

## Next Step to Active Living – COVID-19 Program Modifications – January 2022

Next Step to Active Living reopened to in-person program activities on September 21, 2021. Due to COVID-19 facility capacity limitations and public health measures, the program has made modifications to our normal program activities.

We will be offering ½ day programming only at this time, offering 2 activities in the morning or 2 activities in the afternoon.

### Days of Operation

Site	Days of Operation	Program Hours
South Common	Tuesday Thursday	Morning – 9:00 – 11:45 AM Afternoon – 12:30 – 3:30 PM  *Program Times are the same for Tuesdays & Thursdays*
Huron Park	<b>Wednesday (New in January 2022)</b> Friday	Wednesday Morning – 9:00 – 11:30 AM Wednesday Afternoon – 12:30 – 3:30 pm  Friday Morning – 9:00 – 12:00 Noon Friday Afternoon – 1:00 – 3:15 pm

### Registration & Fees

Fees are based on a Per Activity Fee Structure and are paid on a Sessional Basis. Winter Session 2022 is 12 weeks in length.

Registration and payment is completed on the 1<sup>st</sup> day of participation and is prorated based on the start date.

#### Example of Activity Fees

Activity Fee = \$55.08 (\$4.59/class x 12 weeks)

A ½ day of participation includes 2 classes.

**Virtual Program Activities** - Virtual activities are provided using the Zoom platform and are free of charge. If you would like to participate in virtual activities, please let the NSTAL Staff know.

Monday – 1:30 – 2:10 pm  
Fit, Strength and Balance Class

Wednesday – 1:00 – 1:40 pm (NEW TIME as of January 5, 2022)  
Social & Cognitive Games