

Senior Citizens Services, Inc.



VIA CENTER REOPENING STATEMENT

Phase III
UPDATE: 7.28.2021

*** We are now requiring masks to be worn in all common/congregate areas of the facility. With new guidance from the CDC, the spread of the Delta Variant and our community's spike in cases, we think this is the best way to protect our Seniors. ***

The Via Center's vaccine requirement remains in place. We have had positive feedback on this policy. Leadership and staff want the Center to be a place Seniors can socialize, take a fitness or enrichment class, and feel safe.

We are welcoming back about 150 Seniors a day to the Via Center.

Current programs include

- Fitness Center
- Walking – gymnasium
- Fitness classes – Senior Fit, Stretch & Flex, Yoga, Body Sculpting, Silver & Fit Excel, Tai Chi, Stretch & Balance (new time August 17 at 11:30 a.m.), Stability Ball, Silver Sneakers, Cardio Fit and Circuit Interval
- NEW! Get Back Into Fit with June (SilverSneakers Strength, Balance, Circuit) for sedentary post-Covid, post-rehab or just starting to exercise Tuesdays at 8:00 a.m. and 9:00 a.m.
- NEW! Rhythm & Movement with Gerry (Line Dancing based). Classes start Monday, August 16 at 11:30 a.m. and August 19 at 11:30 a.m.
- Line Dancing with Perrin and Karen
- Pickleball
- Billiards
- Bingo
- Computer Lab
- Card games, including Canasta and bridge
- Puzzles
- Acrylic Art with Marsh

- Ceramics and Upcycle Craft classes – Begins August 5
 - Art with Lynne Weeks – After Labor Day
-

PHASE III BEGINS JULY 6, 2021

As we continue to implement our phased-in reopening plan, we have received positive feedback on our efforts to balance the opening of programs and Senior health and safety. Currently, the Via Center is averaging 125 members per day.

Safety is always our number one priority, and our commercial-grade equipment for HaloFogging every Friday, continuous disinfection of HVAC/ductwork coils, and air purification with 18 Medifyair air purifiers in classrooms and throughout the facility remain in place.

Here's What Stays the Same:

*Vaccine required

*Masks suggested, not required. Masks are required for visitors, vendors and staff. Please note some members may wear masks and that is an individual choice.

*Enrolling new members. For more information, you can e-mail lhudson@viamobile.org or call 251.470.5222

*The Dauphin Street Cafe' remains closed. However, we are working toward a late August reopening.

Phase III Begins July 6

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Here's What is New:

*The Grandfriends Adult Daycare is planned to be reopen by the end of July. Client applications can be found here: [Application](#).

*Transportation services will resume at the end of July. The Via Center provides curb-to-curb service for those members who are within a 10 mile radius.

*New Ceramic and Upcycle Craft classes begin in July. [Click Here](#) for more information.

*Art classes with Lynne Weeks will begin after Labor Day. On July 13 at 10:00 a.m., we are holding pre-registration to update memberships, if you haven't already done so.

Current Programs:

Fitness Center

Walking – gymnasium

Fitness classes – Senior Fit, Stretch & Flex, Yoga, Body Sculpting, Silver & Fit Excel, Tai Chi, Stretch & Balance, Stability Ball, Silver Sneakers, Cardio Fit and Circuit Interval

Line Dancing

Pickleball

Billiards

Bingo

Computer Lab

Card games, including Canasta and bridge

Puzzles

Acrylic Art with Marsh

Ceramics and Upcycle Craft classes

Art with Lynne Weeks – After Labor Day

Phase II - 6.1.2021

In anticipation of the Alabama Department of Senior Services updated guidance allowing Senior Centers to expand operations, the Via Center is launching Phase II of our Ready-to-Reopen Strategic Plan. As always, Senior safety and health remain the number one priority for staff and leadership. We have welcomed back, on

average, about 100 Seniors each day. We are balancing Senior safety with building back to our full capacity.

To the community: we are welcoming new members and community partners.

CRITICAL!

If you are feeling any Covid symptoms, please do not come to the Via Center. Even if you have been vaccinated (remains a requirement for entry), you can still contract Covid-19. Please respect the health and well-being of others.

WHAT CHANGES

* Masks strongly suggested, but not required.

Masks are required for visitors, vendors and staff. Please note some members may wear masks and that is an individual choice.

**Reminder: We have commercial-grade equipment in place
secured through Covid grant funds**

HaloFogging - every Friday, entire facility is fogged

Disinfection of HVAC/ductwork coils

18 Medifyair air purifiers in classrooms and throughout the facility

* Temperature checks and paper assessments not required.

