

801 E. Front Street  
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E-mail and Website:  
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*Making longer lives, better lives.*

July 22, 2020

Dear Senior Center Pilates Enthusiasts:

I hope this letter finds you well and free from all things COVID. Since early March, the Senior Center has had to reorganize and rethink everything we do for seniors in Grand Traverse County. It's been a challenge, to say the least. Our first concern has been the well-being of our over 5,000 members. Social isolation is no joke and knowing that so many of our members have no family or have no way to communicate using virtual technology, has been heartbreaking. Working with the Commission on Aging, over 6,000 calls have been made to seniors in the community. We've been checking to make sure people have what they need and give assurances that there are resources to help when help is needed.

Now, as our county begins to open up, the senior center has been in daily conversations about how we can do this responsibly. Since March, we have been handing out meals weekly at four locations, managing exercise, music and yoga classes virtually with community television and making telephone assurance calls. Now, it's time to look at group activity. The first activities we are working on resuming are those that can be held outside or held inside with a one on one appointment.

This brings us to Pilates. With current restrictions, having classes indoors is problematic. However, we have cleared the way to resume our Pilates class outside with Bridgit Frank. Due to COVID 19, we have adopted the following guidelines:

- **Pilates**
  - Participants must be senior center members (signed waiver on file). NO Guests.
  - Health Screening questionnaire completed online within 24 hours of class. Participants are asked not to come if they are not feeling well.
  - Grand Traverse County COVID19 waiver to be completed online prior to class.
  - Registration required for each class.
  - Face coverings required until you get to your place unless directed by a health care provider otherwise.
  - Participants will be asked to set up at least six feet apart from non-household members for class.
  - Participants must provide for their own equipment.
  - Participants are asked not to enter the building unless absolutely necessary. Outdoor restroom facilities are provided.
  - If at any time, compliance of participants is an issue, the class may be cancelled and future plans postponed.

Reservations can be made by calling the senior center at 231-922-4911.

Please [Click Here](#) to be directed to our website for the required **COVID Waiver and COVID Health Screening Questionnaire**. The waiver is only required to be signed, once. The Health Screening questionnaire is required within 24 hours of EVERY activity you participate in at the Senior Center.

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It is preferred that these be completed online, prior to arriving at the senior center, to minimize contact exposure for everyone. Paper copies will be available if needed.

Classes will resume on Wednesdays, beginning July 29<sup>th</sup> at 10:00 a.m. Classes are \$5.00/class, please bring correct change, if possible.

Please plan for the weather and dress appropriately. Consider sunscreen, sunglasses and outerwear.

Hand sanitizer will be available for your use.

Class will be called by 9:00 a.m. if weather is questionable.

Picnic tables are available for your use.

Be safe and Be Well!

Lori Wells  
Grand Traverse County Senior Center Network Manager