

MDHHS Pandemic Order Impact on OPC Programs and Activities

The Michigan Department of Health and Human Services (MDHHS) issued a new emergency order that enacts a three-week *Pause to Save Lives* beginning November 18 through December 8, targeting indoor social gatherings and other group activities in an effort to curb rapidly rising C-19 infection rates. Below is a list of the activities OPC will continue to offer while following the order and what programs have been moved to virtual, rescheduled, postponed or canceled. Meals on Wheels and Transportation have not been affected by this order. As a reminder, we have a wide variety of virtual enrichment & fitness offerings, plus the Art to Go kits to keep our members mentally, socially and physically engaged during this time.

Allowed Activities per the MDHHS order:

- Swimming (Lap & Therapy Pools)
- Cardio & Weight Room
- Walking Track

Virtual Programs – Previously in-person:

- **Rewired not Retired: Life by Design: Planning for the Next Phase in Life** – Wednesday, Nov. 18 @ 1:00 pm - Register by clicking on this link:
https://us02web.zoom.us/meeting/register/tZwtc-2ppj0sGtGvWIUs5OE4-e_KH5zfpKDW
- **Bingo** – Wednesday, Nov. 25 @ 1:00 pm - Register by clicking on this link:
https://us02web.zoom.us/meeting/register/tZ0pdu-hqjgtHtD_ur0wSA-8Vv1PvwIGbjfw

Will Be Rescheduled – Art Classes & Events from Nov. 18 through Dec. 8

- Winter Wood burned Disks
- Mini Painting Workshop
- Stained Glass Mini Project
- Fresh Greens Holiday Workshop
- Woodshop Safety
- Etched Appetizer Plates
- Mosaic Tile Class
- Favorite Holiday Songs
- 650 Middy Club on November 19 (Any payment received will be credited to a future Middy Club.)

Postponed Classes – Any payment that was received for the last two weeks of November will be pushed forward and cover the last two weeks of December when we reopen for the following activities on December 9:

- Fitness Classes in the Gym: Low Impact, Yoga, Tai Chi, Zumba and Cycling Classes. (If you've already paid for a December fitness class you will receive a call from a cashier to discuss.)
- Drum Circle
- Line Dance
- Focus on the Issues
- Ukulele
- Guitar Group
- Needle Arts Studio
- Creation Station Studio

Canceled Classes or Activities – Individuals who have prepaid for a class or activity below will receive a credit that can be used for a future class or activity at the center.

- November 20 - Caring & Sharing Support Group Meeting (no cost)
- November 20 - Barnwood Painting
- November 23 - Movie (no cost)
- November 24 - Women's Luncheon
- December 3 - Holiday Wreath Workshop
- December 8 - Terrific Tuesday

Should you have any questions or concerns about any of the above information, please call 248-656-1403 x0, be sure to leave your full name and phone number or visit the homepage of the OPC website for program updates.

As a reminder the OPC Senior Resource department is available to schedule a regular telephone reassurance call at 248-608-0249. It's important to talk with people you can trust. If you are experiencing social isolation and depression during this time: MDHHS has established a phone line that operates seven days a week from 10 am to 2 am at 888-PEER-753 (888-733-7753). It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma.