


**ZOOM VIDEO/AUDIO CONFERENCE**

**Virtual Sign-in Sheet** - Please call Model Cities Senior Wellness Center **202-635-1900** (to verify your participation)

[CLICK HERE FOR ZOOM INSTRUCTIONS](#)

**Model Cities Senior Wellness Center "COVID-19"  
September 2024 Calendar of Events**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="text-align: center;"><b>LABOR DAY</b></p>  <p style="text-align: center;"><b>CENTER IS CLOSED</b></p>	<p>3</p> <p><b>8:30 Open Gym</b></p> <p>9:00 Tai Chi, Raymond <a href="https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1">https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1</a> Passcode: RR39LH</p> <p>9:45 Yoga/Stretches, In Person-</p> <p>10:00 OIB Program, Richard, In Person 10:15 Spirit Club Chair Exercise</p> <p>11:00 Nutrition Class, DIY Salad Dressing and Spinach Mandarin Salad <a href="https://us02web.zoom.us/j/88362849920?pwd=dWxsbIVRZi9VTnQ5b0NMWjNWNzh1QT09">https://us02web.zoom.us/j/88362849920?pwd=dWxsbIVRZi9VTnQ5b0NMWjNWNzh1QT09</a> Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p><b>11:00 Bowling Capital Bowling, Donation \$7.25</b></p> <p>12:00 ASL (Beginners) <a href="https://dcnet.webex.com/dcnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e">https://dcnet.webex.com/dcnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e</a> Meeting number: 475 581 451 Password: m8T5dSCQPb2</p> <p>12:05 Cardio Fitness, Walter Zoom &amp; In Person Class <a href="https://us02web.zoom.us/j/81465116735">https://us02web.zoom.us/j/81465116735</a></p> <p>1:00 Line Dances w/ Veronica-In Person</p> <p>1:00 MC Steppers- Rehearsal-In Person</p> <p>3:00 Strength &amp; Conditioning Class- YMCA Fit &amp; Well Seniors Zoom Class <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</a> Passcode: YMCA</p>	<p>4</p> <p><b>8:30 Open Gym</b></p> <p><b>10:00 Bazaar</b></p> <p>10:00 OIB Program, Richard, In Person</p> <p><b>10:00 Blueprint for Wellness</b></p> <p>10:00 Total Fitness Class, Sub-Pat In Person and Zoom <a href="https://us02web.zoom.us/j/3464892015?pwd=b3Vlbic4YVBPQTZCeTZrWEZaUmF3UT09">https://us02web.zoom.us/j/3464892015?pwd=b3Vlbic4YVBPQTZCeTZrWEZaUmF3UT09</a></p> <p>11:00 Town Hall Meeting, Stacie <a href="https://us02web.zResourcesoom.us/j/87395927769">https://us02web.zResourcesoom.us/j/87395927769</a> Teleconference number 13017158592 Access code 87395927769</p> <p>11:00 NO Sit down and Get down, Walter YMCA Fit &amp; Well Seniors Zoom ONLY NO IN PERSON <a href="https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVtVdVJRc0ZYeHVGOXJNZz09">https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVtVdVJRc0ZYeHVGOXJNZz09</a> Meeting ID: 7717174346 Password: YMC</p> <p><b>1:00 SAIL Class, Dr. Shadow, Monica</b></p> <p>3:00 Total Body Fitness YMCA Fit &amp; Well Seniors Class Walter <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</a> Passcode: YMCA</p>	<p>5</p> <p><b>8:30 Open Gym</b></p> <p>9:00 Tai Chi, Raymond <a href="https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1">https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1</a> Passcode: RR39LH</p> <p>9:45 Yoga/Stretches, Monica</p> <p>10:00 OIB Program, In Person-Richard 10:15 Spirit Club Chair Exercise</p> <p>10:00 Knitting &amp; Crocheting-Monica S. In Person ONLY</p> <p>11:00 Hair by Annette</p> <p>11:00 Nutrition Class,Fiber up w/ Facts about Fabulous Fiber <a href="https://us02web.zoom.us/j/88362849920?pwd=dWxsbIVRZi9VTnQ5b0NMWjNWNzh1QT09">https://us02web.zoom.us/j/88362849920?pwd=dWxsbIVRZi9VTnQ5b0NMWjNWNzh1QT09</a> Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>12:05 Cardio Chair, Walter Zoom and In Person <a href="https://us02web.zoom.us/j/87813334559">https://us02web.zoom.us/j/87813334559</a></p> <p>1:00 Club Memory, Sharon, Shanida Zoom.us Meeting No. 97328502234 Landline 301 715-8 592 Meeting number 973-2850-2234</p> <p>1:00 MC Steppers-Rehearsal-In</p> <p>3:45 Strength &amp; Conditioning Class- YMCA Fit &amp; Well Seniors- Zoom &amp; In Person <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</a> Passcode: YMCA</p>	<p>6</p> <p><b>8:30 Open Gym</b></p> <p>9:00 Tai Chi, Raymond <a href="https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1">https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1</a> Passcode: RR39LH</p> <p>10:00 Chair Exercise-In Person-Only, Monica</p> <p><b>10:30 Tudor Place-Museum</b></p> <p>11:00 Total Fitness Class, Kojak-Zoom Only <a href="https://us02web.zoom.us/j/3464892015?pwd=b3Vlbic4YVBPQTZCeTZrWEZaUmF3UT09">https://us02web.zoom.us/j/3464892015?pwd=b3Vlbic4YVBPQTZCeTZrWEZaUmF3UT09</a></p> <p><b>12:45 In House Movie</b></p> <p>1:00-3:00 NO Bingo, Yvonne,</p> <p>1:00 Boot Camp-Walter YMCA Fit &amp; Well Seniors Zoom Class, Zoom &amp; In Person <a href="https://us02web.zoom.us/j/7717174346?pwd=">https://us02web.zoom.us/j/7717174346?pwd=</a></p>

