



Membernews

Central Square Community Center
online

May 4, 2020

WELCOME!

Hello Central Square members!

Though our times are uncertain, one thing is for sure, we are grateful for our members and miss seeing everyone at Central Square! The safety of our members and staff is priority and by adhering to recommendations and following state guidelines, we will ensure that we resume operation in the safest, most efficient way possible.

By following guidelines for physical activity, diet, mental health, hygiene and social distancing, we can maintain a higher level of wellbeing and good health.

We wanted to provide some resources that you might find useful during this time to help keep you active and healthy, including things like virtual classes, RecAtHome, and Fare for All on the go.

As a reminder, all **ACH membership** withdrawals have been suspended, so you will not see these deductions coming out until we are back in operation. **Paid in full memberships** will be extended out accordingly once we have resumed hours.

Our summer programming is still being reviewed at this time. However, please note, the **summer gymnastics** program has been cancelled.

While we may be going through a difficult time, our members are strong and we know we will overcome and get back to our daily lives, more grateful and stronger than ever. We look forward to the day we meet again at Central Square, in the meantime, we hope you are staying strong, active and healthy!



Be strong now because things will get better. It might be stormy now, but it can't rain forever.

FOR THE FUN OF IT



Keeping your mind occupied with fun and interesting things is a good way to keep your spirits up. There are great websites out there with fun activities.

Click here for puzzle challenges:

 JigZone.com

Tour a National Park by clicking here:

 www.nps.gov

You can always “see” your nose. The human brain blocks it out through a process called unconscious selective attention.

 **South St. Paul Parks & Recreation Programs**

RecAtHome Parks & Recreation is excited to present **RecAtHome!**

A comprehensive page for recreation resources providing entertainment, education and activity.

Here you'll find information on upcoming youth programs, park exploration and virtual tour links. These resources are great for entertainment and enjoyment and to keep your spirits up.

Check back for updates!
Click on the link below to visit:

 [RecAtHome](#)



South St. Paul Parks and Trails

South St. Paul city parks and trails are open for use. Please follow all safety guidelines and be sure to practice social distancing.

- If you are sick, please stay home.
- Avoid playgrounds.
- Practice good hygiene. Bring sanitizer and avoid touching your face.
- Bring your own water bottle.
- Recreate with members of your household only.
- Share the trails and keep your distance.





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NECESSITIES

Click on the **Necessities** link below for information on getting items you need.

Necessities



There are several opportunities available when it comes to getting needed supplies like groceries or medication.

Click on this Necessities link for information to help guide you.

Many grocery stores and pharmacies offer delivery services so that you can stay in your home. Pickup services are also available with easy online ordering, so it limits your contact out in public. If you wish to shop on your own, there safety guidelines to follow to help keep you safe and lower the risk of infection.

Fare for All

Affordable meat and produce packs will be offered via drive-through service at Central Square by Fare for All.
Fare For All operates in cooperation with The Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like *Big River Farms* for local, fresh produce. The food is delivered to more than 40 community sites for distribution, including Central Square. They offer value, variety, quality and nutrition in their food packages, with meat packs, fruit and vegetable packs

and combo packs. Availability may be limited on certain items or packages. Due to the COVID-19 emergency response environment, they have temporarily restructured their distribution and will be offering a drive-through service. This low-touch service will follow social distancing guidelines and offer convenience and safety to their clients.

Fare For All is welcome to everyone. Please note – *Fare For All* has temporarily switched to a “cards-only” payment policy, so the drive-through process can function most efficiently.

Details

Parking lot north of Central Square Community Center
Tuesday, May 26th, 4-6 p.m.

For additional information and alternative locations, click here:

Fare For All



BE INFORMED

Federal Stimulus Checks



Stimulus checks, also called Economic Impact Payments, are being issued by the government as a way of easing the financial stress of the coronavirus pandemic.

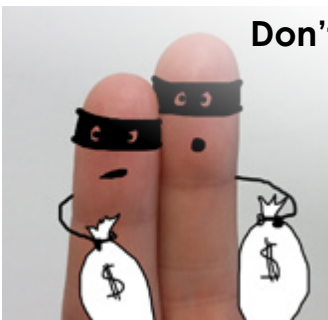
Most Americans will receive a one-time cash payment based on your income and family status.

You can get more information, and determine your eligibility here:



Stimulus Payment

Don't Get Scammed



Unfortunately, there are scammers out there taking advantage of people during this pandemic.

The Federal Trade Commission offers tips on protecting yourself, check it out here:

Federal Trade Commission

Local Coronavirus Response

For the latest local updates regarding the coronavirus response, visit the City of South St. Paul's website. Here, you'll find information on closings and guidelines in South St. Paul as well as a link to Dakota County's site. There are resources available for food support, unemployment, help lines and other resources here:

South St. Paul City News

Tax Updates

The IRS has changed the tax filing deadline to July 15th. Many tax preparation services have suspended their face-to-face preparation services, like AARP. You may file your taxes anytime prior to the filing date. You are encouraged to file as soon as possible, if you are able, particularly if you are owed a refund. There are online preparation options available for people who want to file now and are able to file online.



Tax information links: [AARP Tax-Aide](#) [Internal Revenue Service](#) [Minnesota Department of Revenue](#)

Tax preparation services: [Turbotax](#) [H&R Block](#)



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YOUR HEALTH



Good Health Begins With You

Tools for fighting the coronavirus and staying healthy

The coronavirus (COVID-19) pandemic has people scrambling to find ways to protect themselves and fight against this disease.

Stay calm and strong and follow the guidelines in the link below for your best defense and keeping your body and mind strong and healthy.

Be informed about COVID-19 and health strategies.

Current information about Coronavirus in Minnesota can be found here:

[MN.gov](https://www.mn.gov)

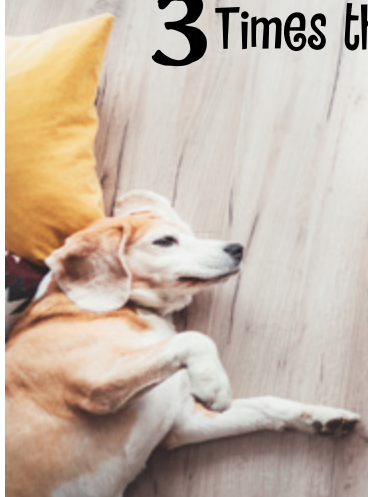
Click on **Your Health** link for more information.



Your Health



3 Instructors **3** Times the Fun
3 Times the Challenge!



Central Square's VIRTUAL YOGA CHALLENGE!

Saturday, May 16th
9-10:15 a.m.

Register online at: southstpaul.org

COST: \$12



Be a part of our wellness community!

Central Square

VIRTUAL Fitness

Enjoy a variety of classes, including yoga, cardio and senior classes, with your favorite instructors, and classmates and stay in shape right from the comfort of your own living room!

Keep your mind and body healthy with our live, instructor-led virtual fitness classes!

[View Schedule/Register](#)

Unlimited classes offered 7 days per week, just \$35 per month!