* Entry and exit routes no longer mandated.

Directional signage will be removed.

* Snacks and drinks allowed.

You may bring your own snacks and drinks. Center coffee service will not be provided.

* Program updates.

Card games and puzzles

Card games and puzzles will be available

Handbuilding Ceramic Class with Sharon

Come play in clay! Shape/mold clay, fire it up and paint in creative ways.

Will be held on Tuesdays from 10:30 a.m. – 11:30 a.m. beginning July (limit 5)

Trash 2 Treasure: Crafts with Sharon

Upcycle Craft Class, giving members a chance to interact with others, build self esteem, confidence and purpose. Each week brings a new craft project.

Will be held on Fridays from 10:30 a.m. – 11:30 a.m. beginning July (limit 5)

Pickleball

The 3rd (middle) court will be open. Beginner Pickleball will be held on Tuesday, June 1 at 9:00 a.m. and the first Tuesday of each month subsequently.

Acrylic Art with Marsh

Will be moved inside and be held on Fridays from 9:00 a.m. - 12:00 p.m.

WHAT STAYS THE SAME

- * Vaccination required.
Based on feedback from our Seniors, the vaccination requirement remains in place at least through the end of June. Vaccination card needed to verify dates.
- * Program users must be members.
Insurance Underwriting Fitness Membership: You are a FULL Member
If your insurance company pays for your membership through a health and wellness program, such as Silver Sneakers, Silver & Fit, Renew Active or Active and Fit, you are a Via member with full access to all Center activities and programs.
- * Yes! We Are Enrolling New Members
The Via Center is enrolling new members who meet the vaccination requirement. [Click Here for More Information on Membership](#)
- * Cleaning and disinfection protocols.
HaloFogging, disinfection of HVAC/ductwork coils, plexiglass protective barriers, hand sanitizing stations, CDC approved fitness equipment cleaner and 18 air purifiers throughout facility.
- * Spacing and distance guidelines.
We have evaluated our facility space and will ensure appropriate capacity limits and spacing guidelines.
- * Hours of Operation.
Monday – Thursday 7:30 a.m. – 6:00 p.m.
Friday 7:30 a.m. – 12:00 p.m. (close early for Covid cleaning)
- * Dauphin Street Café
The café is not open for lunch.

Current Programs

Fitness Classes - Gerry, Irene, June and Elena
Fitness Center - all equipment spaced accordingly
Walking
Tai Chi - Russ
Line Dancing - Perrin/Karen
Pickleball
Billiards
Acrylic Art - Marsh
Computer Lab

Visit www.viamobile.org
for updated vaccine options and
calendar for classes/activities



Follow Us

Facebook: Via Health Fitness Enrichment Center

Instagram: viahealthfitness

Phase I - 5.3.2021

Hours of Operation

Monday – Thursday 7:30 a.m. – 6:00 p.m.

Friday 7:30 a.m. – 12:00 p.m.

The Alabama Department of Senior Services (ADSS) released updated guidance allowing Senior Centers to open for indoor activities on April 19. In order to comply with CDC, ADSS and public health official guidelines - and protect the safety and health of our Seniors - we are using a phased-in approach to reopening.

Please understand that the Board of Directors and staff have been working every day since our mandated closure in March of 2020 to ensure the Via Center – *a private, non-profit and not fully funded by the City* - was able to reopen. This includes offsetting financial losses as a result of the closure of our revenue generating programs. The Via Center facility has had to be maintained and damages from our two hurricanes mitigated. This has included insurance, maintenance, utilities, etc. Please be patient, as the safety our of Seniors is our number one priority.

Phase I

- Beginning May 3rd, Phase I will be open to Via Center members only.
- During Phase I, all Center members must be vaccinated, with vaccination dates on file.
- We will be accepting applications for new members, who meet Phase I criteria.

- **Cleaning and disinfection protocols in place include:** HaloFogging, disinfection of HVAC/ductwork coils, plexiglass protective barriers, hand sanitizing stations, CDC approved fitness equipment cleaner and air purifiers throughout facility.
- We have evaluated our facility space and will ensure appropriate capacity limits to adhere to spacing guidelines.
- Masks are to be worn at all times in common areas of facility. The only exception is fitness-related classes/activities.
- All Center members must remain 6-feet apart regardless of class/activity.
- There will be a check-in protocol including symptom assessment, waiver and temperature check.
- Per ADSS, no congregate meals allowed at this point. The Via cafe' is not open and no meals will be provided.