

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"
October 2024 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reminder: Members From Denise McKoy Please make their Benevolence Fund Contributions \$25.00</p>	<p>1 Ms. Senior America Pageant-AC</p> <p>8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1 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, Food Demo-How to make an easy nutritious Pesto https://us02web.zoom.us/j/88362849920?pwd=dWsb1VRZi9VTnQ5b0NMWjNWNzh1QT09 Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>11:00 Bowling Capital Bowling, Donation \$7.25</p> <p>12:00 ASL (Beginners) https://dcnet.webex.com/dcnet/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>3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRTm</p>	<p>2 8:30 Open Gym</p> <p>10:00 OIB Program, Richard, In Person</p> <p>10:00 Total Fitness Class, In Person and Zoom https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</p> <p>11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom ONLY NO IN PERSON https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09 Meeting ID: 7717174346 Password: YMCA</p> <p>11:00 OCTO Tech Help</p> <p>3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRTm Passcode: YMCA</p>	<p>3 8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1 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 & Crocheting-Monica S. In Person ONLY</p> <p>11:00 Hair by Annette</p> <p>11:00 Nutrition Class, Shake the salt from your diet https://us02web.zoom.us/j/88362849920?pwd=dWsb1VRZi9VTnQ5b0NMWjNWNzh1QT09 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 973-2850-22</p> <p>3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRTm Passcode: YMCA</p>	<p>4 8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond in Person https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwl.1 Passcode: RR39LH</p> <p>10:00 Chair Exercise-In Person-Only, Monica</p> <p>11:00 Music Study Class-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>1:00-3:00 Bingo, Yvonne,</p> <p>1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person https://us02web.zoom.us/j/7717174346?pwd=WTF4OGplYW5HVEZiRXV6VkrRTm</p> <p>3:30 Return from Ms. Senior America Pageant-AC</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=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

11:00 Chair Exercise- In Person-Monica

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

1:00 Pokeno

1:00 Zumba-Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>

1:00 NO Hand Dance-Russell

8

8:30 Open Gym

9:00 Tai Chi, Raymond
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQw1.1>
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,Capital Area Food Bank-Cooking Demo
<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 NO 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

9

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>

11:00 Town Hall Meeting, Stacie
<https://us02web.zoom.us/j/87395927769>

Teleconference number 13017158592
Access code 87395927769

11:00 OCTO Tech Help

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

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

10

8:30 Open Gym

9:00 Tai Chi, Raymond
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQw1.1>
Passcode: RR39LH

9:45 Yoga/Stretches, Monica

10:00 OIB Program, In Person-Richard
10:15 Spirit Club Chair Exercise
11:00 Plants and Blooms Reimagined

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

11:00 Hair by Annette

11:00 Nutrition Class, Probiotic Power
<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 Meeting No. 97328502234](https://us02web.zoom.us/j/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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

11

8:30 Open Gym

9:00 Tai Chi, Raymond, In Person
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQw1.1>
Passcode: RR39LH

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

10:30 Tudor Place-Museum

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

11:00 Music Study Class-Stan

12:45 In House Movie

1:00-3:00 Bingo, Yvonne,

1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person
<https://us02web.zoom.us/j/7717174346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

CENTER CLOSED HOLIDAY INDIGENOUS PEOPLES'



15
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, Food Demo-Fruit
Veggie Smoothies

<https://us02web.zoom.us/j/88362849920?pwd=dW5xbIVRZi9VTnQ5b0NMWjNWNzh1QT09>

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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

Passcode: YMCA

16
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 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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>

Meeting ID: 7717174346

Password: YMC

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

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

17
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 Knitting & Crocheting-Monica S.
In Person ONLY

10:00 OIB Program, In Person-Richard

10:15 Spirit Club Chair Exercise

11:00 VISUALIZE for Wellness" & A SLEEP

Review

11:00 Nutrition Class, Herb Savvy Secrets
to preserving Fresh Flavors and their
properties

<https://us02web.zoom.us/j/88362849920?pwd=dW5xbIVRZi9VTnQ5b0NMWjNWNzh1QT09>

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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

Passcode: YMCA

18
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

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

11:00 Music Study Class-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,
Zoom

<https://us02web.zoom.us/j/7717174346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

1:00-3:00 Bingo, Yvonne,

21

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=OTJkM3dYUWtVdVJRc0ZYeHVG0XJNz09>

1:00 Hand Dance-Russell

22

8:30 Open Gym

9:00 Tai Chi, Raymond
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQw1.1>

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-Mango Berry Popsicles
<https://us02web.zoom.us/j/88362849920?pwd=dW5xbiVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

11:00 Butterfly Pavilion-Smithsonian Museum of Natural History

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 Body Wellness Program Session #8, EATING to Heal your Body-Doris Johnson

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=WTF4OGplYW5HVEZiRXV6VkrRRmK2UT09>
Passcode: YMCA

23

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 The Archive Museum

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
<https://us02web.zoom.us/j/7717174346?pwd=OTJkM3dYUWtVdVJRc0ZYeHVG0XJNz09>
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=WTF4OGplYW5HVEZiRXV6VkrRRmK2UT09>
Passcode: YMCA

24

8:30 Open Gym

9:00 Tai Chi, Raymond
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQw1.1>
Passcode: RR39LH

9:45 Yoga/Stretches, 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, Nutrition Jeopardy
<https://us02web.zoom.us/j/88362849920?pwd=dW5xbiVRZi9VTnQ5b0NMWjNWNzh1QT09>
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 Pot Holder Loom Class

3:45 Strength & Conditioning Class-YMCA Fit & Well Seniors- Zoom & In Person
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRmK2UT09>
Passcode: YMCA

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9:00 Tai Chi, Raymond, In Person
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQw1.1>
Passcode: RR39LH

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

10:30 Burtonsville Market

11:00 Music Study Class-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, Zoom
<https://us02web.zoom.us/j/7717174346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRmK2UT09>

1:00-3:00 Bingo, Yvonne,

28

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=b3Vlbjc4YVBPQTZCeTZrWEZaUmF3UT09>

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=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

1:00 Hand Dance-Russell

29

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-

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

11:00 Nutrition Class, Martha's Table
<https://us02web.zoom.us/j/88362849920?pwd=dWxsxbiVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

12:00 ASL (Beginners)
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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=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

30

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=b3Vlbjc4YVBPQTZCeTZrWEZaUmF3UT09>

10:30 Paint Class at SWAG Art Center

11:00 Breast Cancer Presentation Dr. Doris Browne

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 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

31

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 Knitting & Crocheting-Monica S. In Person ONLY

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

11:00 Nutrition Class, Sweet truths: The Scoop on Sugar and Substitutes
<https://us02web.zoom.us/j/88362849920?pwd=dWxsxbiVRZi9VTnQ5b0NMWjNWNzh1QT09>
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 Halloween Celebration

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