

November/December 2020

Mohler Matters

Spooky Soupy

DRIVE THRU FUND-RAISER

PULL UP TO OUR
DOOR AND WE WILL
DELIVER TO YOUR CAR.

FRIDAY OCT. 30 11:00-1:00

\$10 A QUART (INCLUDES BREAD
AND DESSERT.)

CHOOSE FROM:

CHICKEN TORTELLINI OR
HEARTY BEEF VEGETABLE.

RESERVE YOUR QUART BY WED.,
OCTOBER 28 TO GUARANTEE YOUR
SOUP. DAY OF SALES AVAILABLE
WHILE SUPPLIES LAST.



STAFF WILL BE DRESSED FOR HALLOWEEN,
FEEL FREE TO WEAR YOUR COSTUME TOO!



Please note that anyone entering the Mohler Center is doing so at their own risk and that upon entering will be required to sign a release with respect to communicable diseases that they may be exposed to while in the Center.

From the Director's Desk

After careful planning, we are ready to open our doors for some programs on November 2. In order to do so, we must follow guidelines from the CDC, PA Department of Health (PDH), and PA Department of Aging (PDA). We are finalizing all of the policies and procedures, but in the meantime I want to lay out the rules that each attendee will be required to follow.

- * Attendance must be scheduled in advance, failure to do so results in denial of entry.
- * Stay home when sick. If you appear ill, you will be denied entry.
- * Stay home if you have been exposed to someone who is positive or presumed positive with COVID-19.
- * Attendance to Mohler Center assumes consent to have your temperature taken. Those with temperatures over 100 degrees will not be admitted.
- * Face mask **MUST BE WORN** over mouth and nose at all times while in the building. If a medical condition prohibits the wearing of a face mask, physician documentation is required.
- * Hands will be sanitized upon arrival and after using the restroom.
- * All attendees **MUST MAINTAIN** 6 feet of distance from others in attendance and will not engage in any physical contact.
- * Attendees will not move tables or chairs.
- * Attendees understand that failure to follow these guidelines will result in:
First offense— a verbal warning
Second offense—restriction from activities for 30 days
Third offense—membership revocation

If you have any questions or concerns, please reach out to me. Together we can make this a successful launch! Thanks to all!



If you want to connect to email, Zoom, or Facebook, please let us know. We are ready and able to help you get connected. Now is the time to learn! Let us help.

717-533-2002

information@mohlerseniorcenter.com

Jigsaw Puzzle and Book Exchange: We have been collecting jigsaw puzzles and books over the last few months and are looking forward to opening our lobby lending library again. This is by appointment **ONLY!** Call 717-533-2002 or email at information@mohlerseniorcenter.com to make an appointment.

Things to know as we open our doors:

1. Call 717-533-2002 to reserve your spot for our new weekly programs. We have a limited number of spaces available and will do our best to accommodate everyone eventually.
2. There will be no congregating in the lobby or in the hallways.
3. We are allowing only 2 people at a time in the restrooms.
4. All equipment will need to be brought with you.
5. No beverages will be provided by Mohler Center. Bring your own water.
6. The office is only accessible by lobby corridor. The window will remain closed for safety.
7. We reserve the right to change our programming at any point based on guidance from CDC, PDH, and PDA.
8. We will continue to send out a weekly email with list of the coming events.
9. We will be adding special zoom events as they become available to us—if you are not receiving our emails, let us know your email address.
10. If you do not get email, feel free to call the center regularly to find out our special events. Things are changing so quickly that we were unable to include everything here.

Calendar of Events—Details emailed each week or call Mohler Center for full list of activities weekly. RESERVATIONS REQUIRED FOR ALL IN PERSON EVENTS!

Mondays:

8:15 ZOOM Silver Sneakers—contact keichinger@countrymeadows.com to be added.

8:30 ZOOM Pilates—\$3/class—contact shkurtz@aol.com to be added

9:15 Strengthening with Sara—Must bring own equipment. RSVP @ 717-533-2002.

10:00 Facebook Live Line Dancing—contact susan@lrr.org to be added

11:00 Motivation Mondays—In person and Zoom—each week we will choose topics for discussion that will help up stay happy, healthy, and motivated. RSVP for in person @ 717-533-2002. Zoom link will be emailed.

1:00 ZOOM and in person Bingo—link emailed weekly. RSVP for in person @ 717-533-2002.

1:30 ZOOM Zumba—\$3/class—contact jmc_millen@comcast.net to be added.

Tuesdays:

10:30 ZOOM Tap Dance Advanced—\$3/class—contact krebsmichele9@gmail.com to be added

9:15 Yoga—Join Joni for 45 minutes of Yoga. Must bring own mat. RSVP @ 717-533-2002.

11:00 Travel Tuesdays—In person and Zoom—each week we will choose topics for discussion related to travel. RSVP for in person @ 717-533-2002. Zoom link will be emailed.

Wednesdays:

8:30 Zoom Pilates—\$3/class—contact shkurtz@aol.com to be added

9:15 Stronger Seniors Exercise—we will follow the popular DVD. RSVP @ 717-533-2002.

11:00 Wellness Wednesdays—each week we will choose topics for discussion related to wellness. RSVP for in person @ 717-533-2002. Zoom link will be emailed.

10:00 Facebook Live Line Dancing—contact susan@lrr.org to be added.

1:00 ZOOM and in person Bingo—link emailed weekly. RSVP for in person @ 717-533-2002.

1:30 ZOOM Zumba—\$3/class—contact jmc_millen@comcast.net to be added

4:00 Zoom Silver Sneakers—contact keichinger@countrymeadows.com to be added

Thursdays

9:15 Yoga—Join Ursa for 45 minutes of Yoga. Must bring own mat. RSVP @ 717-533-2002.

11:00 Thinking Thursdays—each week we will choose topics for discussion. RSVP for in person @ 717-533-2002. Zoom link will be emailed.

10:30 ZOOM Tap Dance Beginners—\$3/class—contact krebsmichele9@gmail.com to be added

1:00 Zoom Tai Chi with Deb—link is emailed, if not already receiving invites, contact m.weigle@mohlercenter.com to be added.

Fridays:

8:30 ZOOM Pilates—\$3/class—contact shkurtz@aol.com to be added

9:15 Walking with Sara at Mohler Center (inside of Mohler Center). Light stretching and walking at your own pace. RSVP @ 717-533-2002.

10:00 Facebook Live Line Dancing—email susan@lrr.org to be added.

Other Events (more info to come via email): Monthly Book Club—third Thursday @ 1:00, Zoom Concerts—TBA, Hershey Fire Company FREE Drive Thru Thanksgiving meal on Thursday, November 26 from 11:00—2:00.

Mohler Senior Center
25 Hope Drive
Hershey, PA 17033

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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

Kathy Giovanniello: Administrative Assistant

Thank you loyal members for supporting us through all these changes. We take your health and safety very seriously and are making decisions based on the most current information. Staff is available daily by phone or by appointment—don't hesitate to reach out to us to chat, ask questions, or get support. We are here for you and want to make the rest of your 2020 as happy as possible. Let us know how we can help!