

July/August 2021

Mohler Matters

Opening to
in-person
programs
July 19

The Greater the Storm
The Brighter the Rainbow

From the Director's Desk

It has been said that if you want the rainbow you have to put up with the rain. Well, we've endured 493 days of "rain" and will be seeing the most magnificent "rainbow" on Monday, July 19 when we return to in person programming. Please review the schedule, we've had some changes to program days/times.

I have included our reopening plan for you to review prior to returning.

PLEASE READ IT SO WE CAN ALL BE ON THE SAME PAGE.

- You MUST sign off on a liability waiver on the front desk sign in screen prior to participating in activities.
- You will be asked to sign off on our policies each day you participate.
- Even though the mask mandate has been lifted, we will continue to follow the CDC guidance and require that non-vaccinated members wear a mask and socially distance in order to participate. Failure to do so will result in disciplinary measures.

The staff has been working hard to make opening run as smoothly as possible, but we know there will be hiccups—please see us with any questions or concerns, we are here to help!

Finally, if your membership is due please renew now. We rely on those annual contributions to help pay our bills.

We are so excited to welcome you back into Mohler Center. Please stop by and say HI!



July 19 - August 30

Monday	Tuesday	Wednesday	Thursday	Friday
July 19 8:15 Silver Sneakers *8:30 Pilates 9:15 Strengthening with Sara 10:15 Line Dance 1:00 Knitting 1:00 Penny Poker *1:30 Zumba Gold in-person *6:00 Pilates	July 20 9:00 Tai Chi *9:00 Yoga *10:00 Chair Yoga 10:05 Exercise DVD 12:00 Intermediate Bridge 12:45 Pinochle 1:00 Hearts	July 21 *8:30 Pilates *9:00 Advanced Tap 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo *1:30 Zoom Zumba Gold 4:00 Silver Sneakers *6:00 Pilates	July 22 9:00 Doll Making 9:00 Megabucks *9:00 Yoga *9:00 Beginner Tap 10:05 Exercise DVD 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:00 Hearts	July 23 8:15 Silver Sneakers *8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening with Sara 10:00—11:00 AM Tech Help 10:15 Line Dance
July 26 8:15 Silver Sneakers *8:30 Pilates 9:15 Strengthening with Sara 10:15 Line Dance 1:00 Knitting 1:00 Penny Poker *1:30 Zumba Gold 2:30 Book Club *6:00 Pilates	July 27 9:00 Tai Chi *9:00 Yoga *10:00 Chair Yoga 10:05 Exercise DVD 12:00 Intermediate Bridge 12:45 Pinochle 1:00 Hearts	July 28 *8:30 Pilates *9:00 Advanced Tap 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo *1:30 Zumba Gold 4:00 Silver Sneakers *6:00 Pilates	July 29 9:00 Doll Making *9:00 Yoga *9:00 Beginner Tap 10:05 Exercise DVD 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:00 Hearts	July 30 8:15 Silver Sneakers *8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening with Sara 10:00—11:00 AM Tech Help 10:15 Line Dance
August 2 8:15 Silver Sneakers *8:30 Pilates 9:15 Strengthening with Sara 10:15 Line Dance 1:00 Knitting 1:00 Penny Poker *1:30 Zumba Gold *6:00 Pilates	August 3 9:00 Tai Chi *9:00 Yoga *10:00 Chair Yoga 10:05 Exercise DVD 12:00 Intermediate Bridge 12:45 Pinochle 1:00 Hearts	August 4 *8:30 Pilates *9:00 Advanced Tap 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo *1:30 Zumba Gold 4:00 Silver Sneakers *6:00 Pilates	August 5 9:00 Doll Making *9:00 Yoga *9:00 Beginner Tap 10:05 Exercise DVD 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:00 Hearts	August 6 8:15 Silver Sneakers *8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening with Sara 10:00—11:00 AM Tech Help 10:15 Line Dance

Mohler Center REOPENING PLAN

Targeted Reopening Date

July 19, 2021

Pandemic Response Person

Melissa Weigle, Executive Director
m.weigle@mohlercenter.com
717-533-2002

Purpose of Plan

- To comply with CDC recommendations
- To ensure that Mohler Center provides a safe and healthy environment for our participants, employees, and volunteers.
- This plan assumes the continued efficacy of vaccinations and the continued reduction of positive COVID-19 case results locally and nationally. This plan is subject to change by the Board of Directors.

