitting 9:00a Yoga 10:00a Sit & Fit 11:00a Line Dancing 12:30p Bridge 1:30p Craft	23 9:00a Muscles in Motion 10:00a TBS 11:00a Strength & Stretch 1:15p Senior Club 1:30p Watercolor	24 9:00a Muscles in Motion 10:00a Strength & Stretch 1:00p Scrabble	25
26	27 9:00a Tai Chi 10:00a Line Dancing 1:00p Coloring & Diamond Art	28 9:00a Yoga 10:00a Sit & Fit 11:00a Meditation 12:30p Sewing 1:00p Bingo	29 8:30a Crochet & Knitting 9:00a Yoga 10:00a Sit & Fit 11:00a Line Dancing 12:30p Bridge 1:30p Craft	30 9:00a Muscles in Motion 10:00a Strength & Stretch 1:15p Senior Club 1:30p Watercolor	31 9:00a Muscles in Motion 10:00a TBS 11:00a Strength & Stretch 1:00p Scrabble	

CHANGES FOR AUGUST 2020

- Dropping the last name procedure for exercise classes
- Able to service more people offering class 4 days per week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9:00a Tai Chi 10:00a Balance 11:00a Line Dancing 1:00p Coloring & Diamond Art	4 NO YOGA 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing	5 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a Strength & Stretch 11:00a Line Dancing 12:30p Bridge 1:30p Craft	6 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor	7 1:00p Scrabble 2:00p Painting Group	8
9	10 9:00a Tai Chi 10:00a Balance 11:00a Line Dancing 1:00p Coloring & Diamond Art	11 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing	12 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:20a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge 1:30p Craft	13 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor	14 1:00p Scrabble 2:00p Painting Group	15
16	17 9:00a Tai Chi 10:00a Balance 11:00a Line Dancing 1:00p Coloring & Diamond Art	18 NO YOGA 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing	19 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a Strength & Stretch 11:00a Line Dancing 12:30p Bridge 1:30p Craft	20 NO YOGA 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor	21 1:00p Scrabble 2:00p Painting Group	22
23	24/31 9:00a Tai Chi 10:00a Balance 11:00a Line Dancing 1:00p Coloring & Diamond Art	25 9:00a Yoga 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing	26 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:20a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge 1:30p Craft	27 9:00am Yoga 10:00am Sit & Fit 12:30p Senior Club 2:00p Watercolor	28 1:00p Scrabble 2:00p Painting Group	29

OTHER CHANGES MADE DURING THE FALL 2020

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- Added in self temperature checks in the front of the building
 - At 12noon we unlock the arts/crafts activities (bingo, painting, sewing) door and check temperature at that entrance
 - Created the KITs program

DECEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>-We encourage the use of face masks for non-exercise related activities and require social distancing. —To avoid overcrowding in the hallways please do not enter the building any earlier than 10 minutes before the start of class. —Temperature checks for each visit at the front of the building. Please stay at home if you have a temperature and/or feeling ill. —Bring your own weights, bands and/or yoga mats DAILY. Each participant must clean their chair after use. —Max of 4 people at a time in the Fitness Center.</p>						
		1 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Quilts for Vets	2 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	3 8:30a Morning Crunch 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	4 8:30a Muscles in Motion 9:30a Balance 10:30a Line Dancing 12:00p Open Paint 1:00p Scrabble	5
6	7 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Christmas Card Project 1:00p Pinochle	8 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Sewing	9 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	10 8:30a Morning Crunch 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	11 8:30a Muscles in Motion 9:30a Balance 10:30a Line Dancing 12:00p Open Paint 1:00p Scrabble	12
13	14 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	15 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Sewing	16 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	17 8:30am Morning Crunch 9:00am Yoga 10:00am Sit & Fit 11:30 Sr. Club @ Golden Corral 2:00p Watercolor (\$)	18 8:30a Muscles in Motion 9:30a Balance 10:30a Line Dancing 12:00p Open Paint 1:00p Scrabble	19
20	21 8:30a Tai Chi 9:30a TBS-45 mins 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	22 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Sewing	23 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a Balance 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	24 CLOSED	25 CLOSED	26
27	28 8:30a Tai Chi 10:30a Walking at Roslyn Trail (weather permitting) 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	29 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Quilts for Vets	30 8:30a Crochet & Knitting 9:30a TBS-45 minutes 11:00a Line Dancing 12:30p Bridge	31 8:30am Morning Crunch 9:00am Yoga 10:00am Sit & Fit 2:00p Watercolor (\$)	Looking Ahead: Closed New Year's Day.	

