

FLUSHING AREA SENIOR CENTER

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Dear Members,

As we prepare for next week's events, we want to share a few updates & reminders:

Exercise Classes – With Fall officially here, all outdoor exercise classes are being moved inside. With this in mind, we want to provide you with some updates:

- Along with all other indoor events, masks and social distancing are required at all times.
- We are limited to having no more than 8 participants during each class. As a result, we recommend members calling in advance for our Tuesday/Thursday classes, (Exercises for Everyday Living & Basic Flow Yoga Gold). Listed below is the process for reserving a slot.
 - Participants can call the Monday of each week to reserve a Tuesday OR Thursday slot, (please do not leave a message attempting to make the reservation).
 - Participants can also call on Wednesday as well to see if there are any remaining slots for Thursday.
 - If you are not able to join a class on either day, but would still like to participate from home, you are welcome to join us through a Zoom video conference. Invitations links to these two classes are located on the weekly schedule. Listed below is a YouTube video tutorial for 1st time users:
 - <https://www.youtube.com/watch?v=6flYWnfTc5o>

Woodshop & Pickleball – Though face-to-face instruction is now taking place at the Early Childhood Center, only students and staff have access in the building for health/safety reasons. Therefore, Woodshop and Pickleball continue to remain on hold. I will keep everyone apprised of any updates as they arise.

Checking In / Health Screening – For those coming in for events and classes, we continue to ask for your patience and understanding as we check you in and ask our health screening questions. During this time, we ask you to social distance as we go through the process with each member.

We look forward to the gradual return of program/services, knowing that your health and well being are in the forefront as we continue to navigate through this pandemic.

Take care & stay safe,

Greg Matheson

Executive Director
Flushing Area Senior Center