Operating Hours

Starting July 19, Mohler Center will return to ALL daily indoor programming from 8:00 AM – 4:00 PM daily, with a few schedule changes.

General Guidelines

Fully vaccinated members can resume activities without wearing a mask or physically distancing in Mohler Center.

- Fully Vaccinated is defined as 2 weeks after the second dose in a 2-dose series of injection or 2 weeks after a single-dose vaccine.
- Members should still monitor themselves for symptoms of Covid-19, especially if you have been around someone who is sick.
- If you have symptoms of Covid-19, you should get tested and stay home and away from others.
- People who have a condition or are taking medications that weaken their immune system should talk to their healthcare provider to discuss their activities and may need to keep talking all precautions to prevent Covid-19
- Until instructed otherwise, everyone who enters the building (participants, employees, volunteers, and others) must:
 - Accept General Waiver for Entrance on first entry/swipe
 - Accept Mohler Center Daily Usage Policy at each entry/swipe
 - Practice good personal hygiene, washing hands for at least 20 seconds and avoid touching eyes, nose, face, or mouth with unwashed hands.
 - Stay at home or go home if ANY symptoms of illness exist.
 - Leave the premise immediately if non-compliant or not be willing to comply with guidelines.

Meals and Other Refreshments

- No indoor meals will be provided. The Board of Directors will assess regularly and adjust as necessary.
- All drinks and snacks brought into the building must be for your own personal consumption. There will be no sharing of food or drinks. Soda and water will be available for purchase, but the water fountain will remain unavailable.

Continued Health and Safety Promotion – continue to follow CDC guidelines including

- Signage
 - Safety reminders will be posted throughout the building and on entrances regarding face coverings, physical distancing, and handwashing.
- Handwashing and hand sanitizer
 - Participants and staff will be encouraged to wash hands for 20 seconds with soap and water throughout the day.

- Hand sanitizer will be placed throughout the building.
- Sanitation and Cleaning
 - Prior to reopening, all areas, including floors, surfaces, and seating, to be used by participants will be cleaned and disinfected.

Preventing Outbreaks/Contact Tracing

To reduce transmission, Mohler Center will:

- Actively encourage sick participants, volunteers, and employees to stay home.
- Immediately send home any participant, volunteer or employee who becomes sick during the day and ask them to seek further care from a healthcare provider.
- Follow the Exposure and Infection Protocol (Appendix A).

If a participant, volunteer, or employee exhibits any symptoms of COVID-19 or is diagnosed with the virus by a positive test result or by a health care practitioner after being at Mohler Center.

- Mohler Center will report this information to the Dauphin County Health Department and the Dauphin County Agency on Aging Services on the same day that Mohler Center receives the information.
- The information to be reported will include:
 - The number of individuals showing symptoms of COVID-19, and the number and names of individuals diagnosed with the virus by either a positive test result or a health care practitioner.
 - The number of participants, volunteers and employees in attendance who are considered close contacts.
- Those who test positive should follow the Exposure and Infection Protocol.
- After contacting the appropriate agencies, Mohler Center will follow any guidance provided, which could require temporary closure of the exposed facility.

**Mohler Center
GENERAL WAIVER FOR ENTRANCE**

At your first entry and sign in to Mohler center everyone will have to complete the General Waiver of Acceptance. When you click "accept" and sign your name during registration, you are agreeing to the following:

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you may be exposed to or infected by COVID-19 and that such exposure or infection could result in personal injury, illness, disability, or death. You voluntarily accept sole responsibility for any injury, illness, damage, loss, claim, liability, or expenses that may be incurred by attending Mohler Center.

Signatures are maintained in our password protected computer sign in system.

**Mohler Center
DAILY USAGE POLICY**

At entry each day, everyone will sign in and need to accept the Pre-Entry Policy. By clicking "accept" and signing your name, you are agreeing to the following:

COVID-19 Policy Acceptance:

- *You do not have a new cough, shortness of breath, or loss of taste or smell**
- *You are not awaiting results of a COVID-19 test**
- *You have not been in recent contact with someone who has COVID-19.**
- *You agree to WEAR A MASK and socially distance if you are NOT VACCINATED**

Signatures will be maintained in our password protected computer sign in system.

