



## **BIGELOW CENTER FOR SENIOR ACTIVITIES IS OPENING!**

We will begin our gradual reopening on Monday July, 12<sup>th</sup> with a combination of limited capacity in-person programs, continuation of Zoom classes and some outdoor programs/activities. Our population remains the most at-risk group for contracting COVID-19 and complications arising out of being infected. Safety, for our members, staff and instructors, will remain our highest priority. In order to reopen we must abide by state and town guidelines.

If you are not feeling well, PLEASE stay home. This is both for your safety and the continued safety of others. ALL individuals will be required to evaluate their personal health before arrival at the Center and agree to abide by the reopening guidelines listed below. (See attached Acknowledgment that must be signed and sent in prior to participating.)

If we are advised that an infected person was present at an activity, all those who participated in that activity (whether indoors or outdoors) on that day will be notified. **We ask that you notify us immediately if you or someone you know (that has been to the Center) tests positive for COVID-19.**

**REGISTRATION WILL BE REQUIRED FOR ALL ACTIVITIES AND CLASSES and there will be NO WALK INS ALLOWED. Unfortunately you may not come to the Center unless you have registered for an activity or class.**

July and August protocols are listed below. As state and town restrictions are lifted, we will modify.

**Masks:** It is mandatory that you wear a mask as you enter the building and in the common areas of the building (hallways, bathrooms). If vaccinated you may remove the mask once you enter the room of the class/activity you are registered for, and keep it off for the duration of the class/activity. After the class/activity you must put your mask back on when you leave the room. If you are NOT vaccinated masks must be worn at ALL times while in the building.

**Entrance/Exit:** All members will enter and exit through the front door. All other doors will be locked. Visitors may not arrive more than 15 minutes prior to the scheduled activity or reservation, and will be required to leave the Center immediately following the program.

**Upon Arrival/Check-In:** You are required to sanitize your hands when you enter the building and scan your My Senior Center membership card; this is necessary for contact tracing if someone tests positive for COVID and to keep track of the number of people in the building. Participants will then proceed directly to the room where the activity is scheduled to take place.

**Social Distancing:** Everyone is required to maintain a 6-foot social distance while at the Bigelow Center for indoor activities. Please refrain from hugging, hand-shaking and congregating.

**Hand Sanitizer/Hand Washing:** Hand sanitizer will be available throughout the building and you are required to use IT as you enter the building. In addition, please wash your hands, frequently.

**No Food or Drinks:** No food or drink allowed inside the building. We will not be offering coffee or tea. Per state guidelines, the congregate meal program is not allowed to operate at this time. However, please feel free to bring a water bottle of your own and fill up at our water stations.

### **IMPORTANT NEW POLICIES**

1. We are unable to provide daily lunch in the dining room at this time. Please consider joining us for Lunch on the Lawn every Friday at 12:00 PM during July and August. Registration is required for each lunch at least one week in advance, and space is limited. If you would like to participate, make your reservation early. **The cost for lunch is \$5 per person.** Bus transportation is available for those who are unable to drive. Contact the transportation office at 203-256-3168 to arrange for transportation AFTER you make your lunch reservation.
2. Fairfield residents will have priority in registering for classes, activities and events. The newsletter and MyActiveCenter will indicate the date that registration opens for Fairfield residents, and the date that registration opens for out of town members. **This new policy is for in-person AND Zoom class/activity offerings.**
3. Members will now register for “Semesters”, not register for individual classes. Semesters will be approximately 8-12 weeks.
  - Summer 2021 Semester: July and August
  - Fall 2021 Semester: September, October, November
  - Winter 2021/2022 Semester: December, January, February
  - Spring 2022 Semester: March, April, May

**Registration for the summer semester (July and August) will begin for Fairfield Residents on Monday, June 21<sup>st</sup> and for all others on Monday, June 28<sup>th</sup>.**

Members will have to pre-register for ALL in-person activities AND Zoom classes through MyActiveCenter. If you don't have an email, computer or tablet and cannot access MyActiveCenter, you can call the Bigelow Center to register at 203-256-3166.

- Exercise classes will be taking place in the building and will also be streamed via Zoom. If you wish to participate via Zoom, you must be sure to register and choose the "Zoom" semester.

Be sure you can attend the in-person activity you are registering for because we don't want to see an empty slot that could be filled by someone else. **If you signed up and cannot make it, please call the Center to cancel your reservation to allow someone else to take your spot. If you've registered and do not show up more than twice without cancelling, you will be removed from the list and your spot will be given to someone from the waiting list.**

More information to follow on the registration process, and we will be available on the Patio on Friday, June 18<sup>th</sup> at 10:00am to answer any questions you have about registration.

