

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 February 2025 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 8:30 Open Gym</p> <p>9:30 Inspirational Hour, Dr. L. Stevens https://us02web.zResourcesoom.us/j/87395927769 Teleconference number 13017158592 Access code 87395927769</p> <p>10:00 Advance Spanish-.Fletcher- In Person</p> <p>10:00 Total Fitness Class, Kojak , Zoom & In Person https://us02web.zoom.us/j/3464892015?pwd=d=b3VlbjYVbWpQTZCeTZrWEZaUmF3UT09</p> <p>11:00 Chair Exercise- In Person-Monica</p> <p>11:45 Beginners Spanish -.Fletcher- In Person</p> <p>1:00 Pokeno</p> <p>1:00 Zumba-Walter YMCA Fit & Well Seniors In Person and Zoom Class https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09</p> <p>1:00 NO Hand Dance-Russell</p> <p>1:00 WISE-(Wellness Initiative for Senior Education) Dr. Shadow</p>	<p>4 8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1 Passcode: RR39LH</p> <p>9:45 Yoga/Stretches, In Person- Monica</p> <p>10:00 OIB Program, Richard, In Person 10:15 Spirit Club Chair Exercise</p> <p>10:30 Bowling Capital Bowling, Donation \$7.25</p> <p>11:00 Nutrition Class,Food Demo-Kale bean Soup + benefits of Kale https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09 Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>12:00 ASL (Beginners) https://dconet.webex.com/dconet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e Meeting number: 475 581 451 Password: m8T5dSCQPb2</p> <p>12:05 Cardio Fitness, Walter Zoom & In Person Class https://us02web.zoom.us/j/81465116735</p> <p>1:00 NO Line Dances w/-Veronica -In Person</p> <p>1:00 MC Steppers- Rehearsal-In Person</p> <p>3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/771714346?pwd=WTF4OGpYUWtVdVJRc0ZYeHVGOXJNz09 Passcode: YMCA</p>	<p>5 8:30 Open Gym</p> <p>10:00 OIB Program, Richard, In Person</p> <p>10:00 Total Fitness Class, Kojak- In Person and Zoom https://us02web.zoom.us/j/3464892015?pwd=b3VlbjYVbWpQTZCeTZrWEZaUmF3UT09</p> <p>11:00 Town Hall Meeting-Stacie https://us02web.zResourcesoom.us/j/87395927769 Teleconference number 13017158592 Access code 87395927769</p> <p>11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09 Meeting ID: 7717174346 Password: YMC</p> <p>1:00 OCTO Tech Help Workshop</p> <p>3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter https://us02web.zoom.us/j/771714346?pwd=WTF4OGpYUWtVdVJRc0ZYeHVGOXJNz09 Passcode: YMCA</p>	<p>6 8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1 Passcode: RR39LH</p> <p>9:45 Yoga/Stretches, In Person- Monica</p> <p>10:00 OIB Program, In Person-Richard 10:15 Spirit Club Chair Exercise 10:30 Plants and Bloom, Kaifa</p> <p>10:00 Knitting & Crocheting-Monica S. In Person ONLY</p> <p>11:00 Nutrition Class, When to take your Vitamins & Drug Nutrient Interactions https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09 Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>12:05 Cardio Chair, Walter Zoom and In Person https://us02web.zoom.us/j/87813334559</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 Pot Holder Loom Class</p> <p>1:00 MC Steppers-Rehearsal-In</p> <p>3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person Passcode: YMCA https://us02web.zoom.us/j/771714346?pwd=WTF4OGpYUWtVdVJRc0ZYeHVGOXJNz09</p>	<p>7 8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond in Person and Zoom https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1 Passcode: RR39LH</p> <p>10:00 Chair Exercise-In Person-Only, Monica</p> <p>10:00 Trinity University, Health Survey</p> <p>10:15 Drumming Class Hands on Drum Place, Rashid \$10.00</p> <p>11:00 Music Study-Vocal-Stan</p> <p>11:00 Total Fitness Class, Kojak- Zoom Only https://us02web.zoom.us/j/3464892015?pwd=b3VlbjYVbWpQTZCeTZrWEZaUmF3UT09</p> <p>1:00 Red Heart Day, Patricia Davidson Please wear Red</p> <p>1:00 Boot Camp-Walter</p> <p>YMCA Fit & Well Seniors Zoom Class, Zoom & In Person https://us02web.zoom.us/j/771714346?pwd=</p> <p>2:15-3:15 Bingo, Yvonne,</p> <p>Saturday, Feb 8, 2025 12:15 Alvin Ailey Dance Co. Kennedy Center SOLD OUT</p>

10
8:30 Open Gym

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

Teleconference number 13017158592
Access code 873 927769
N n

10:00 Advance Spanish-.Fletcher- In Person

10:00 Total Fitness Class, Kojak , Zoom & In Person

<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVpQZTZCeTZrWEZaUmF3UT09>

10:30 Art and Craft Class- Mr.Gomillion

11:00 Chair Exercise- In Person-Monica

11:45 Beginners Spanish -.Fletcher- In Person

1:00 Pokeno

1:00 Zumba-Walter YMCA Fit & Well Seniors In Person and Zoom Class

<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

1:00 Hand Dance-Russell

1:00 WISE-(Wellness Initiative for Senior Education) Dr. Shadow

11
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

11:00 Nutrition Class,Trip- Martha's Table
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>

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

12:00 ASL (Beginners)
<https://dcnet.webex.com/dcnet/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=WTf4OGplYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA

