

Hello!!

As of Friday, December 11th Governor Cuomo revised the orange guidelines. The new guidelines allow gyms, fitness centers and classes operate at 25% capacity. The change in guidelines means we can offer our exercise classes and open our fitness center. Please see below for class days and times and fitness center class information.

Please keep in mind we must adhere to strict guidelines. To ensure we do not exceed the 25% capacity ALL MEMBERS MUST PRE-REGISTER FOR ALL CLASSES prior to the date of the class.

The safety and well-being of our members, volunteers, and staff that visit our center is of utmost importance. We are closely monitoring updates about the changeable situation with the COVID-19 pandemic.

Up to date changes and information will be given via email and Facebook. We ask that you follow our emails and Facebook page to keep you up to date with information on the senior center. If you would like to receive update emails and you have not already given us your email address, please email the center requesting to be added.

Maria and I are here to assist you. Should you have any questions or concerns please do not hesitate to contact us. Maria or I are available Monday – Friday 8:30 am – 4:00 pm. You can contact us by phone 662-6452, email (opsenior@orchardparkny.org) or via Facebook (Orchard Park Senior Center).

Please Take Care and Stay Well!

Debbie Santiago & Maria Galley

12/16/20

ZOOM CLASSES & FACEBOOK LIVE

Mondays	Zoom Meditation & Yoga Class for 12/21 & 12/28		
at 9 am	https://zoom.us/j/93538926398?pwd=VTFZeXF4blh1ZGtaZHJIZjhaemV3UT09		
	Meeting ID: 935 3892 6398		
	Passcode: 946232		
Tuesdays	Zoom Club 99 Class for 12/15, 12/22 & 12/29 & FACEBOOK LIVE too		
at 10:30 am	https://zoom.us/j/98201595632?pwd=YjFPektBMmk1anZwYzA0eUxHTHNDdz09		
	Meeting ID: 982 0159 5632		
	Passcode: 855691		
Wednesdays	ZOOM Yoga Class for 12/23 & 12/30		
at 11:30 am	https://zoom.us/j/92930435600?pwd=SVF6T2NXbU1nMlcvUVVrUXlYRnhCQT09		
	Meeting ID: 929 3043 5600		
	Passcode: 555273		

FITNESS ROOM is OPEN as of 12/21/20

(All members must complete a fitness orientation session prior to registering for a time slot.)

Monday thru Friday

(limit of 4 members per time slot)

9:00 - 9:45 am

10:15 - 11:00 am

11:30 - 12:15 pm

12:45 - 1:30 pm

2:00 - 2:45 pm

All participants must have a signed a fitness room waiver on file, read a copy of the rules and regulations, and complete a fitness room orientation session before using the fitness room. Fitness room orientations are scheduled on Tuesdays and Thursdays at 3:30 pm. Please contact the center to register for an orientation.

- ◇ In order to access the fitness room, participants must make a reservation, 45 minutes time slots will be available during open hours (four participants will be permitted in the fitness room at a time).
- ◇ Reservations can be made over the phone or in person.
- ◇ All participants are required to enter through the front doors (by flagpole), check in at front desk to comply with NYS guidelines prior to going to fitness room.
- ◇ Fitness room participants are permitted to make reservations for one time slot per day, or 5 reservations per week. Participants who are unable to attend their reservation should contact the Senior Center in a timely manner.
- ◇ Face masks/coverings are required to be worn in common areas of the Community Activity Center and in the fitness room.
- ◇ Participants are required to use the cleaning wipes provided to disinfect all used equipment before using the equipment and at the completion of their workout.
- ◇ Free weights will not be available for use.
- ◇ Only water bottles or other sports drinks contained in non-breakable spill-proof containers are allowed in the fitness room. Consider bringing a full personal use water bottle(s). Water bottle filling station available - water fountains are closed.

ERIE COUNTY STAY FIT DINING PROGRAM OFFERING FROZEN MEAL OPTION

The Erie County Stay Fit Dining Program congregate lunch site will be on pause until further notice. As a healthy alternative, FROZEN MEALS will be available for curbside pick-up once a week for registered participants. Milk and dessert will be included with each meal. Just like the Stay Fit Dining Program, the suggested contribution is \$3 per meal, but no one will be turned away for lack of ability to pay. Your contribution will be collected when you pick up your meals.

There is a 3 meal per week and 5 meal per week option.
You can pick which option works best for you each week.

This program IS available to Seniors all over Erie County, who are able to come and pick up their meals for the week, even if you've never participated in the Stay Fit Dining Program before.

You do NOT get to select your individual meals at this time - they will come in a "meal pack" labeled clearly and will include instructions on how to reheat them. Entrée items will include things like meatballs & gravy, pulled pork, chicken breast, chicken tenders, and various others that have been tested and freeze well.

If you would like more information or would like to sign up, please call Kevin at 662-6452 (option 3).

**Weekly reservations must be called in no later than 11:00 am
on the Wednesday of the week before.**

**MEALS WILL THEN NEED TO BE PICKED
UP ON MONDAY MORNING
between 9:00 - 9:30 am
at the front entrance of the senior center.**