



# SENIOR CENTER newsletter



APRIL

The Salvation Army CIVIC Senior Center encourages you to continue to follow all guidelines for your safety as well as others. The Center has guidelines in place to follow. These guidelines are intended to help make informed decisions about COVID-19 and minimize the risk of exposure to our staff, older adults, and volunteers. All who enter the facility are required to wear a mask, have their temperature taken, and hands sanitized. **LIMITED TO 25 PEOPLE IN FACILITY**



## April "Happy Easter"

We will be having several activities this month. April Fools, Easter Program, Earth Day, and more.

**\*Registration is required for lunch.**

### \*\*Senior REACHE: Unite

This is a virtual group for older adults who can access the internet with a tablet, smart phone, or computer, with Heidi Bristow, REACHE Program. If you do not have access through any of these electronic items, we at the Salvation Army will provide the capabilities to be part of this virtual group. There is limited space.

**Email: REACHE@wssu.edu**

**or call 336-638-1404 to sign up**

### \*\*CIVIC Seniors Committee

We have selected a few of our Senior members to be part of a Seniors Committee. This committee will meet at least once a month to work together to continue to plan and develop more programs. Once the committee has been confirmed it will be presented to the Seniors Group.

### \*\*Activities Registration Required

We want to emphasize the importance on activities that require registration. Please make sure that you see the calendar and make note of all activities that require you to register on time. We do not want you to miss out on any activities

## Regular Activities at the Center

- Line Dancing
- Chair Yoga
- Chair Zumba
- Chair Volleyball
- Drumming
- Hand Bells

## Must Sign-up for following activities

- Lunch
- Bingo - Snacks/Drinks
- Craft
- Movies - Snacks/Drinks

## News

Donations: If anyone is able to donate snacks and drinks for lunch or bingo, you are more than welcome to do so. Thank you in advance

## Riddle of the month

A plane crashes exactly on the border of the U.S. and Canada. Half the people on board were American and half the people were Canadian. Where do you bury the survivors?



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