THE DREADED NEWS ON DECEMBER 10

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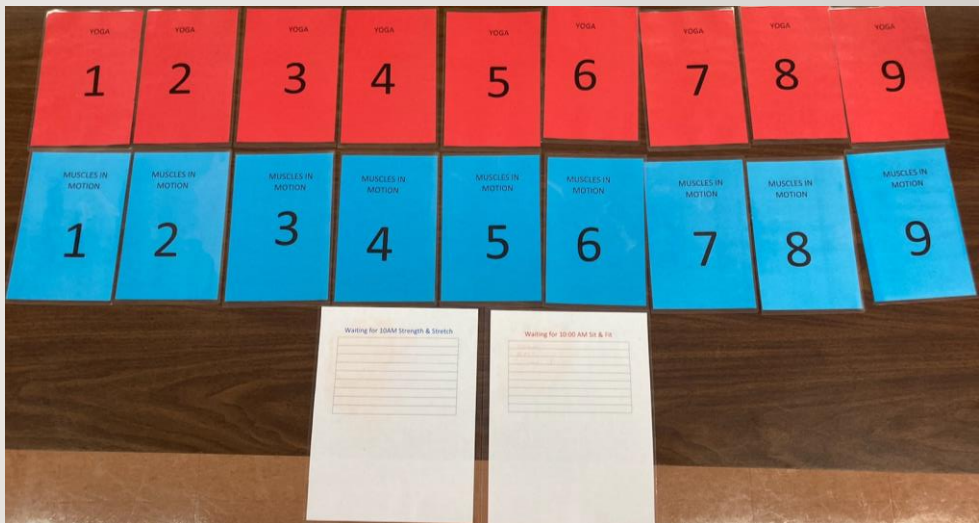
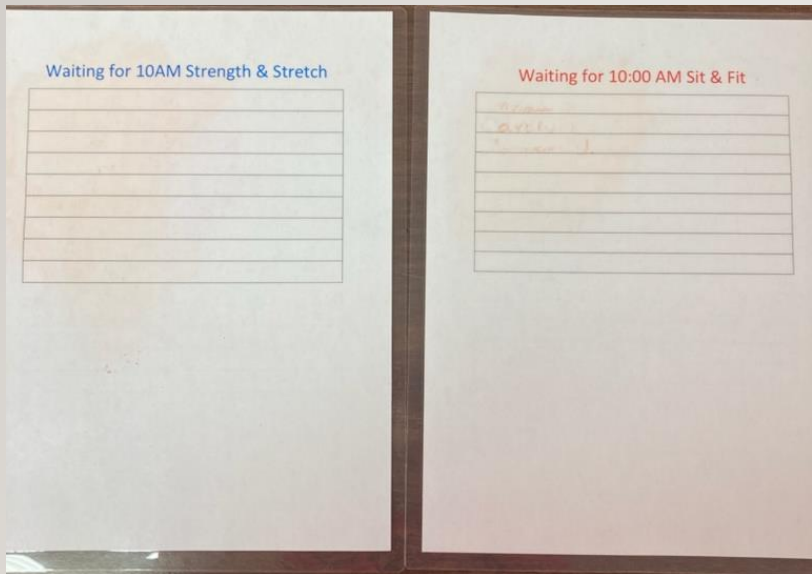
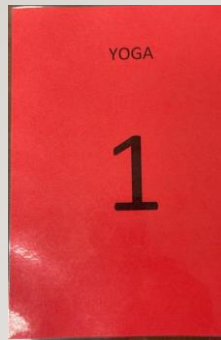
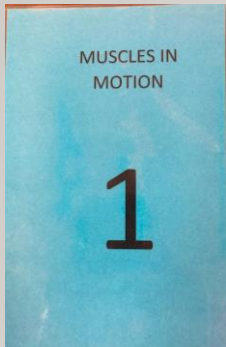
NEW COVID RESTRICTIONS IN VIRGINIA

- Starts Monday at 12:01am
- Modified Stay At Home Order
 - Between 12am-5am
 - Exceptions: Going to work, buying essential items, medical care
- Indoor & Outdoor Gatherings limited to 10 people
- Mask requirement for residents aged 5 and over

UPDATED CHANGES TO DECEMBER 2020 WITH NEW RESTRICTIONS

- 10 feet social distancing
- No more than 10 participants (including instructor)
- CR = Community Room (room w/windows)
- MPR = Multipurpose Room (room w/stage)
- Staggered classes
- Ticket system
 - Then added a sign up sheet for those waiting for next class