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**8:30 Open Gym**

9:30 Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/87395927769>  
Teleconference number 13017158592  
Access code 87395927769

**10:00 NO Advance Spanish-Fletcher- In Person**

**10:00 Total Fitness Class, Kojak , Zoom & In Person**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbi4YVWpQTZCeTZrWEZaUmF3UT09>

**11:00 Chair Exercise- In Person-Monica**

**11:45 NO Beginners Spanish -.Fletcher- In Person**

**1:00 NO Pokeno**

**1:00 SAIL Class, Dr. Shadow, Monica**

**1:00 Zumba-Walter**  
<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

**1:00 Hand Dance-Russell**

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**8:30 Open Gym**

9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1>  
Passcode: RR39LH

**9:45 Yoga/Stretches, In Person-Monica**

10:00 OIB Program, Richard, In Person  
10:15 Spirit Club Chair Exercise

**11:00 Nutrition Class, Apple Picking**  
<https://us02web.zoom.us/j/88362849920?pwd=dW5xbiVVRzI9VTnQ5b0NMWjNWNzh1QT09>  
Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

12:00 ASL (Beginners)  
<https://dcnnet.webex.com/dcnnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e>  
Meeting number: 475 581 451  
Password: m8T5dSCQPb2

**12:05 Cardio Fitness, Walter Zoom & In Person Class**  
<https://us02web.zoom.us/j/81465116735>

**1:00 Line Dances w/-Veronica -In Person**

**1:00 MC Steppers- Rehearsal-In Person**

3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>  
Passcode: YMCA

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**8:30 Open Gym**

10:00 OIB Program, Richard, In Person

**10:00 BLUEPRINT FOR WELLNESS**

**10:00 Total Fitness Class, Kojak- In Person and Zoom**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbi4YVWpQTZCeTZrWEZaUmF3UT09>

**10:30 The George Washington University Textile Museum**

**11:00 OCTO Tech Help**

**11:00 NO Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom ONLY NO IN PERSON**

<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>  
Meeting ID: 771714346  
Password: YMC

**1:00 SAIL Class, Dr. Shadow, Monica**

**3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter**  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>  
Passcode: YMCA

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**8:30 Open Gym**

9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1>  
Passcode: RR39LH

**9:45 Yoga/Stretches, Monica**

10:00 OIB Program, In Person-Richard  
10:15 Spirit Club Chair Exercise

**10:00 NO Knitting & Crocheting-Monica S. In Person ONLY**

**11:00 Hair by Annette**

**11:00 Nutrition Class, Bone Broth Benefits and how to make Bone Broth**

<https://us02web.zoom.us/j/88362849920?pwd=dW5xbiVVRzI9VTnQ5b0NMWjNWNzh1QT09>  
Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

