

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"
May 2025 Calendar of Events**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Ms. DC Senior America Pageant Sunday, June 29, 2025 1:00 pm UDC Auditorium Bldg 46 Ticket price \$20.00</p> <hr/> <p>Broadway Play Purpose Wednesday, July 2-3-2025 Deposit by \$175 due by May 7, 2025 See Monica or Dee For information or Flyer</p> <hr/> <p>Spirit of Philadelphia Bingo Cruise Tuesday, July 29-2025 Price \$180.00 Deposit of \$100 due by May 15, 2025 See Monica or Dee For information or Flyer</p>		<p>1 8:30 Open Gym</p> <p>9:00 Tai Chi, Raymond in Person and Zoom https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwI.1 Passcode: RR39LH</p> <p>9:45 Yoga/Stretches, Monica</p> <p>10:00 OIB Program, In Person-Richard 10:15 OIB & Sight Chair Exercise</p> <p>10:00 Knitting & Crocheting-Monica S. In Person ONLY</p> <p>11:00 Nutrition Class, Dental Health Diet https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWlNWNzh1QT09 Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>11:00 Hair by Annette</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 MC Steppers-Rehearsal-In Person</p> <p>1:00 Pot Holder Class, Monica S.</p> <p>3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person https://us02web.zoom.us/j/7717174346?pwd=</p>	<p>2 8:30 Open Gym</p> <p>8:00 Resistance Band Workout- Erica YMCA Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/7717174346?pwd=OTJkczdYUWVvdVJRc0ZyeHVG0XJnZz09 Meeting ID: 7717174346 Password: YMCA</p> <p>9:00 Tai Chi, Raymond in Person and Zoom https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQwI.1 Passcode: RR39LH</p> <p>10:00 Chair Exercise-In Person-Only, Monica</p> <p>10:00 Music Study-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>1:00-3:00 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=</p>

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8:30 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

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=b3VlYUWtVdVJRc0ZYeHVGOXJNz09>

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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>

1:00 Hand Dance-Russell

6

8:30 Open Gym

9:00 Tai Chi, Raymond in Person and Zoom
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6x0DQwL1>
Passcode: RR39LH

9:45 Yoga/Stretches, In Person-Monica

10:00 OIB Program, Richard, In Person
10:15 OIB & Sight Chair Exercise

10:30 Bowling Capital Bowling Donation \$7.25

11:00 Nutrition Class, Food Demo Cabbage Coconut Salad
<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=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA

7

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=b3VlYUWtVdVJRc0ZYeHVGOXJNz09>

11:00 Town Hall Meeting- Alzheimer- Stacie

<https://us02web.zResourcesoom.us/j/87395927769>
Teleconference number 13017158592
Access code 873 927769

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

1:00 Matter of Balance-Dr. Shadow

1:00 OCTO Tech Help

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA

8

8:30 Open Gym

9:00 Tai Chi, Raymond in Person and Zoom
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6x0DQwL1>
Passcode: RR39LH

9:45 Yoga/Stretches, Monica

10:00 OIB Program, In Person-Richard
10:15 OIB & Sight Chair Exercise

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

10:30 Seabury, Social Service, