


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
March 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.zoom.us/j/87395927769 Teleconference number 13017158592 Access code 873 927769</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=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</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=OTJk3dYUWtVdVJRc0ZYeHVG0XJNz09</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>10:15 Mardi Gras</p> <p>10:45 Bowling Capital Bowling, Donation \$7.25</p> <p>11:00 Nutrition Class,Trip- Low Sodium Veggie Stir Fry https://us02web.zoom.us/j/88362849920?pwd=dWsbVlRZi9VtN05b0NMWjNWNzh1QT09 Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>12:00 ASL (Beginners) https://dcnnet.webex.com/dcnnet/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</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=WTF4QGplYW5HVEZiRXV6VkRRt</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=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</p> <p>10:00 Ward 5 Advisory Board Meeting</p> <p>11:00 Town Hall Meeting, Stacie</p> <p>11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom and In Person https://us02web.zoom.us/j/771714346?pwd=OTJk3dYUWtVdVJRc0ZYeHVG0XJNz09 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=WTF4QGplYW5HVEZiRXV6VkRRt 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</p> <p>10:00 Knitting & Crocheting-Monica S. In Person ONLY</p> <p>11:00 Hair by Annette</p> <p>11:00 Nutrition Class, Meal Planning/ Grocery Shopping https://us02web.zoom.us/j/88362849920?pwd=dWsbVlRZi9VtN05b0NMWjNWNzh1QT09 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>1:00 WISE-(Wellness Initiative for Senior Education) Dr. Shadow</p> <p>3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person https://us02web.zoom.us/j/771714346?pwd=WTF4QGplYW5HVEZiRXV6VkRRt Passcode: YMCA</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>10:15 Hobby Lobby Craft Store</p> <p>10:00-11:45 Music Study-Vocal/Choir, Stan</p> <p>11:00 Total Fitness Class, Kojak- Zoom Only https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</p> <p>12:45 In House Movie</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=OTJk3dYUWtVdVJRc0ZYeHVG0XJNz09</p> <p>1:00-3:00 Bingo, Yvonne,</p> <hr/> <p>Sunday, March 9 2:00 am Set your clock 1 hour forward</p>  <p>SPRING</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 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=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

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

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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 Unclaimed Property

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://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/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=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

10:00 Arundel Mills Mall

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

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 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, Spinach Lentil Tomato soup
<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/7717143467?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=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1>
Passcode: RR39LH

10:00 Chair Exercise-In Person-Only

10:15 Micheal's Craft Store

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

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>

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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=b3Vlbgc4YVBPQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In Person-Monica

11:45 Beginners Spanish -Fletcher- In Person

1:00 Pokeno

1:00 NO Hand Dance-Russell

1:00 WISE-(Wellness Initiative for Senior Education) Graduation, Dr S

18

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- Gardening 101
<https://us02web.zoom.us/j/88362849920?pwd=dWsbjVZRZi9VTnQ5b0NMWjNWNzh1QT09>

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

12:00 ASL (Beginners)
<https://dncnet.webex.com/dncnet/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=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=b3Vlbgc4YVBPQTZCeTZrWEZaUmF3UT09>

10:30 GO GO Museum

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

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkRRtmk2UT09>
Passcode: YMCA

20

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 Stress and Relief & your Sleep

11:00 Nutrition Class,Reducing the risk of microplastics

<https://us02web.zoom.us/j/88362849920?pwd=dWsbjVZRZi9VTnQ5b0NMWjNWNzh1QT09>
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=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=wX4z6pa47bzFDXJVO21vbG6xX0DQwL1>
Passcode: RR39LH

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

11:00 Blossom Tea Party at the Convention Center

11:00 Music Study- Piano-Stan

11:00 Total Fitness Class, Kojak- Zoom Only
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbgc4YVBPQTZCeTZrWEZaUmF3UT09>

12:45 In House Movie

1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, In Person & Zoom
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkRRtmk2UT09>

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=b3VlbnRlc4YVBPQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In Person-Monica

11:45 Beginners Spanish -.Fletcher- In Person

1:00 Pokeno

1:00 Wear your Brooch Day Class, Sheila Donaldson

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

10:15 Healing Power of Music, DC Jazz Musicians at Genevieve N.Johnson Senior Day Center

11:00 Nutrition Class, DIY All Natural Citrus Cleaner

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

Meeting ID: 883 6284 9920

Dial In 13017158592

Passcode: 509721

12:00 ASL (Beginners)

<https://dncnet.webex.com/dncnet/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=WF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

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=b3VlbnRlc4YVBPQTZCeTZrWEZaUmF3UT09>

10:30 SWAG Paint Class, Lisa

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

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

3:00 Total Body Fitness

YMCA Fit & Well Seniors Class Walter

<https://us02web.zoom.us/j/7717143467?pwd=WF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

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 Knitting & Crocheting-Monica S. In Person ONLY

10:00 National Nutrition Day Celebration and DACL Health Fair and

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

11:00 Nutrition Class, Info on Leukemia And Lymphoma Class

<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/7717143467?pwd=WF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

Passcode: YMCA

[c3dYUWtVdVJRc0ZYeHVG0XJNz09](https://us02web.zoom.us/j/7717143467?pwd=WF4OGpIYW5HVEZiRXV6VkrRTmk2UT09)

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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-Piano-Stan

11:00 Total Fitness Class, Kojak- Zoom Only

<https://us02web.zoom.us/j/3464892015?pwd=b3VlbnRlc4YVBPQTZCeTZrWEZaUmF3UT09>

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,

31

8:30 Open Gym

9:30 Inspirational Hour, Dr. L. Stevens

<https://us02web.zresourcesoom.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=b3Vlbjc4YVBpQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In
Person-Monica

11:45 Beginners Spanish
-Fletcher- In Person

1:00 Pokeno

1:00 Hand Dance-Russell

UPCOMING

Wednesday, April 23, 2025

10:20 Dallas Black Dance Co

Publick Playhouse

Cost \$20.00

All Monies due by

Friday, March 21, 2025

Wednesday, May 14, 2025

7:30am

Othello-Starring

Denzel Washington

NY-NJ

See Flier for Information