


**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  
January 2025 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Alvin Ailey Dance Co.</b> <b>Sat, Feb 8, 2025</b> <b>12:30</b> <b>Orchestra Seats</b> <b>Ticket and transportation</b> <b>Donation \$111.00</b> <b>Monies Due Tues, Jan 7</b></p> <hr/> <p><b>NOAH-Sight &amp; Sound</b> <b>Lancaster, PA</b> <b>Wednesday, April 16, 2025</b> <b>8:00am</b> <b>Include: Ticket &amp; Lunch</b> <b>Cost: 235.00</b> <b>Deposit of \$100.00 1-15-25</b></p> <hr/> <p><b>It's A Wonderful World,</b> <b>Louis Armstrong</b> <b>Musical play</b> <b>Sunday, May 4-5, 2024</b> <b>See Flier</b> <b>\$365.00</b> <b>Deposit due Fri, Jan 17, 2025</b> <b>See Monica Carroll</b> <b>or</b> <b>Dee Powers</b></p>	<p>1</p> <p><b>CENTER CLOSED IN OBSERVANCE OF NEW YEARS DAY</b></p> 	<p>2</p> <p><b>8:30 Open Gym</b></p> <p>9:00 Tai Chi, Raymond <a href="https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwI.1">https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwI.1</a> 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</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, Su-Detox your way into the New Year <a href="https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09">https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09</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 <a href="https://us02web.zoom.us/j/97328502234">Zoom.us</a> 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 &amp; Conditioning Class- YMCA Fit &amp; Well Seniors- Zoom &amp; In Person Passcode: YMCA <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT0">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT0</a></p>	<p>3</p> <p><b>8:30 Open Gym</b></p> <p>9:00 Tai Chi, Raymond in Person and Zoom <a href="https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwI.1">https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwI.1</a> Passcode: RR39LH</p> <p>10:00 Chair Exercise-In Person-Only, Monica</p> <p>11:00 Music Study-Vocal-Stan</p> <p>11:00 Total Fitness Class, Kojak- Zoom Only <a href="https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBoQTZCeTZrWEZaUmF3UT09">https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBoQTZCeTZrWEZaUmF3UT09</a></p> <p>12:45 In House Movie</p> <p>1:00-3:00 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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT0">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT0</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 Advance Spanish-Fletcher- In Person**

**10:00 Total Fitness Class, Kojak , Zoom & In Person**  
<https://us02web.zoom.us/j/3464892015?pwd=b3VlbjciYVBPQTZCeTZrWEZaUmF3UT09>

**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**  
<https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>

**1:00 No 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- 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-High Fiber Black Eyed Peas Soup**  
<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 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/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>  
Passcode: YMCA

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**8:30 Open**

10:00 OIB Program, Richard, In Person

**10:00 Total Fitness Class, Kojak- In Person and Zoom**  
<https://us02web.zoom.us/j/3464892015?pwd=b3VlbjciYVBPQTZCeTZrWEZaUmF3UT09>

**11:00 Town Hall Meeting-Stacie Matter of Balance Graduation**

**11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom and In Person**  
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>  
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/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=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, Su-Gut 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=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>  
Passcode: YMCA

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**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**

**10:15 Drumming & African Dance Class at Hands on Drum Place, Rashid \$10.00**

**11:00 Total Fitness Class, Kojak- Zoom Only**  
<https://us02web.zoom.us/j/3464892015?pwd=b3VlbjciYVBPQTZCeTZrWEZaUmF3UT09>

**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=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

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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 Pokeno**

**1:00 Zumba-Walter**

<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGXJNz09>

**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**

**10:00 Stacie's Birthday Luncheon**  
**Cost \$45.00**

**11:00 Nutrition Class,Su- Growing Your Own Microgreens**

<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVRZi9VTnQ5b0NMWjNWNzh1QT09>

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

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

Meeting number: 475 581 451  
Password: m8T5dSCPb2

**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 Stacie's Birthday Celebration**

**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>

**10:15 Regal Movie Theatre- Gallery Place The Fire Inside**

**10:30 SWAG Paint Class**

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

<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGXJNz09>

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=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09>

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, 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 YOUR WELLNESS & SLEEP CHECK-UP**

**11:00 Nutrition Class, Su-Lets about Teas! Health Benefits & more**

<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVRZi9VTnQ5b0NMWjNWNzh1QT09>

