

October Billerica COA Activities
Activities Start Monday, September 28
Registration Starts Monday, September 21 at 9:00am

As we continue to develop our new program mix and the sanitation / safety procedures for all involved at the BCOA, please note we rely on advice and guidance from the Billerica Town Manager's Office and the Board of Health Director. This is serious business; lives are involved and as we look around the virus is very much in play. We may need to reduce our program offerings if we find that we cannot operate carefully and safely and we are testing that each step along the way.

Scheduling and Registration

There are very few changes to our October schedule; see 'New In October' and 'Special October Activities' below for new activities and changes. We do continue to evaluate program participation and make adjustments as needed to address demand. Please note that If an exercise program is regularly attracting less than 6 patrons, it is likely that the program will be removed from the schedule to make room for something for which we are seeing a greater demand.

Online registration for all activities is required

Our online registration process was designed to reduce risk and crowding in the lobby. Our building space dictates much smaller classes as we adhere to social distancing principles.

Billerica residents only at this time

Our priority is to serve Billerica residents. We are not currently in a position to welcome back members from other communities.

October activities are free

Our October programs, with only a very few exceptions, are free.

Cancellations and substitutions

- If you cannot make a class, please let us know at least a day in advance. We have several classes that are full and if you are not attending, this allows someone else to register.
- You cannot substitute a friend for a class you are not attending by calling the person and telling them to show up. If they are not on our printed activity roster from the myactivecenter.com system, we unfortunately must have them return home.

No Shows

Since we are operating with limited capacity, classes fill up quickly. If you sign up for classes and then do not show up for those classes you are denying others the chance to participate.

All Exercise Programs - Please Note: If you sign up for a series of 4 classes and miss the first 2 classes of the series, you will be unenrolled from the remaining 2 classes of the series.

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Masks and Safety Procedures

- Masks are required. No exceptions.
- All patrons, including those participating in outdoor activities such as Horseshoes or Walking Group, must check in at the Front Lobby for a symptom and temperature check before proceeding to any session.

Registration for October Activities

- **October activities will begin on Monday, September 28.** Last day for October classes in Friday, October 23.
- **Registration will start on Monday, September 21 at 9:00am** for **Billerica residents** only on myactivecenter.com.
- Registration is required for all Billerica COA activities, even those that are outside the building such as Horseshoes.
- If you are a Billerica resident and get an error message stating that you are not a Billerica resident, please call us at 978-671-0916 so we can get that corrected.

Registering for Social Activities such as Social Time, Quilting or Knitting

Unlike Exercise programming, you do not need to sign up for all 4 sessions of social activities such as Social Time, Quilting or Knitting. You can sign up for one, two, three or all four session of these activities. These activities are also among our most popular activities so signing up for only one or two sessions does allow other patrons the chance to attend as well.

New In October

Tai Chi –Friday, October 2 at 9:00am

Tai Chi returns to our indoor exercise programs this month. Better Health with YangTao™ Tai Chi – Short Form YangTao™ Tai Chi synchronizes slow flowing movements, deep rhythmic breathing and a calm state-of-mind to help you reduce stress / anxiety, improve balance (physical-mental-emotional), expand range-of-motion, and strengthen the immune system. This circular form of tai chi is perfect for a quick pick-me-up or a stress reliever at home, work or while traveling. Like all of our exercise programs, this is a series of 4 classes and you will be signing up for all 4 sessions when you register on myactivecenter.com.

Quilting – Fridays at 1:00pm

Quilting returns starting on Friday, October 2 at 1:00pm. You can sign up for a single session or multiple Friday sessions in October. There is a maximum of 18 participants in each session. You do have to register at myactivecenter.com.

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Special October Activities

Brain Healthy Cooking via Zoom – Tuesday, September 29

Join us for a Zoom session on Tuesday, September 29 at 1:00 p.m. on brain healthy cooking. You will learn about the connection between diet and cognitive health, the elements of the Mediterranean diet, and how to apply brain healthy ingredients to everyday meals. Register on myactivecenter.com.

Name That Tune – Wednesday, October 14

We all love to have fun; so, how about joining us for a musical trivia challenge! We are planning an afternoon of ‘Name That Tune’. You don’t have to be a musical genius to participate, many different types of music will be played; you are going to know most of them! Come and enjoy the company of friends and fellow members for this upbeat event on the 14th October at 1:00pm. Limit 16 attendees. Please sign up in advance on [my active center.com](http://myactivecenter.com).

History Lecture – Thursday, October 15

Our History Lecture series returns on October 15th at 10:00am. The subject matter, presented by John O’Connell, is ‘Boston Newspapers from the 1950’s through the 1960’s - Breaking News Back Then’. John will discuss interesting facts and anecdotes about the Boston newspaper scene before the advent of ‘breaking news’ and social media; a fascinating era when breaking news was delivered to your front doorstep each morning or evening. This is a popular event so please remember to sign up early at myactivecenter.com as seating is limited to 18 attendees.

Cooking for One via Zoom – Tuesday, October 20

Through this 1 hour ZOOM Brain Healthy Cooking demonstration, Senior Living Residences’ chefs will show you how to prepare multiple tasty dishes out of a short list of healthful staples, helping you cut the waste and stretch your shopping budget when cooking for one! Register on myactivecenter.com.

Card Making – Wednesday, October 21

Card Making will be offered on the Wednesday 10/21 at 1:00pm. There is a limit of 8 students in this class. Register on myactivecenter.com.

Pool Playing Maximum of two tables in use and four players. Times remain 10:00am to 1:00pm on Monday through Friday. Players must register on myactivecenter.com.

Fitness Room

The room will continue to be open from 9:00am to 12:00 noon on Mondays and Wednesdays only. You can sign up for a 30 minute session starting on the hour on myactivecenter.com.

Ceramics

Ceramics will continue on Wednesdays at 10:00am. There is a limit of 8 students in this class. This is a series of 4 classes and you are signing up for the series. Register on myactivecenter.com.

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Common Registration Issues

Be sure you are logged in! Good news! Although you can still browse our activities without being logged in, it is no longer possible to register if you are not logged in. If you do try to register and are not logged in, you will get a pop up window forcing you to do so.

How do I know I am logged in? You should see your *name* 'Hi [your name]' in the upper right of the screen on a desktop / laptop or just below the logo and menu on a smartphone. See illustration below.

How do I know I registered? Under your *name*, look for and click on 'My Activities' where you will see a list of your upcoming activities. See illustration below. If you do not see what you think you have registered for, then you are not registered.

What if I still need help? Call us at 978-671-0916 and we can provide training and a guide is available at the BCOA and on the COA page on the Town of Billerica website www.town.billerica.ma.us.

