



Daily Take-out Meal Available: 11:15 am-12:30 pm
(Meals must be reserved by 1 pm the day before. See reverse side for more details)

Monday (Call Friday 9:00 am-2:00 pm to request a reservation)

9:30-10:30 am	Tai Chi Yang 24	Auditorium
11:00 am-12:00 pm	SilverSneakers® Classic	Auditorium
1:00-2:45 pm	Open Studio: Stitch in Time	Café
1:30-2:30 pm	Advanced Line Dance	Auditorium

Tuesday (Call Monday 9:00 am-2:00 pm to request a reservation)

10:00-11:00 am	SilverSneakers® Circuit	Auditorium
11:00 am-12:00 pm	Yoga	Café
11:30 am-12:30 pm	Bingo #1	Auditorium
12:45-1:45 pm	Bingo #2	Auditorium
1:30-2:30 pm	Zumba® Gold	Café

Wednesday (Call Tuesday 9:00 am-2:00 pm to request a reservation)

9:00 am-10:30 am	Open Studio: Mixed Media	Auditorium
10:00-11:00 am	Chair Yoga	Café
11:00 am-12:00 pm	SilverSneakers® Classic	Auditorium
1:30-2:30 pm	Intermediate Line Dance	Auditorium

Thursday (Call Wednesday 9:00 am-2:00 pm to request a reservation)

10:00-11:00 am	SilverSneakers® Circuit	Café
11:00 am-12:00 pm	Yoga	Auditorium
12:00-2:30 pm	Open Studio: Baskets (10/8 & 10/22)	Café
1:30-2:30 pm	Zumba® Gold	Auditorium

Friday (Call Thursday 9:00 am-2:00 pm to request a reservation)

10:00-11:00 am	SilverSneakers® Classic	Café
11:00 am-12:00 pm	SilverSneakers® Classic	Auditorium
1:30-2:30 pm	Beginner Plus Line Dance	Auditorium

Call between 9:00 am-2:00 pm to request a reservation
864-467-3660 **Ext. 102**

See the other side of this information for other important
details regarding reservations for activities

**Program
Highlights for
October**

**BINGO-Every Tuesday
(FREE)**

11:30 am -12:30 pm **OR**
12:45 -1:45 pm
Make your reservation the
Monday before,
9:00 am-2:00 pm
(467- 3660 x 102)



**Blood Pressure Checks
with
Pelham Medical Center**

Walk-in/No Reservation Required

Mondays

10/5, 10/12, 10/26
10:30 am-12:30 pm
Room 121B



**Music Groups
Meeting Outdoors
(9am-12pm)**

Ukulele: Fridays
(Contact: Linda McMackin)
Schedules set by Volunteer
Contact listed



Please Note: Senior Action is not open to the public. Current members with a reservation for a meal or activity can enter the facility. All other business should be done by phone or email.

Checking In

- Enter the Main Door.
- **Wear your mask.** (We are unable to make exceptions)
- Bring your **signed** Waiver on your first visit
- Bring your **Senior Action Key tag** (if you do not have one, we will give you one when you check in)
- Stand a minimum of 6 feet apart while waiting to enter
- Doors open **15 minutes prior** to your activity
- Have your temperature checked
- Check into your activity with the receptionist
- **Follow directional signs** to your activity; please **do not back track**. Please leave via the back exit door and re-enter through the lobby to go to another area.
- As soon as your activity ends, please exit through the back door or one of the alternative exits, which are marked

Orchard Park Take-out Meal Program:

11:15 am – 12:30 pm (NEW end time)

Meal Line: 864-467-3660, Extension 112

Meal Reservations

- Reservations for meals must be made in advance no later than 1 pm the day before you plan to eat
- To cancel a meal, call your location by 1:00 pm the day before your reservation.
- Anyone who is responsible for more than 3 wasted meals will be suspended from the program. (A wasted meal is a meal that you reserved but did not pick up.) We know emergencies arise, so if you call to let us know your circumstances, it will not count as a wasted meal
- Meals must be picked up inside of the facility.
- **Every participant who reserves a meal must pick up their meal in person. This program will not allow someone else to pick it up for you.**

Group Activities

(See the schedule on the reverse side)

Activity Reservation Line: 864-467-3660,

Extension 102

Reserving a space in a class

- Reservations can be made from 9:00 am to 2:00 pm the day before the class by leaving a voice message.
- Call the Activity Reservation Line to request a reservation in an activity
- Speak slowly and clearly leaving the following information
 - ⇒ First & Last Name
 - ⇒ **One** phone number (preferably a cell phone) where you can be reached between 3:00-5:00 pm
 - ⇒ The name and time of the activity you'd like to reserve for the next day (We will only take requests for the next day's activities)
- We will call you between 3:00-5:00 pm if we have a space in the class for you the next day. There are a limited number of spaces available in each class.
- Please answer our call or make sure you have a space on your voice mail so we can leave a message to confirm your reservation
- If we are unable to connect with you, we will move to the next person on the list.
- **If you do not get a call, we were unable to reserve a spot for you for the next day.**
- You may enter the facility 15 minutes prior to your class; however, ***you must be checked into your class at least 5 minutes prior to the start of your class.*** Due to added precautions, the instructors will assist class members with equipment. If there are "no shows" for a class, we will allow walk-ins to fill those spaces 5 minutes prior to the beginning of the class.



FITNESS CENTER USAGE: 9:00 am-3:00 pm

Circuit Equipment Opens Up on Monday, 10/5

- There is capacity for 10 people at one time.
 - ⇒ 6 in the large room; 4 in the Studio
- At this time, only cardio & **circuit** equipment is available.
- **Keep one machine open between exercisers when using the circuit equipment.**
- Clean the equipment BEFORE & AFTER use
- Wear your mask until you get on the equipment & as soon as you step off of the equipment
- 1 hour limit

Checking In & Out of the Fitness Center

- On the right side of the front door **pick up a PASS from the board.** If there are no PASSES, there isn't space available at that time.
- Enter the lobby for the check-in process
- Go through the Lobby Restrooms to enter the Fitness Center
- Exit through the Loading Dock Door (Exit is marked) & ***RETURN YOUR PASS TO THE BOARD ON THE SIDEWALK!***