**12:05 Cardio Chair, Walter Zoom and In Person**  
<https://us02web.zoom.us/j/87813334559>

1:00 Club Memory, Sharon, Shanida  
[Zoom.us](https://us02web.zoom.us/j/97328502234) Meeting No. 97328502234  
Landline 301 715-8 592  
Meeting number 973-2850-2234

**1:00 Pot Holder Loom Class**

**1:00 MC Steppers-Rehearsal-In**

**3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person**  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>  
Passcode: YMCA

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**8:30 Open Gym**

9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1>  
Passcode: RR39LH

**10:00 Chair Exercise-In Person-Only, Monica**

**10:30 JoAnne Fabric, Greenbelt**

**11:00 Total Fitness Class, Kojak- Zoom Only**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbi4YVWpQTZCeTZrWEZaUmF3UT09>

**12:45 In House Movie**

**1:00-3:00 NO Bingo, Yvonne,**

**1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person**  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

16  
8:30 Open Gym  
  
9:30 Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/87395927769>  
Teleconference number 13017158592  
Access code 87395927769

10:00 Advance Spanish-.Fletcher- In Person

10:00 Total Fitness Class, Kojak , Zoom & In Person  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In Person-Monica

11:45 Beginners Spanish -.Fletcher- In Person

1:00 NO Pokeno

1:00 SAIL Class, Dr. Shadow, Monica

1:00 Zumba-Walter  
<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

1:00 NO Hand Dance-Russell

17  
8:30 Open Gym  
  
9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>  
Passcode: RR39LH

9:45 Yoga/Stretches, In Person-Monica

10:00 OIB Program, Richard, In Person  
10:15 Spirit Club Chair Exercise

10:45 Bowling Capital Bowling, Donation \$7.25

11:00 Nutrition Class, DIY Fruit, Popsicles  
<https://us02web.zoom.us/j/88362849920?pwd=dWsb1VRZi9VTnQ5b0NMWjNWNzh1QT09>  
Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

12:00 ASL (Beginners)  
<https://dcnnet.webex.com/dcnnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e>  
Meeting number: 475 581 451  
Password: m8T5dSCQPb2

12:05 Cardio Fitness, Walter Zoom & In Person Class  
<https://us02web.zoom.us/j/81465116735>

1:00 Line Dances w/ Veronica-In Person

1:00 NO MC Steppers- Rehearsal-In Person

3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRtmk2UT09>  
Passcode: YMCA

18  
8:30 Open Gym  
  
10:00 OIB Program, Richard, In Person  
  
10:00 Total Fitness Class, Kojak- In Person and Zoom  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

10:30 Belmont-Paul Women's Equality National Monument Museum

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person  
<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>  
Meeting ID: 771714346  
Password: YMC

1:00 SAIL Class, Dr. Shadow, Monica

1:00 Reading Club

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRtmk2UT09>  
Passcode: YMCA

19  
8:30 Open Gym  
  
9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>  
Passcode: RR39LH

9:45 Yoga/Stretches, Monica

10:00 NO Knitting & Crocheting-Monica S. In Person ONLY

10:00 Fall Prevention Awareness Day 2024

10:00 OIB Program, In Person-Richard  
10:15 Spirit Club Chair Exercise

11:00 Nutrition Class, Storing Fruits and Fruit  
<https://us02web.zoom.us/j/88362849920?pwd=dWsb1VRZi9VTnQ5b0NMWjNWNzh1QT09>  
Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

11:00 Hair by Annette

12:05 Cardio Chair, Walter Zoom and In Person  
<https://us02web.zoom.us/j/87813334559>

1:00 Club Memory, Sharon, Shanida In Person Only  
[Zoom.us](https://us02web.zoom.us/j/97328502234) Meeting No. 97328502234  
Landline 301 715-8 592  
Meeting number 973-2850-

1:00 MC Steppers-Rehearsal-In Person

3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRtmk2UT09>  
Passcode: YMCA

20  
8:30 Open Gym  
  
9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>  
Passcode: RR39LH

10:00 Chair Exercise-In Person-Only, Monica

10:15 National Harbor- Topgolf \$69.00

11:00 Total Fitness Class, Kojak- Zoom Only  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