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 Meeting No. 97328502234](https://us02web.zoom.us/j/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=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09>

Passcode: YMCA

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**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**

**10:15 JOANN Fabrics and Craft Store**

**11:00 Music Study- Piano-Stan**

**11:00 Total Fitness Class, Kojak- Zoom Only**

<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

**12:45 In House Movie**

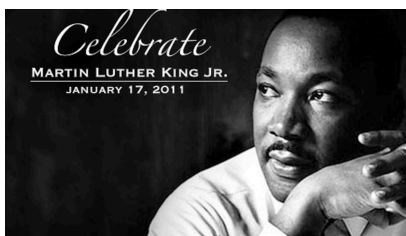
**1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, In Person & Zoom**

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

**1:00-3:00 Bingo, Yvonne,**

# CENTER CLOSED IN OBSERVANCE OF

## Martin Luther King Jr Holiday and Inauguration Day



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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

10:30 Bowling Capital Bowling,  
 Donation \$7.25

11:00 Nutrition Class, Su-Food  
 Demo-Low Carb, High Fiber Cauliflower  
 Rice Veggie Stir Fry

<https://us02web.zoom.us/j/88362849920?pwd=dWsbIVRZi9VTnQ5b0NMWjNWNzh1QT09>  
 Meeting ID: 883 6284 9920  
 Dial In 13017158592  
 Passcode: 509721

12:00 ASL (Beginners)  
<https://dnet.webex.com/dnet/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

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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=b3Vlbi4YVWVpQzZCeTZrWEZaUmF3UT09>

10:30 SWAG Art Center  
 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=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>  
 Meeting ID: 7717174346  
 Password: YMCA

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

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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 Knitting & Crocheting-Monica S.  
 In Person ONLY

10:00 OIB Program, In Person-Richard  
 10:15 Spirit Club Chair Exercise  
 11:00 " GIVE THANKS for WELLNESS" & A  
 SLEEP Review

11:00 Nutrition Class, Su- Bone Health  
<https://us02web.zoom.us/j/88362849920?pwd=dWsbIVRZi9VTnQ5b0NMWjNWNzh1QT09>  
 Meeting ID: 883 6284 9920  
 Dial In 13017158592  
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11:00 Hair by Annette

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

1:00 Club Memory, Sharon, Shanida  
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 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=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>  
 Passcode: YMCA  
[c3dYUWtVdVJRc0ZYeHVG0XJNz09](https://us02web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1)

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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-Choir-Stan

11:00 Total Fitness Class, Kojak-  
 Zoom Only  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbi4YVWVpQzZCeTZrWEZaUmF3UT09>

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,

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**Sunday, Jan 26**

**1:00 National Theatre  
 Tina Turner Musical  
 SOLD OUT**

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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=b3Vlbjc4YVBoQTZCeTZrWEZaUmF3UT09>

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

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

**1:00 Pokeno**

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

**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- Monica**

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

**11:00 Nutrition Class, Su-Martha Table**

<https://us02web.zoom.us/j/88362849920?pwd=WsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>

Meeting ID: 883 6284 9920  
Dial In 13017158592  
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12:00 ASL (Beginners)

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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**

**1:00 Body Wellness Program Session #1, YOUR WELLNESS CHECK-UP & GOALS FOR THE NEW YEAR-Doris Johnson**

**3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class**

<https://us02web.zoom.us/j/771714346?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=b3Vlbjc4YVBoQTZCeTZrWEZaUmF3UT09>

**10:30 African American Museum, In Slavery's Wake: Making Black Freedom in the World**

**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**

**3:00 Total Body Fitness**

**YMCA Fit & Well Seniors Class Walter**

<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09>

Passcode: YMCA

30

**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 Knitting & Crocheting-Monica S. In Person ONLY**

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

**11:00 " GIVE THANKS for WELLNESS" & A SLEEP Review**

**11:00 Nutrition Class,Su-Apple Kimchi & Health Benefits of Kimchi**

<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  
[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 Beading Class**

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

<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09>

Passcode: YMCA

[c3dYUWtVdVJRc0ZYeHVG0XJNz09](https://us02web.zoom.us/j/771714346?pwd=c3dYUWtVdVJRc0ZYeHVG0XJNz09)

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**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=b3Vlbjc4YVBoQTZCeTZrWEZaUmF3UT09>

**12:45 In House Movie**

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

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

**1:00-3:00 Bingo, Yvonne,**