

No Limits Eastern Shore is Carefully Re-opening!

As we move into Phase 3 of the virus response, No Limits will begin to carefully reopen. This does not mean that members have to return. You (and your family or support network) will need to decide if you are ready. Virtual No Limits on Zoom will continue on Tuesdays and Thursdays from 10:30am – 11:30am and you are welcome there whether you return to the building yet or not.

No Limits will abide by all safety guidance provided by Virginia and the CDC, including screening, cleaning and distancing protocols.

Our initial re-opening plan goes into effect on **Monday, July 20**, and will last 1 month. We will update the plan by August 20 based on current information.

No Limits will open on **Mondays, Wednesdays and Fridays** from **8:30am until 11:30am**.

In order to be eligible to return, members must not have had exposure to COVID 19 for at least 2 weeks. If someone that you live with or come into contact with has tested positive for the virus you must wait 2 weeks from the time of last exposure before returning to No Limits.

We ask that you do not use Star Transit to come to No Limits in the first month of re-opening. Members may be dropped off and picked up in private vehicles or No Limits will provide transportation (we will pick you up and bring you home in one of our vans). Times will be arranged for each pickup individually.

We will be checking temperatures and doing a safety screening before anyone enters the building. Please use the back entrance. No more than 15 people may be in the building at once.

We will not be eating meals at No Limits in the first month. If you need a drink or a snack during opening hours we will ask you to do so in an area away from others.

Face coverings will be required by everyone inside the building and outside when within 6 feet of each other. We will have face masks available or you may bring your own. We have a limited number of face shields for those who have difficulty with masks. Social distancing – staying at least 6 feet apart – is also required and the building has blue floor markings to help you know how far apart you need to be.

Oh, and **WE SURE HAVE MISSED NO LIMITS!!!**



July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Please see our Re-opening Note for Important Information!*</p> <p>Please contact No Limits at (757) 789-3990 and leave a message or email nolimitseasternshore@gmail.com with any questions.</p>				<p>2 Virtual No Limits (ZOOM), 10:30am Safety w/ Adrian</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7 Virtual No Limits (ZOOM), 10:30am Advocacy w/ Rachel</p>	<p>8</p>	<p>9 Virtual No Limits (ZOOM), 10:30am Wellness w/ Betsy</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14 Virtual No Limits (ZOOM), 10:30am</p>	<p>15 Corina's Birthday</p>	<p>16 Virtual No Limits (ZOOM), 10:30am, Health w/ Adrian</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 Building REOPENS by appt, 8:30am— 11:30am</p>	<p>21 Virtual No Limits (ZOOM), 10:30am</p>	<p>22 Building open by appt, 8:30am— 11:30am</p>	<p>23 Virtual No Limits (ZOOM), 10:30am Wellness w/ Betsy</p>	<p>24 Building open by appt, 8:30am— 11:30am Media Meeting</p>	<p>25</p>
<p>26</p>	<p>27 Building open by appt, 8:30am— 11:30am Outreach Cooking</p>	<p>28 Virtual No Limits (ZOOM), 10:30am</p>	<p>29 Building open by appt, 8:30am— 11:30am</p>	<p>30 Virtual No Limits (ZOOM), 10:30am Brain Works Corner</p>	<p>31 Building open by appt, 8:30am— 11:30am</p>	