

2020

Program UPDATE



NOTE

Ideally NESA would be opening all of its activities at the same time. However, in order to keep all members as safe as possible while adhering to the guidelines and restrictions set by Alberta Health Services, the need to divide clubs and programs into phases based on risk and priority is required. These phases do not have any set dates and are subject to change at any time as new information arises. Some programs listed in PHASE 1 may not be offered in the Fall due to changes in instructor or space availability.

The programming team is working diligently to offer a variety of programs to accommodate as many members as safely as possible.

We thank you for your patience and understanding during these unprecedented times.

Check out the SUMMER 2020 Guide and stay tuned for the FALL 2020 Guide for more programs!

PHASE 1	PHASE 2	PHASE 3
<p>Programs Include:</p> <ul style="list-style-type: none"> • Ceramics • Fitness • Fitness Centre (Reservations required) • Knitting/Crocheting • Languages • Music & Dance (Limited to no singing or wind instruments) • Writing Programs <p>Clubs Include: (Subject to change based on room availability and AHS guidelines)</p> <ul style="list-style-type: none"> • Art Clubs • Carving • Creative Greeting Card Club • Fiber Art • Hardanger • Music Clubs (Limited to no singing or wind instruments) • Sewing/Quilting • Washi-Chigiri-E 	<p>Programs Include:</p> <ul style="list-style-type: none"> • General Interest/Health Lectures • Social activities: Trivia, Name that Tune, or any social activities that can adhere to social distancing <p>Clubs Include: (Subject to change based on room availability and AHS guidelines)</p> <ul style="list-style-type: none"> • Book Lovers Club • Garden Club <p>Fundraising Activities and/or Events (2 or 3)</p>	<p>Programs Include:</p> <ul style="list-style-type: none"> • Choralaires & Songbirds • Computers • Matinee Movies • Singing programs: • Tours & Outings <p>Clubs Include: (Subject to change based on room availability and AHS guidelines)</p> <ul style="list-style-type: none"> • Anything with playing cards • Carpet Bowling • Badminton • Pickleball • Golf Club • Social Clubs: JFTC and Travel • Silversmithing • Stained Glass • Weavers • Woodworking <p>Fundraising Activities and/or Events (2 or 3)</p> <p>Social Events: Teas, Dances, Dinners, etc.</p>



Understandably, due to the events of the COVID-19 pandemic, Alberta Health Services has implemented guidelines to help prevent the risk of transmission of infection. These guidelines are set to keep our instructors and members participating in programs as safe as possible. It is very important that all members do their best to respect and adhere to these new guidelines.

The following guidelines and measures have been made at the facility to keep you safe:

- At this time, contactless registration and payment is the safest option for everyone. Please learn how to do this by referring to the “How to Register” portion of this package.
- The maximum number of participants per program has been significantly reduced to allow participants to adhere to the physical-distancing requirements.
- Some program and activity times have been adjusted to stagger furthermore allowing time for proper cleaning and sanitization of spaces, and to allow time for participants to leave and arrive with limited contact.
- Floor markings will indicate one-way flow patterns where possible, alternate exits, waiting areas and where to place yourself while adhering to distancing protocols before, during and after your program.
- Sneeze guards have been installed at the front office, fitness center and outreach desks.
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts. Please refer to “How to Register” page to see the updated office hours.
- Signs have been posted in every room indicating occupancy limits, distancing and hygiene expectations.
- Our custodial team will clean and disinfect high ‘touchpoints’ more frequently.
- Employees and Volunteers will receive daily health and temperature checks and self-isolation will be required if any staff/volunteer has been travelling, exhibiting symptoms, or has been exposed to someone exhibiting symptoms.
- Lockers, showers and water fountains will be unavailable.

- Wipes and sanitizer stations will be available as well as sinks in many program rooms for proper hand-washing.
- Reservation-based system implemented in the Fitness Centre with reduced patron occupancy and machine access.



What you can do to keep yourself and others safe:

- When possible, participants should arrive only a few minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces.
- When possible, participants are encouraged to bring their own mats and equipment.
- Participant should bring their own water bottles for the fountains are unavailable.
- Please limit personal items as lockers are not currently available. You will need to keep all personal items with you at all times.
- Please wear your workout clothing to your activity. Changing at the facility is strongly discouraged. Carry with you your indoor footwear and bring a bag to place your outdoor shoes in when they are not being worn.
- Participants will be expected to spend a few minutes at the beginning and at the end of their program to sanitize their spaces and wash their hands. Frequent hand-washing is one of the best ways to prevent the spread of infection.
- While not mandatory, it is a good idea to wear a mask while passing other participants in the hallways and entrances/exits.

Thank you for your understanding and cooperation. It remains NESAs priority to offer you great programs as safely as possible. We look forward to seeing your smiling faces soon!



Unfortunately at this time, we are unsure of the status of the café. Please be patient as E.M.M.A works out the logistics and considerations required to re-open, even at a limited capacity. Until further notice, food and beverage items will not be available.

Please note that this is subject to change.

For updates, please refer to our website www.nesa1.ca or you may also call **E.M.M.A Catering @ 780.406.0840**