### EXERCISE CLASSES

- Students must pre-register for the semester on MyActiveCenter (both in-person and Zoom)
  - If you don't have an email, computer or tablet please call the Bigelow Center to register at 203-256-3166.
- Limit of 24 students per in-person class, with a minimum of 10 to run
- Classes will be offered daily
- Students will remain in a predesigned 6-foot area
- If vaccinated, masks can be removed once in the Exercise Room but must be put back on when you leave. If you are not vaccinated, masks must stay on during class
- Bring your own weights and straps from home
- A water bottle can be brought from home

### WEEKLY ACTIVITIES

#### **Pickleball Courts: Tuesday & Thursday, 1:00pm – 3:00pm**

- Players must pre-register for games on MyActiveCenter
- Limit of 16 people total in gym: Two courts with four people on each court, and four people waiting to sub in
- If vaccinated, masks can be removed once in the Gym but must be put back on when you leave. If you are not vaccinated, masks must stay on during class

(Con't of Pickleball)

- Equipment (racquets and balls) must be brought from home and NO sharing of equipment
- No items can be left behind or stored in the closet
- We look forward to welcoming beginner players this Fall. More information to follow.
- No lessons at this time

**Quilting & Sewing: Monday & Friday, 9:30am – 11:30am**

- Participants must pre-register for class/activity on MyActiveCenter
- Group size will be limited
- Participants will be required to bring their own supplies (paints, glazes, brushes, fabric, knitting needles, yarn, etc.) No sharing of materials
- No items can be left behind or stored in the closet
- If vaccinated, masks can be removed once in the room but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the room

**Billiards: Tuesday & Thursday, 9:30am – 11:30am**

- Registration for reserving a table will be on MyActiveCenter
- Two tables are available for play at one time, and eight players allowed in room at one time
- Bring your own cue stick (if possible). Players are responsible for washing/sanitizing the pool balls, bridge, pool table and cue stick if you borrow one--both before they begin play, and after ending the game
- If vaccinated, masks can be removed once in the Billiard Room but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the room
- No items can be left behind or stored in the closet

**Wood Shop: Tuesday & Thursday, 9:30am – 11:30am**

- Registration for the Wood Shop is on MyActiveCenter
- Four people allowed in Wood Shop at a time, with a minimum of two people
- If vaccinated, masks can be removed once in the Wood Shop but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the Wood Shop
- No items can be left behind or stored in the room

### **Ping Pong: Tuesday & Thursday, 9:30am – 11:30am**

- Ping Pong can be reserved on MyActiveCenter
- One table is available for play and 6 people allowed in room at one time
- If vaccinated, masks can be removed once in the Ping Pong Room but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the room
- No items can be left behind or stored in the room

### **Bridge/Bunco/Chess/Mah-Jongg/Pinochle**

- Registration for Games can be reserved on MyActiveCenter
- Group size will be limited
- All games and cards MUST be brought from home and not kept at the Center
- If vaccinated, masks can be removed once in the room but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the room
- No items can be left behind or stored in the room
- See Calendar for open game times

### **Movies: Beginning in August**

- Registration for Movies must be done on MyActiveCenter
- Movies will be limited to 40 participants
- Movies will be offered every Friday at 12:45pm (Beginning in August)
- If vaccinated masks can be removed once in the room but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the room
- No food or drink allowed

**Pacers:** Walking group currently meets outside. If interested in joining, please call the Bigelow Center

### **Bigelow Center Garden Club**

- Members can meet but must reserve space on MyActiveCenter
- If vaccinated, masks can be removed once in the room but must be put back on when you leave. If you are not vaccinated, masks must stay on while in the room
- No items can be left behind or stored in the room

**Lifelong Learners:** Classes will resume in the fall via Zoom.

**Model Airplane Group:** Please call the Bigelow Center if interested

**Monthly Programs (Mark Albertson, Mastering the Masters, Stories in the Attic)**

- These programs will continue on Zoom for now and registration can be done on MyActiveCenter

**TRANSPORTATION**

- Transportation is available to Fairfield residents by calling 203-256-3168. Masks are required on the bus for both drivers and passengers. **There is a limit of four people on each bus.** For medical appointments, the limit is one passenger per trip (an aide or family member may accompany passenger).
  - \* **Medical Appointments:** Transportation is available for medical appointments Mondays, Wednesdays and Fridays between the hours of 9:30-1:30. **Reservation must be made one week in advance.**
  - \* **Grocery Shopping:** For residents who live outside of senior housing, transportation is available once a week, either Tuesdays or Thursdays (routes assigned by dispatcher) for grocery shopping. Reminder: rides are door-to-door. Drivers are not able to load or carry bags. Please buy what you can carry. **Reservations must be made one week in advance.**
  - \* **Rides to Bigelow Center:** If you register for an activity at the center, transportation is available. Please register for program and then call transportation to schedule ride **at least one week in advance.**

We understand that many of you also enjoyed coming to the center to visit and see friends. While we are no longer allowed to do this inside at this time, feel free to enjoy the outdoor patio when events are not taking place!



---

## ACKNOWLEDGEMENT

I acknowledge that I have carefully read and understand the *Bigelow Center for Senior Activities Reopening Guidelines* and recognize that it is my sole responsibility to follow these and other directives in order to protect myself and others from COVID-19.

I understand that participation in programs provided by the Bigelow Center is voluntary, and I acknowledge and agree with each of the following:

- Staying home when sick
- Registering for classes or scheduling an appointment with staff
- If not vaccinated, mask must be worn at ALL times while in the building
- If vaccinated, mask must be worn when entering the building and in common areas. Mask can be taken off during an activity and/or class
- Avoiding close contact with other individuals (maintaining social distancing of at least six feet, no handshaking, etc.)
- No sharing objects
- No congregating in the building

Furthermore, I recognize that failure to adhere to the **Bigelow Center Guidelines** may result in removal from the program or activity, the facility and possibly loss of privileges to participate in future programs.

Signature\_\_\_\_\_

Date:\_\_\_\_\_

Name\_\_\_\_\_

(please print clearly)