

September 17, 2021

Communiqué

The Glen Satellite Fitness Center

Willow Valley is excited to share that the satellite Fitness Center on the ground floor of The Glen is re-opening on Tuesday, September 21, 2021. A schedule has been created to accommodate the Residents in both Independent Living and Supportive Living. To comply with Department of Health regulations, Independent Living Residents will be required to enter the Center from the outside of the building only.

Hours of Operation for Independent Living Residents

Sunday | 12:00 AM – 11:59 PM

Monday | 4:00 PM – 11:59 PM

Tuesday | 12:00 AM – 11:59 PM (10 AM – 12 Noon; Fitness TM on-site)

Wednesday | 12:00 AM – 11:59 PM (10 AM – 12 Noon; Fitness TM on-site)

Thursday | 4:00 PM – 11:59 PM

Friday | 12:00 AM – 11:59 PM (10 AM – 12 Noon; Fitness TM on-site)

Saturday | 12:00 AM – 11:59 PM

For the first few weeks, a Fitness Team Member will be assigned to be there from 10:00 AM – 12:00 NOON on Tuesday, Wednesday and Friday to assist Residents. When the center is unattended, there will be a sign instructing them to contact the CC Fitness Center at 717.464.6434 if they have questions about the equipment or want to set up an appointment with a Fitness Instructor. *Please refrain from knocking on the door of the adjoining out-patient therapy clinic. The therapists are in appointments assisting Residents.*

Personal Care Trainings

Fitness Team will continue to host PC Trainings on Mondays and Thursdays from 1:00 PM – 3:00 PM. They will clean the equipment before and after these trainings.

Masks

Masks are required.

Equipment

Residents should wipe down the equipment as they finish with each piece.

Accessibility: Door Access

Independent Living Residents can access only from the outside doors, they should not travel through The Glen building to access this location. Fob access to the interior doors has been deactivated and the exterior door will be accessible only during the hours of operation listed above.

Stacy — Stacy Musser, Senior Director of Resident Life & Wellness