



**LWSC Council of Excellence**  
**Monthly Committee Report – November 10, 2020**

Submit Report to: [lwscouncilofexcellence@gmail.com](mailto:lwscouncilofexcellence@gmail.com)

**Committee: Program**

**Officer/Chair:** Rochelle W. Evans

**Committee Members:** Patricia Arnold, Wilma Byrd, Charlene Daise, Glenda Erskine, Johnnie Hughes, Gwedolyn Llanos, Sharon Maynor, Ruth Mayo, Johnnie Presbury, Connie Wilson, Jaqueline Woods

**1. Activities Completed for the Month:**

- The Committee met On November 5, 2020. Jonquil Harris, Program Coordinator, Tyrone Bailey, Fitness and Wellness Director, and Patricia Jackson, Chairman of Community Service and Outreach attended the meeting.
- To ensure high quality of instruction, the Program Department to have a training on “How Seniors Learn”.
- **Programs** - Jonquil provided an extensive overview of virtual classes offered and overall attendance. She noted that participation is extended to other senior centers.
- In addition, 130 responded to class evaluations sent via the LWSC newsletter and the web site. They were favorable. However, respondents did have one negative comment related to classes offered simultaneously. Actually, that is a complaint and indication of how well online classes are received. Instructors were given high ratings for preparation and organization.
- She is also able to identify the number of attendees who are not members of the Center.
- **Fitness and Wellness Programs** - Tyrone Bailey, Fitness and Wellness Director, said the virtual fitness programs are dynamic. They address the

physical needs of all seniors. He mentioned that Dr. Joy's Healthy Eating is class is very popular.

- In addition, he shared that the Center offers specific health classes designed for men. They received overwhelming positive responses. Participation was especially high for the presentation on the prostate.
- From the beginning of the COE, From the beginning the Program Committee's desire provide the male members more opportunities to be physically active. With that in mind, we proposed that 3-on-3 basketball and pickleball activities be considered. He also intends to conduct an overview of the fitness program will be structured.
- Community Service and Outreach - Patricia Jackson gave an update on the laptop distribution program . Some members of the Center are unable to participate in the Virtual Learning Environment, and they missing the opportunity to enjoy the online classes.
- Thirty members were vetted and received laptops. Ten of those are members of the Center's Caregivers Group. The latter will receive new laptops from a separate grant. This makes it possible for these seniors to participate in the Center's programs. Those who received the laptops need to be trained on how to use them. Pat Jackson is seeking volunteers to conduct one-on-one training with these seniors on how to use the technology.

**2. Activities Planned for the Future:**

- Implement instructor training on How

**3. Action Required by the COE Executive Committee:**

- None

**4. Action Required by LWSC Staff:**

- Develop more physical program activities that might appeal to male members and encourage their involvement in fitness programs. Basketball and pickleball are two possibilities recommended by the Committee. Pickleball is a combination of badminton, tennis, and ping pong. Both are popular among seniors of all ages, including men and women 80 years old plus.

**5. Motion Stated for Executive Committee Consideration/Resolution/Recommendations:**

- None