

Waupaca Senior Center Guidelines

Mask Required Social Distance Wash Hands Register for Classes

1. Practice social distancing (6 feet for general classes, 10 feet for exercise)
2. Wash your hands and/or use sanitizer before and after programs (20 secs)
3. It is required that you wear a mask at the center **unless** you are exercising
4. Bring your own equipment (when possible) and water bottle to classes
5. Come to the activity you want to participate in and leave immediately after. Please do not linger in common areas. It is best to socialize outdoors when possible.
6. For the first two weeks, exercise classes will be limited to 30 minutes to allow for cleaning and to build up your endurance
7. We ask that you attend only 1 exercise class a day to allow for as many people as possible to participate during this transition period
8. As of Today, **MEMBERS MUST REGISTER IN ADVANCE FOR CLASSES**. This is a change from our original plan, but classes are more limited due to the current situation. We will require your name and phone number. Here is the breakdown.
 - a. Exercise Room (12 participants)
 - b. Blue Gym: (20 max)
 - c. Card Room: (6 people)
 - d. Craft Room: (8 people)
 - e. Nail Clinic (By Appointment 1 at a time).
 - f. Computer Lab (5 max for appointments and evening class)
 - g. Lobby for Woodcarving (10 people)
9. If you have a fever or feel ill in anyway, do not come into the facility
10. If you are not comfortable with any of our guidelines, please stay home until you are comfortable. This situation is different for everyone and we respect that.

Please Note: *We will monitor the situation and classes each week to make sure the procedures in place meet the standards of safety for our members. Activities are subject to change.*

July 2020: Schedule (30 min exercise classes)

Monday	Tuesday	Wednesday	Thursday	Friday
6 Computer Lab Open by Appointment	7 Computer Lab Open by Appointment	8 8:30 Woodcarving 9 Jamba 9 Yoga @ South Park with Janet 10 Qigong 11 Tai Chi Basic	9 9 AFEP w/ Helen 10:30 Toenail Clinic 10:30 Mind & Body 6 Computer Class	10 9 Jamba 10 Qigong
13 9 Basic Boxing (non contact) 11 Tai Chi Basics	14 9 AFEP w/ Helen 9 Knitting Group 10 Line Dancing 10:30 Mind & Body	15 8:30 Woodcarving 9 Jamba 9 Yoga @ South Park with Janet 10 Qi Gong 11 Tai Chi Basic	16 9 AFEP with Helen 10:30 Toenail Clinic 10:30 Mind & Body 6 Computer Class	17 9 Jamba 10 Qigong

Exercise Classes May Advance to 45 mins.

20 9 Basic Boxing (non contact) 11 Tai Chi Basics	21 9 AFEP w/ Helen 9 Knitting Group 10 Line Dancing 10:30 Mind & Body	22 8:30 Woodcarving 9 Jamba 9 Yoga @ South Park with Janet 10 Qigong 11 Tai Chi Basic	23 9 AFEP w/ Helen 10:30 Toenail Clinic 10:30 Mind & Body 6 Computer Class	24 9 Jamba 10 Qigong
27 9 Basic Boxing (non contact) 11 Tai Chi Basics	28 9 AFEP w/ Helen 9 Knitting Group 10 Line Dancing 10:30 Mind & Body	29 8:30 Woodcarving 9 Jamba 9 Yoga @ South Park with Janet 10 Qi Gong 11 Tai Chi Basic	30 9 AFEP with Helen 10:30 Toenail Clinic 10:30 Mind & Body 6 Computer Class	31 9 Jamba 10 Qigong

CLASS INFORMATION YOU SHOULD KNOW

Areas Where Activities are Held

Exercise Room (limit 12) Wear mask to/from class but not during if desired (10 ft. apart)

*Basic Boxing: 4 simple moves taught in this non-contact activity. Anyone can do it and it is a fun way to burn calories, increase balance, and strengthen your muscles. This will be a moderate intensity class

*Tai Chi Basics: Learn the very basic moves involved with Tai Chi Fundamentals. Easy to follow and very low impact

*AFEP: (Arthritis Foundation Exercise Program) Stretching that is easy on your joints and lead by a certified instructor, low impact

*Line Dancing: Volunteer instructor leads participants in a variety of line dances, high intensity

*Qigong: A certified instructor teaches balance, relaxation, breathing, and movement

Blue Gym (limit 20) Wear mask to/from class but not during if desired (10 ft apart)

*Jamba: Dance to upbeat music. It's like Zumba for individuals 55 and older, high intensity

Card Room (limit 8) Masks need to be worn

*Knitting: Everyone bring your own knitting supplies and enjoy your own project while socializing with your peers. Very casual and fun atmosphere

Craft Room (limit 6) Masks need to be worn

*Mind & Body Connection: Destress and find peace of mind in this low intensity, relaxation and mindfulness class

Upstairs Lobby (limit 10) Masks need to be worn

*Woodcarvers: Volunteer lead group. Individuals bring their own carving projects and enjoy the company of their peers.

South Park (open with social distancing) Instructor prefers masks to be worn

*Yoga: Certified instructor lead yoga. Please bring your Senior Center ID and your own equipment. If you are not a member a \$10.00 fee per class will be applied

Computer Lab (limit 5) Masks need to be worn

*Open Lab: Please call and register during business hours to reserve a computer

*Evening Computer Classes: Tuesdays an instructor will be available to assist with any computer questions you have. Please call and we will give you a 30 minute time slot to work with him. On Thursdays, the instructor will lead a specific topic related to basic computing. Come try it out.

Toenail Clinic: 15 minute appointment to get your toenails trimmed. **Mask & Temp Taken**

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