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	14 8:30 Tai Chi (MPR) 9:00 Muscles in Motion (CR) 9:30 TBS (MPR) 10 Strength & Stretch (CR) 10 Yoga (MPR) 11 Line Dancing (CR) 1p Diamond Art & Coloring	15 8:30 AM Crunch (MPR) 8:45 Tap Dancing (CR) 9 TBS-45 (MPR) 10 Sit & Fit (MPR) 10:30 Sit & Fit (CR) 11 Meditation (MPR) 1p Bingo 2:30p Sewing	16 8:30a Crochet & Knitting 8:30 Balance (CR) 9 Muscles in Motion (CR) 9:30 TBS (MPR) 10 Strength & Stretch (CR) 10 Yoga (MPR) 11 Line Dancing (CR)	17 8:30 AM Crunch (MPR) 9 Yoga (MPR) 10 Sit & Fit (MPR) 10:30 Sit & Fit (CR) 2p Watercolor	18 10-11:30 Line Dancing 11:45-1:15 Line Dancing	19
20	21 8:30 Tai Chi (MPR) 9:00 Balance (MPR) 9:30 TBS (MPR) 10 Yoga (MPR) 11 Line Dancing (CR) 1p Diamond Art & Coloring	22 8:30 AM Crunch (MPR) 8:45 Tap Dancing (CR) 9 TBS-45 (MPR) 10 Sit & Fit (MPR) 10:30 Sit & Fit (CR) 11 Meditation (MPR) 1p Bingo 2:30p Sewing	23 8:30a Crochet & Knitting 8:30 Balance (CR) 9 Muscles in Motion (CR) 10 Strength & Stretch (CR) 11 Line Dancing (CR)	24	25	26
27	28 8:30 Tai Chi (MPR) 1p Diamond Art & Coloring	29 11 Meditation (MPR) 1p Bingo	30 8:30a Crochet & Knitting 11:00a Line Dancing (CR)	31 2p Watercolor	1 HAPPY NEW YEAR! CLOSED	2
<p>In order to service as many people as possible we are offering staggered classes and a new sign up procedure.</p> <p>For Elaine & Stacy's Exercise Classes the following procedures will apply for all other classes please contact your instructor.</p> <p>Due to the Governor's new mandate we are limited to 10 people for exercise classes (including instructor).</p> <p>Upon arrival please obtain a class number on the table next to the wall thermometer. Hand your "ticket" to the instructor.</p> <p>Please be advised "tickets" will be available approximately 15 minutes before the start of class.</p> <p>We appreciate your patience as we try to navigate through these challenging times.</p>						



LIGHT AT THE END OF THE TUNNEL

APRIL 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Interested in something new? Then the Dancin' Grannies are for you! All are welcome and no experience is necessary. Check 'em out each Tuesday morning from 9-11am.</p> <p>Tech Sawy—did you know we're here to help with your technological needs? Stop by and make an appointment for one on one help.</p>			<p>1 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 1:15 Senior Club 2:00 Watercolor (\$)</p>	<p>2 Center Closed</p>	<p>3</p>
4	<p>5 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Balance 10:30 Yoga Core 11:00 Pickleball (SCB) 11:30 Line Dancing 11:45 Senior Stride 1:00 Pinochle</p>	<p>6 9:00 Tap Dancing 9:00 TBS 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Exch. 2:30 Sewing</p>	<p>7 8:30 Crochet & Knitting 9:00 TNT 10:00 Yoga Flow 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 1:30 Poet/Photo Group 2:00 Center Orientation ELAINE OFF</p>	<p>8 9:00 TBS 10:30 Sit & Fit 11:30 Meditation 1:15 Senior Club 2:00 Watercolor (\$)</p>	<p>9 9:00 TNT 10:00 Yoga Warrior 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 Open Paint 12:30 Scrabble</p>	10
11	<p>12 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Stretch 11:00 Pickleball (SCB) 11:30 Line Dancing 11:30 Senior Stride 1:00 Pinochle</p>	<p>13 8:30 TBS 9:00 Tap Dancing 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Exch. 2:30 Sewing</p>	<p>14 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 1:30 Poet/Photo Group</p>	<p>15 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 1:15 Senior Club 2:00 Watercolor (\$)</p>	<p>16 8:45 Muscles in Motion 10:00 Balance 11:00 Pickleball (SCB) BLOOD DRIVE 12-4 12:00 Open Paint 12:30 Scrabble</p>	17
18	<p>19 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Stretch 11:00 Pickleball (SCB) 11:30 Line Dancing 11:30 Senior Stride 1:00 Pinochle</p>	<p>20 8:30 TBS 9:00 Tap Dancing 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Exch. 2:30 Sewing</p>	<p>21 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 1:30 Poet/Photo Group</p>	<p>22 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 11:30 Senior Club @Golden Corral 2:00 Watercolor (\$)</p>	<p>23 9:00 TNT 10:00 Yoga Warrior 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 Open Paint 12:30 Scrabble</p>	24
25	<p>26 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Stretch 11:00 Pickleball (SCB) 11:30 Line Dancing 11:30 Senior Stride 1:00 Pinochle</p>	<p>27 8:30 TBS 9:00 Tap Dancing 9:30 Warrior 10:30 Sit & Fit 11:30 Meditation 1:00 Bingo 2:00 Meaningful Exch. 2:30 Sewing</p>	<p>28 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 1:30 Poet/Photo Group</p>	<p>29 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 1:15 Senior Club 2:00 Watercolor (\$)</p>	<p>30 8:45 Muscles in Motion 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 Open Paint 12:30 Scrabble</p>	

THINGS WE LEARNED:

- Communication w/in organization as well as with participants is essential
 - Means of communication: Email, FB, Phone and/or In Person
 - Be open to change
 - Be receptive to people's suggestion
 - Flexibility – we know seniors DO NOT like change
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- You will get push back from other programs and/or volunteers
 - We made decisions based on numbers - amount of people we are able to service
 - This is not a fool proof system