

801 E. Front Street  
Traverse City, MI 49686  
Phone: 231-922-4911



E-mail and Website:  
lwells@grandtraverse.org  
www.grandtraverse.org/scn

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*Making longer lives, better lives.*

August 4, 2020

Dear Senior Center Yoga 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 Yoga. With current restrictions, having classes indoors is problematic. However, we are going to start offering Chair Yoga in the Park with Certified Yoga instructor Susan Walters by the band shelter in the Kingsley Park by the Library (Brownson Memorial Park) starting Wednesday, July 22 at 9:30 a.m. for \$2. Please bring exact change. Due to COVID 19, we have adopted the following guidelines:

Yoga in the Park Guidelines:

- Program Coordinator Participants must be senior center members (signed waiver on file). NO Guests and no exceptions.
- A Health screening questionnaire will be required within 24 hours of the day attending program(s). A questionnaire must be completed every day the member is attending programs. The questionnaire is on our website or use the link provided below.
- A COVID waiver will be required to be signed. (ONE TIME SIGNATURE.) The Waiver is on our website or use the link provided below. The County is requiring this of all users.
- Registration required prior to attending each time due to a limited amount of openings. Call the Senior Center at 231-922-4911.
- Face coverings required until you get to your place for Yoga, unless directed by a health care provider.

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- Participants will be asked to set up six feet apart from non-household members for the event.
- BY ALL MEANS PLEASE DO NOT COME IF YOU ARE NOT FEELING WELL!!! Call and let us know if you are not coming.
- Participants are encouraged to bring their own folding chair (without arms). Limited number of chairs available to borrow for class.
- Outdoor restroom facilities are provided.
- If, at any time, compliance of participants is an issue, the class may be cancelled and future plans postponed.
- Please plan for the weather and dress appropriately. Consider also bringing your own water.
- Hand sanitizer will be available for your use.
- Class will be called by 8:00 a.m. if weather is questionable.

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 is required the day you will be attending activities offered by the Senior Center.

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

Thank you!  
Leslie Sneller, SPMC  
Program Coordinator