PROVO SENIOR CENTER

September 2020

OPEN AMENITIES

Track Time
10AM-12PM M-F

Swim Time
8AM-9AM M,W,F

Wellness Room
8AM-10PM M-F

Game Room
8AM-1PM (senior-exclusive use) M-F

Computer Lab & Library
8AM-3PM M-F

Curbside Lunch
11:30AM-12:30PM M-F

THE IMPORTANCE OF WEARING A MASK

Masks are important to keeping yourself and others healthy during this time. They protect us from germs and make other visitors feel safer about coming to the Recreation Center. Masks are mandatory on the Senior side of the Recreation Center-this will be enforced. Even though patrons using the other side of the Recreation Center may not always be wearing them, we should be wearing them on the Senior side.

According to the Center for Disease Control & Prevention website, "Masks may help prevent people who have COVID-19 from spreading the virus to others" and "Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings".

If you forget your mask or do not have a mask, we have masks available at the Community Desk. Please help us do our part to slow the spread of COVID-19.
Virtual Bingo I Thursdays at 1pm Beginning in September

We are so excited to start up one of our favorite activities again: bingo! **This time, we will be playing via Zoom.** You won't want to miss this! Join us for fun, laughter, and prizes.

WHEN

We will be playing each Thursday beginning on September 3rd from 1-2pm. This is a free program for registered annual members of the senior center. For non-members, the cost is $10 through the rest of 2020. Register at signup.provo.org or call the senior specialist at (801)852-6620 8-1pm M-F to get the Zoom link.

CARDS

Each person can have two bingo cards. You can pick these up from our senior specialist 8-1pm M-F. You do not have to return the cards until we start meeting in-person again. This means you will be keeping these cards and not exchanging them for the next few months.

PRIZES

We will have a regular bingo host each week who will provide 5-8 weekly prizes. No consolation prizes will be given. Seniors have one week to pick up their prize (8-1pm M-F from the senior specialist), otherwise it will carry over as a prize the following week.

Questions? Ask Alicia, Program Supervisor at achristensen@provo.org
In this class we will learn how to search on google and get the results you want. We will also learn how to open multiple tabs, bookmark important websites, find your downloads, and much more!

Google Chrome 10/5-10/28

In this class we will learn how to search on google and get the results you want. We will also learn how to open multiple tabs, bookmark important websites, find your downloads, and much more!

Cyber Security 11/2-12/2, No class Thanksgiving week

In this class we will learn about the security settings on popular websites, how to identify scams, and much more. We will also learn how to back up important documents and pictures in case of emergency.

Curbside Lunch I 11:30-12:30, M-F

We hand out over 500 meals a week. We love to see your smiling faces and reconnect in a safe way. For anyone who hasn't joined curbside lunch, call the senior specialist at (801)852-6620 8-1PM M-F. We are not taking cash donations, but you can pay with a card at the desk until the Senior Center reopens for congregate meals. In addition, we also are the hub for 7 different meals on wheels routes.

How to Sign Up for Programs:
- Call (801)852-6620 8-1PM M-F
- Signup.provo.org
**Book Club I 1PM via Zoom, 2nd Tuesday Each Month**

This is a great way to continue to learn, find new books to enjoy, and talk with friends. Our awesome librarian leads the discussion the second Tuesday of each month. Pick up the monthly book at the Community Desk M-F 8-1pm. This month we will be reading *The Blue Castle* by L.M. Montgomery. Our October read will be *Vincent and Theo* by Deborah Heiligman. Here’s a brief description of the book: The deep and enduring friendship between Vincent and Theo Van Gogh shaped both brothers’ lives. Drawn from letters Vincent wrote to Theo during his lifetime, a tale of two lives intertwined as Theo supported Vincent’s struggles to find his path in life.

**Virtual Tours I Twice a Month via Zoom**

This summer we have learned about Nepal & Everest Base Camp, Marineland Dolphin Adventure, Downtown Chicago and The Vatican Museum! We would like to continue with virtual or even small group tours this fall through the Senior Center. We may be visiting the Springville Art Museum, learning about Ecuador, and more! To get your name on the email list to stay informed, please call the senior specialist at (801) 852-6620 8-1pm M-F. Everyone is welcome to join.

**STAY INFORMED**

Even during this crazy time, we always have a lot going on at the Provo Senior Center. We want to make sure you know how to stay informed about everything that’s happening! Here are some places you can check to find out the latest:

- **This Newsletter**: Pick up a print version at the Community Desk, or email recprograms@provo.org to receive it by email.
- **Provo.org**: Provo’s website has information about what’s going on, and you can sign up for programs.
- **Community Desk**: Desk staff are informed. Ask them for help!