12
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=b3VlYVpQZTZCeTZrWEZaUmF3UT09>

10:30 SWAG Paint Class, Lisa

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom and In Person

<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

Meeting ID: 771714346
Password: YMC

1:00 OCTO Tech Help Workshop

1:00 Jazz Concert, Sandra Y Johnson

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/771714346?pwd=WTf4OGplYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA

13
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, In Person-Richard
10:15 Spirit Club Chair Exercise

10:00 Knitting & Crocheting-Monica S. In Person ONLY

10:00 Social Services- Vivian

11:00 Hair by Annette

11:00 Nutrition Class, Dark Chocolate Fondue Fun and Heart Health

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

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 Beading 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=WTf4OGplYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA

14
8:30 Open Gym

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

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

10:45 Red, White and you Valentines Day Dance, Edgewood Rec. Center

11:00 Total Fitness Class, Kojak- Zoom Only

<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVpQZTZCeTZrWEZaUmF3UT09>

11:00 Music Study-Guitar-Stan

12:45 In House Movie

1:00-3:00 Bingo, Yvonne,

1:00-SSOU

1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person

<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

CENTER CLOSED IN OBSERVANCE OF PRESIDENT DAY



18

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

**10:30 Bowling Capital Bowling,
Donation \$7.25**

11:00 Nutrition Class, Su- Gardening 101-
Seedlings

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

Meeting ID: 883 6284 9920

Dial In 13017158592

Passcode: 509721

12:00 ASL (Beginners)

<https://dconet.webex.com/dconet/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/7717143467?pwd=WTf4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

Passcode: YMCA

19

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=b3VlYVb0QVZCeTZrWEZaUmF3UT09>

**10:30 Black History Program,
"Out of Africa"
Please wear your african Attire**

11:00 Sit down and Get down, Walter
YMCA Fit & Well Seniors Zoom & In
Person

<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZyeHVG0XJNz09>

Meeting ID: 7717174346

Password: YMC

1:00 OCTO Tech Help Workshop

1:30 Model Cities Book Club
Discussion-and
Presentation by

Woodridge Library-Eric White

<https://us02web.zoom.us/j/84437209778>

Meeting ID: 84437209778

Dial In 1301 715 8592

3:00 Total Body Fitness
YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTf4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

Passcode: YMCA

20

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 Knitting & Crocheting-Monica S.
In Person ONLY

10:00 OIB Program, In Person-Richard

10:15 Spirit Club Chair Exercise

11:00 LAUGH FOR WELLNESS & YOUR
SLEEP CHECK-UP

11:00 Nutrition Class, Su-Ways to
improve good Cholesterol

<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-

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=WTf4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

Passcode: YMCA

21

8:30 Open Gym

9:00 Tai Chi, Raymond, In Person

<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1>

Passcode: RR39LH

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

11:00 Music Study- Piano-Stan

11:00 Total Fitness Class, Kojak-
Zoom Only

<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVb0QVZCeTZrWEZaUmF3UT09>

12:45 In House Movie

1:00 Boot Camp-Walter
YMCA Fit & Well Seniors Zoom Class,
In Person & Zoom

<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZyeHVG0XJNz09>

1:00-3:00 Bingo, Yvonne,

24

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=b3VlYVpQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In Person-Monica

11:45 Beginners Spanish -.Fletcher- In Person

1:00 Pokeno

1:00 Hand Dance-Russell

25

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

11:00 Nutrition Class, Heart Healthy Berry Smoothies

<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVZRZi9VTnQ5b0NMWjNWNzh1QT09>

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 Body Wellness Program Session #2, ESTABLISHING YOUR WELLNESS BASELINE-Doris Johnson

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=WTf4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA

26

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=b3VlYVpQTZCeTZrWEZaUmF3UT09>

10:15 Negro Motorist and the Green Book Exhibition at the MLKL, Lunch on your own Woodridge Library-Eric White

12:30 SWAG Paint Class

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom and In Person

<https://us02web.zoom.us/j/7717174346?pwd=OTJkYUWtVdVJRc0ZYeHVG0XJNz09>

Meeting ID: 7717174346
Password: YMC

1:00 OCTO Tech Help Workshop

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter

<https://us02web.zoom.us/j/7717143467?pwd=WTf4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA

27

8:30 Open Gym

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

Passcode: RR39LH

9:30 Oversight Hearing, Wilson Building

9:45 Yoga/Stretches, In Person-Monica

10:00 Knitting & Crocheting-Monica S. In Person ONLY

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

11:00 Nutrition Class, Ways to wash pesticide off your fruits and vegetable

<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVZRZi9VTnQ5b0NMWjNWNzh1QT09>

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 Zoom.us Meeting No. 97328502234
Landline 301 715-8 592
Meeting number 973-2850-2234

1:00 MC Steppers-Rehearsal-In Person

1:00 Beading Class

3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person

<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA
[c3dYUWtVdVJRc0ZYeHVG0XJNz09](https://us02web.zoom.us/j/7717143467?pwd=c3dYUWtVdVJRc0ZYeHVG0XJNz09)

28

8:30 Open Gym

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

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

11:00 Music Study-Choir-Stan

11:00 Total Fitness Class, Kojak- Zoom Only

<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVpQTZCeTZrWEZaUmF3UT09>

12:45 In House Movie

1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, In Person & Zoom

<https://us02web.zoom.us/j/7717174346?pwd=>

1:00-3:00 Bingo, Yvonne,