

# LATCHAM NEWS

*" Life starts all over again, when it gets crisp in the fall." F. Scott Fitzgerald in The Great Gatsby*

## Scugog History

### Autohenge



**Built in 1986 by artist William Lishman at the request of Chrysler for a commercial, it stood proudly on the Canadian landscape for 5 years until it was removed.**

## President's Message

Finally, we can see a sliver of light ..... We are going to restart a few of our activities! Please read the item in the newsletter regarding how we're proceeding slowly with safety and health uppermost in mind.

Other town activities are also opening up under Covid restrictions, pickle ball, hockey, library, inside dining in restaurants and the hospital store is also getting ready to open in a new location in town, to name a few. I'm so excited to get some form of club events started, I was getting a little down as Covid went on and on.

The executive's plan is to bring back as many activities as we're allowed after the Christmas break! We can see progress and that's what's important.

We have had to cancel our annual bazaar and our annual Christmas dinner.

There will be no general meetings or pot luck dinners until further notice. Executive meetings are being held virtually through Zoom.





**Exercise? They made it work!**



## Get the COVID-19 App

Together, let's limit the spread of COVID-19 and prevent future outbreaks.

COVID Alert helps us break the cycle of infection. The app can let people know of possible exposures before any symptoms appear.

That way, we can take care of ourselves and protect our communities. Available to be downloaded at the Apple Store and Google Play

Stay positive, stay safe. **We're on our start back to "normal".**

Rita Hilker, President

## Yoga Class Members

Hello Everyone,

I am excited and looking forward to once again guiding you in your yoga practice. Yoga will resume on

1. Tues. October 14, @1:30 -2:45

2. Wed. October 15 @ 9- 10:15

There is now a \$5.00 fee for each class. The class numbers are limited so pre-registration is required. I have been in touch with most members either by phone or email. I assumed the NO response from some yoga members is a NOT INTERESTED in participating. If for some reason you were missed please contact me. (I did have some emails and phone numbers no longer in service)

There are still a few spaces open on both days if a yoga member wishes to participate and agrees to the COVID 19 restrictions outlined by the Senior Centre. Please contact me if you are one of these people.

Namaste,

Diana      [diana.m.bent@gmail.com](mailto:diana.m.bent@gmail.com)

## **REOPENING OF LATCHAM DURING COVID OCTOBER 13 2020 – DEC. 2020**

Only Line Dancing Intermediate, Gentle Exercise, Exercise with Video and Yoga are permitted to restart for this period of time.

New members cannot join any of the groups above and you must have been an active member of your group prior to shutdown mid March. Your leader has final say on who qualifies. Maximum of 18 people on the floor area! The leaders will call their members and advise them of the time and day to participate in their group of 18.

Before entering the Latcham Centre have your mask or face covering on over your mouth and nose. Your mask, or face covering, stays on until you have left the building or off for a moment to take a sip of water. Hand sanitizers are on the walls in the front hall and other sanitizers will be placed throughout the building.

Upon each entry into the building you will be asked the Covid questions and your temperature will be taken. A maximum of 6 people only in the front hall.

Each member will either: a) hang your coat up in the front hall on the coat rack where marked. 20 hangers are available. Please return the hanger when you're finished to the same spot you took it from.

b) Preferred method, bring your own container large enough to hold your belongings such as coat, hat, mitts, scarf. Boot trays will be provided. Take your container home when you leave.

**PLEASE PUT AWAY YOUR PERSONAL ITEMS AS QUICKLY AS POSSIBLE AND MOVE INTO THE MAIN HALL WITH SOCIAL DISTANCING IN MIND.**

Once you enter into the main hall a volunteer member of your group will ask for your name and phone number. These sheets will

have the activity name, leader name and date of activity. We will set up a folder system for these to be placed in when completed. Follow either the volunteer or leader instructions once you have given your personal info. Safe distancing areas will be marked off with orange cones and we'll also use the shuffleboard floor markings to maintain our social distancing.

East door (lake) and windows will be open to improve air circulation. Dress accordingly.

Only members taking part in the activity will be allowed in the hall.

We have to be strict on our numbers, only 18! The only exception will be an executive member who will be in the office.

Entrance door, south side of the building. Doors will open 15 minutes before each activity and will be closed when activity starts.

Exit the building through the west (kitchen) door. Move quickly and safely out of the building. **CHAT OUTSIDE !**

All participants are expected to volunteer to help your leader with taking info, covid questions and temperature taking, sanitizing all high touch areas and closing all ventilation windows and doors when activity is complete. Your leader will be responsible for the volunteer schedule in your group.

A chair will be provided if members find it necessary to rest. Area to be determined. Please sanitize the chair after using.

No food or drink, except water is allowed in the main hall.

Keep washroom use to a minimum. There will be sanitizing guidelines posted in each washroom. One at a time in the washrooms.

Please be kind, understanding and patient when members ask you for info or to volunteer. We need 100% participation.

Whew!