

# Exercise Class Information

We at Living Care recognize the physical decline that happens with a sedentary lifestyle and reduced opportunities to exercise. As such, we are very cautiously discussing what our exercise programs will look like in the coming weeks and months.

The Village Center may remain closed for the coming weeks and possibly months ... The Fitness Center may also remain closed.

Upon completion of the screenings in each building, classes will be designed to meet the current needs of residents residing there. The classes will be based on similar needs and smaller class sizes due to social distancing. Classes will be different in each building based on needs, size of dining room and number of residents signed up (and screened) to participate.

There will be an **Activity Participation Questionnaire** that will be required to participate in any of the activity programs, to ensure the health and safety of all participants.

Once classes have been established, staff have been trained and we are ready to begin, we will set a schedule and distribute to participants.

Please call with questions.... Jennifer 965-5278

