

Perquimans County Senior Citizens Center
1072 Harvey Point Road
Hertford, NC 27944

Plan for Re-Opening

The Perquimans County Senior Citizens Center will begin a soft opening for limited activities beginning October 19, 2020 with implementation of distancing requirements.

Schedules will be altered to accommodate arrival/departure times with each activity having a maximum number of participants. Initially, the calendar will be released weekly rather than monthly. You may contact the senior center for the schedule or review same as set out on the center web page: www.pcseniors.org.

Participants must call the center number 252-426-5404 to make their activity reservation. This includes the fitness room, exercise class, game room, computer lab and all areas of activity including Zumba, TAI CHI, Yoga, Bingo and other activities offered within the center.

The fitness room will be limited to four people at one time for a period of 45 minutes. You must wipe down any machines or equipment you use immediately following your use of the equipment. The computer lab will have one participant per 45 minute reservation. Members may only be able to participate in the same activity once per week to allow all members participation. Participants must sign up in advance and times may vary to accommodate other activities.

At this time, with the exception of curbside meal service and meals on wheels, food will not be allowed or offered in the center and until further notice.

Only non-cloth chairs will be available and will be placed at least 6 feet apart during activities.

Participants will follow the recommendations for protecting themselves and others:

- 1) Wear a mask the entire time they are in the building.
- 2) Use a hand sanitizer that contains at least 60% alcohol upon entering and leaving the center.
- 3) Maintain 6 (six) feet of distancing.
- 4) Wash your hands often with soap and water for at least 20 seconds.
- 5) To the extent possible, avoid touching high-touch surfaces in public places.

- (6) Avoid touching your face, nose and eyes.
- (7) Use a “clean” pen to register upon entering the building and place it in the “to be cleaned” bucket as designated.
- (8) Only one participant per six feet of distance will be allowed in the “library” at one time for no more than 10 minutes at a time.
- (9) Read and understand the posted guidelines located at the entrance of the center.
- (10) Restrooms are limited to one (1) member at a time.
- (11) Outside personal items are not allowed in the center, with the exception of one bottle of water or personal water bottle.
- (12) You must leave the building upon conclusion of the activity attending to allow additional participants to enter the center.
- (13) Temperatures will be checked upon entrance of the center.
- (14) Do not attend any activities if you have a respiratory infection, temperature greater than 100 degrees F, or a persistent cough.
- (15) Members may not go into the Nutrition Service area, kitchen nor office area at anytime.
- (16) Members are asked to please respect others by maintaining CDC Social Distance guidelines.