12:45 In House Movie

1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class,  
[Zoom](https://us02web.zoom.us/j/771714346?pwd=)  
<https://us02web.zoom.us/j/771714346?pwd=>

1:00-3:00 NO Bingo, Yvonne,

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**8:30 Open Gym**

9:30 Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/87395927769>

Teleconference number 13017158592  
Access code 87395927769

**10:00 Advance Spanish-Fletcher- In Person**

**10:00 Total Fitness Class, Kojak , Zoom & In Person**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

**11:00 Chair Exercise- In Person-Monica**

**11:45 Beginners Spanish -.Fletcher- In Person**

**1:00 SAIL Class, Dr. Shadow, Monica Graduation Day**

**1:00 NO Pokeno**

**1:00 Zumba-Walter**  
<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

**1:00 Hand Dance-Russell**

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**8:30 Open Gym**

9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>

Passcode: RR39LH

**9:45 Yoga/Stretches, In Person-**

10:00 OIB Program, Richard, In Person  
10:15 Spirit Club Chair Exercise

**11:00 Nutrition Class, Food Demo, Kimchi**

<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>

Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

12:00 ASL (Beginners)  
<https://dcnnet.webex.com/dcnnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e>

Meeting number: 475 581 451  
Password: m8T5dSCQPb2

**12:05 Cardio Fitness, Walter Zoom & In Person Class**  
<https://us02web.zoom.us/j/81465116735>

**1:00 NO Line Dances w/ Veronica-In Person**

**1:00 MC Steppers- Rehearsal-In Person**

**3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class**  
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRTmk2UT09>  
Passcode: YMCA

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**8:30 Open Gym**

10:00 OIB Program, Richard, In Person

**10:00 Total Fitness Class, Kojak- In Person and Zoom**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

**10:00 Brain Games-MLK Library**

**11:00 OCTO Tech Help**

**11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person**  
<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>  
Meeting ID: 771714346  
Password: YMC

**3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter**  
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRTmk2UT09>  
Passcode: YMCA

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**8:30 Open Gym**

9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>  
Passcode: RR39LH

**9:45 Yoga/Stretches, Monica**

**10:00 NO Knitting & Crocheting-Monica S. In Person ONLY**

10:00 OIB Program, In Person-Richard  
10:15 Spirit Club Chair Exercise

**11:00 Nutrition Class, Loss the Salt**  
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>  
Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

**11:00 Hair by Annette**

**12:05 Cardio Chair, Walter Zoom and In Person**  
<https://us02web.zoom.us/j/87813334559>

1:00 Club Memory, Sharon, Shanida  
**In Person Only**  
[Zoom.us](https://us02web.zoom.us/j/97328502234) Meeting No. 97328502234  
Landline 301 715-8 592  
Meeting number 973-2850-2234

**1:00 MC Steppers-Rehearsal-In Person**

**1:00 Pot Holder Loom Class**

**3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person**  
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRTmk2UT09>  
Passcode: YMCA

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**8:30 Open Gym**

9:00 Tai Chi, Raymond  
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>  
Passcode: RR39LH

**9:45 Monica's Birthday Celebration**

**10:00 Chair Exercise-In Person-Only, Monica**

**11:00 Total Fitness Class, Kojak- Zoom Only**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

**1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom**  
<https://us02web.zoom.us/j/771714346?pwd=>

**1:00-3:00 NO Bingo, Yvonne,**

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8:30 Open Gym

9:30 Senior America Pageant,  
Atlantic City thru- Fri-Oct 4

9:30 NO Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/87395927769>

Teleconference number 13017158592  
Access code 87395927769

10:00 Advance Spanish-.Fletcher- In  
Person

10:00 Total Fitness Class, Kojak , Zoom &  
In Person  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbic4YVBPQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In  
Person-Monica

11:45 NO Beginners Spanish  
-.Fletcher- In Person

1:00 SAIL Class, Dr. Shadow, Monica

1:00 NO Pokeno

1:00 Zumba-Walter  
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

1:00 NO Hand Dance-Russell

**SSOU Bus Trip  
Senior America Pageant  
Thursday, Oct 3, 2024  
Show and Bus \$120.00  
Bus Only \$60.00  
See Dee Powers  
or  
K. Brisbane**