Monday	Tuesday	Wednesday	Thursday	Friday
August 9 8:15 Silver Sneakers *8:30 Pilates 9:15 Strengthening with Sara 10:15 Line Dance 1:00 Knitting 1:00 Penny Poker *1:30 Zumba Gold in-person *6:00 Pilates	August 10 9:00 Tai Chi *9:00 Yoga *10:00 Chair Yoga 10:05 Exercise DVD 12:00 Intermediate Bridge 12:45 Pinochle 1:00 Hearts	August 11 *8:30 Pilates *9:00 Advanced Tap 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo *1:30 Zoom Zumba Gold 4:00 Silver Sneakers *6:00 Pilates	August 12 9:00 Doll Making *9:00 Yoga *9:00 Beginner Tap 10:05 Exercise DVD 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:00 Hearts	August 13 8:15 Silver Sneakers *8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening with Sara 10:00—11:00 AM Tech Help 10:15 Line Dance
August 16 8:15 Silver Sneakers *8:30 Pilates 9:15 Strengthening with Sara 10:15 Line Dance 1:00 Knitting 1:00 Penny Poker *1:30 Zumba Gold in-person *6:00 Pilates	August 17 9:00 Tai Chi *9:00 Yoga *10:00 Chair Yoga 10:05 Exercise DVD 12:00 Intermediate Bridge 12:45 Pinochle 1:00 Hearts	August 18 *8:30 Pilates *9:00 Advanced Tap 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo *1:30 Zoom Zumba Gold 4:00 Silver Sneakers *6:00 Pilates	August 19 9:00 Doll Making *9:00 Yoga *9:00 Beginner Tap 10:05 Exercise DVD 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:00 Hearts	August 20 8:15 Silver Sneakers *8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening with Sara 10:00—11:00 AM Tech Help 10:15 Line Dance
August 23 8:15 Silver Sneakers *8:30 Pilates 9:15 Strengthening with Sara 10:15 Line Dance 1:00 Knitting 1:00 Penny Poker *1:30 Zumba Gold in-person 2:30 Book Club *6:00 Pilates	August 24 9:00 Tai Chi *9:00 Yoga *10:00 Chair Yoga 10:05 Exercise DVD 12:00 Intermediate Bridge 12:45 Pinochle 1:00 Hearts	August 25 *8:30 Pilates 9:00 Medicare 101 *9:00 Advanced Tap 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo *1:30 Zoom Zumba Gold 4:00 Silver Sneakers *6:00 Pilates	August 26 9:00 Doll Making 9:00 Megabucks *9:00 Beginner Tap *9:00 Yoga 10:05 Exercise DVD 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:00 Hearts	August 27 8:15 Silver Sneakers *8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening with Sara 10:00—11:00 AM Tech Help 10:15 Line Dance
EXTRAS ~All entering members will need to sign in with their key tag or by phone number. IF you cannot find your key tag, we can make you a new one for a small fee (to cover expense of the key tags.) ~NO SHARING OF DRINKS AND SNACKS—water and soda is available for purchase in the kitchen. ~THANK YOU to our instructors who stepped us BIG TIME to offer online classes!				

Mohler Senior Center
25 Hope Drive
Hershey, PA 17033

MOHLER SENIOR CENTER

25 Hope Drive
Hershey, PA 17033

Phone: (717) 533-2002

E-mail: information@mohlerseniorcenter.com

Website: www.mohlerseniorcenter.com

The Mohler Senior Center strives to make a positive difference in the lives of any person in the greater Hershey Area who is fifty years or older. We provide a wide range of physical exercise opportunities, games, travel, educational courses, and social and volunteer opportunities in a pleasant, safe, and welcoming atmosphere. Our goal is to insure that older citizens can stay physically active, mentally stimulated, and independent for as long as possible.

The Mohler Senior Center is an independent, non-profit agency, depending solely on private funding and endowments to operate. Although there is no formal dues structure, members are expected to contribute a donation of at least \$75 per year.

Jack Bishop:

President of the Board of Directors

Melissa Weigle: Executive Director

Kim Reese: Administrative Assistant

Jen Karcesky: Administrative Assistant

Special Events:

Thursday, —9:00 AM—Medicare 101. Are you new to Medicare or have unanswered questions? Dauphin County Apprise Counselors will provide information for those soon to be on Medicare, new to Medicare, or have questions. To register, contact the Dauphin County Apprise Counselor Shannon Vallier at 717-780-6130 ext. 6147.

Mondays July 27 & August 23—2:30 Book Club. July: *The Lions of Fifth Avenue* by Fiona Davis; August: *The Indigo Girl* by Natasha Boyd.