Young @ Heart
Hernando’s Senior Club

Some Activities Available / No Luncheon

We understand that some of you may not feel comfortable returning to classes or the monthly luncheon yet, but we are working hard to give you an opportunity to continue maintaining health and wellness through exercise and socialization. Thank you for your patience and understanding during this time!

We are taking extra precautions to help prevent the spread of the Covid-19 virus. We will have a large bottle of hand sanitizer by the entrance when you first come in and temperatures will be taken at the door until further notice. If you do not feel well, PLEASE STAY HOME. Below are our guidelines for reopening:

- **Classes** are currently available at the Gale Center, but limited to 20 participants. We usually do not have this many in a class, so I won’t be requiring you to reserve a spot. We realize exercise is important for our senior population to maintain balance, flexibility and strength, so the building will be open no matter how small the class. Diane is leading the Thursday 9am Exercise Senior Style class. If you wish to take the arthritis class, be aware that it will be led by the participants. I have hand sanitizer on the desk in our entryway. I will continue to take temperatures in the lobby through the month of September. (I can take temperatures on your wrist.) When unable to maintain social distance, please be sure to wear a mask.

- **Our monthly luncheon is being postponed once again.** We will make a decision concerning luncheons month by month. At this time, we hope to offer the next luncheon on October 15th. When we do meet again, tables will be set up further apart with fewer chairs per table to help create distance between everyone. We will be serving you pizza when it is time to eat. We ask that you observe social distancing as you wait in line. Please shield all coughs and sneezes. Please do not wear gloves as this can actually spread germs more easily.
We are going to cancel Senior Fun Day and in place of this event have an extra special **CHRISTMAS PARTY** full of games and prizes!!!

**December 17th, 2020**

---

**September Event**

We are planning a game time in September on the day that we typically would have a luncheon. It will be on **Thursday, September 17th** from 10:15am - 11:30am. We will play Family Feud and draw for a prize at the end. Unfortunately, we will be limited to **20 participants**. You **MUST pre-register**. I will not be allowed to have more than 20 seniors present. **Walk-ins will not be allowed that day.** If you participated in the Exercise Senior Style class that will proceed this event, **you may NOT stay for the event unless you are one of the 20 registered**. Sorry, but this is the best we can offer at this time. Make sure you call and pre-register. After 20 registrations, I will create a waiting list for October. If the October luncheon is canceled, we will have another game day again.
CLASSES & ACTIVITIES

MONDAYS
*5-Milers Walk @7am (Subject to change)
*Walking w/Diane @8am
*Arthritis Class @10am (Class participants lead)
*Hook & Needle (Currently not meeting)
  2nd Monday each Month @10am

TUESDAYS
*Young at Heart Yoga @10am
  (I will set up DVD, if you come in)

WEDNESDAYS
*5-Milers Walk @7am (Subject to change)
*Walking w/Diane @8am
*Arthritis Class @9am (Class participants lead)

THURSDAYS
*Exercise Senior Style @9am (Diane is leading class - 20 person limit)
*Line Dancing -
  NO LINE DANCING UNTIL OCTOBER
*Young at Heart Luncheon
  CANCELED - NO SEPTEMBER LUNCHEON

FRIDAYS
*5-Milers Walk @7am (Subject to change)
*Walking w/Diane @8am
*Young at Heart Yoga at 9am
  DVD led class - I will set up, if you come in

SEPTEMBER DATES
September 7th - Labor Day
September 17th - NO Luncheon (canceled) / Senior Fun Day (canceled)
September 11th - Patriot Day
THE TEN COMMANDMENTS FOR SENIORS...
PLUS 3 MORE BECAUSE SENIORS ARE ESPECIALLY ORNERY!

#1  It's okay to talk to yourself. There are times you need expert advice.

#2  "In Style" are the clothes that still fit.

#3  You don't need anger management. You need people to stop making you angry.

#4  Your people skills are just fine. It's your tolerance for idiots that needs work.

#5  The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6  "On time" is when I get there.

#7  Even duct tape can't fix stupid- but it sure muffles the sound.

#8  It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.

#9  Lately, you've noticed people your age are so much older than you.

#10  Growing old should have taken longer.

#11  Aging has slowed you down, but it hasn't shut you up.

#12  You still haven't learned to act your age and hope you never will.

#13. "One for the road" means going to the bathroom before you leave the house.