

# Gathering Points

(253) 756-0601

August 2019



FRANKE TOBEY JONES

POINT DEFIANCE-RUSTON SENIOR CENTER

*Enjoy your age*

## Graduated Reopening

A graduated process will be used to reopen, not only to ensure that participants are safe, but to allow the volunteers the time needed to adjust to new processes and procedures.

### FIRST TWO WEEKS

Food Rescue, Strength and Balance, and Therapeutic Yoga resumes. The Catholic Community Service meal program will continue as a *walkup service* until further notice.

### WEEKS THREE AND FOUR

If there are no outbreaks of COVID in the first two weeks, Tap Dance and Senior Dance Movement, will resume.

**Due to the DELTA variant, only vaccinated individuals may participate until further notice. If you have a medical exemption., it is recommended that you remain at home.**

### WEEKS FIVE AND SIX

If there are no outbreaks of COVID during weeks three and four, Line Dance will resume on Tuesday, September 7, at 3:30 p.m.

### WEEKS SEVEN AND LATER

If there are no outbreaks of COVID during weeks five and six, all games will resume. Dominoes and cards will be in the classroom. There will be no resumption of trips until further notice.

**ROLLBACKS:** If, at anytime, someone contracts the virus, the Senior Center schedule will rollback to the previous schedule. If there is a time lapse in the participant notifying the Senior Center, it may become necessary to temporarily close the Center (dependent on Health Department recommendations).



## REOPENING AUGUST 2! WELCOME BACK!



Yes, we are finally reopening; and we can't wait to see you! As we reopen, your health and safety are our priority. We are reopening with a graduated process (see left column) and only one class at a time will be allowed in the building initially. In addition, the following guidelines that must be followed.

***Vaccinations and masks are required until further notice.***

**ENTERING THE BUILDING:** Masks and social distancing are required. If you enter without a mask, one will be provided. If you are medically exempt, please remain at home due to the DELTA variant. Present your vaccination card, complete a monitoring survey with a "clean" pen/computer stylus and have your temperature taken at the desk. Check into the database with the stylus and place it in the "dirty" cup. **FOOD RESCUE** participants, please enter and sign in through the back dining room. Only two participants will be allowed in at a time due to social distancing.

**MONITORING SURVEYS:** A monitoring survey must be completed each time you enter the building. Participants may choose to take several surveys home, completing and bringing one back upon each return.

**LIMITED OCCUPANCY:** Classes will not exceed 15 participants in the main room. The dining room is limited to 24 participants, and the classroom to six (excluding instructors).

**EXITING THE BUILDING:** All morning class participants will exit through the back dining room door to eliminate congestion as people check in.

**INFECTION OR POSITIVE TEST:** If you become ill or test positive for COVID, NOTIFY THE SENIOR CENTER! This is *extremely important* to prevent spread of the virus.

**EXERCISE PROGRAMS:** Masks must be worn except during strenuous exercise. It can be removed only during exercise and must be replaced prior to leaving the exercise area.

**EXERCISE EQUIPMENT:** Participants must use a disinfectant wipe on any equipment that is used during classes. Bring your own Yoga mat. Mats will not be loaned out unless prior arrangements are made with the instructor.

**STRENGTH & BALANCE:** Molly Maddock will be instructing M/W/F, and Doris Renna will be instructing T/TH. The first day will determine how many people are returning and whether classes will be divided into two 45 minute classes (due to social distancing).

**COFFEE SERVICE AND BREAKFAST PASTRIES:** There will be no coffee or pastries available until further notice.

**GAMES:** All cards and dominoes will be rotated with a minimum of three days between use. Disposable paper Bingo sheets and daubers will be used. Please bring your own dauber; however, the Center has a few if you forget yours.

### VOLUNTEERS

**NEEDED:** Several volunteers are needed to relieve front desk volunteers. Training will be provided, but computer experience is required.

In addition, we are looking for a Beginning Spanish or Conversational Spanish instructor.

If interested, please contact the Director or Assistant at 253-756-0601.



## 2 ~ MONDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 3 ~ TUESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch (Walk up only)

## 4 ~ WEDNESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch  
2:00 Therapeutic Yoga

## 5 ~ THURSDAY

10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 6 ~ FRIDAY

9:00 Therapeutic Yoga  
10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 9 ~ MONDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 10 ~ TUESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 \*Lunch  
1:00 Bingo

## 11 ~ WEDNESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue

## 11 ~ WEDNESDAY CONT'D.

11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch  
2:00 Yoga

## 12 ~ THURSDAY

10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 13 ~ FRIDAY

9:00 Yoga  
10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 16 ~ MONDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 17 ~ TUESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 18 ~ WEDNESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch  
2:00 Therapeutic Yoga

## 19 ~ THURSDAY

10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch  
2:00 Tap Dance

## 20 ~ FRIDAY

9:00 NO Therapeutic Yoga  
10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength

## 20 ~ FRIDAY CONT'D.

& Balance class  
12:00 Lunch

## 23 ~ MONDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 24 ~ TUESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 25 ~ WEDNESDAY

10:00 Pinochle  
10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 \*Lunch  
2:00 NO Therapeutic Yoga

## 26 ~ THURSDAY

10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 \*Lunch  
2:00 Tap Dance

## 27 ~ FRIDAY

9:00 NO Yoga  
10:00 \*Strength & Balance  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 30 ~ MONDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength  
& Balance class  
12:00 Lunch

## 31 ~ TUESDAY

10:00 \*Strength & Balance  
10:30 Food Rescue  
11:00 \*Possible 2nd Strength

## 31 ~ TUESDAY CONT'D.

& Balance class  
12:00 Lunch

### VOLUNTEERS NEEDED

*Please see front page.*

### \*CLASS COST

*Classes with an asterisk (\*) next to them, have an associated charge. If you are unable to cover the fee, please see the instructor or Director. When paying, please place your fee in an envelope, seal it, put your name and class on the front. All fees are turned into the front desk, excluding Line Dance (pay instructor).*

### Line Dance

6 weeks/1x wk: \$20

### Strength & Balance

M/W/F Class: \$18/mo.  
T/TH Class: \$12/mo.

### Therapeutic Yoga

1 class week: \$15/mo.  
2 classes week: \$18/mo.

### SCHEDULING

*This calendar is subject to change due to the pandemic and COVID variants. Please see front page for guidelines.*

*Sometimes calendar changes occur due to circumstances beyond our control. Please call to confirm.*

### REGISTRATION

*Currently, there are no events requiring registration.*

Calendar available at  
[www.franketobeyjones.com](http://www.franketobeyjones.com) or  
our Facebook page.

# WELCOME BACK!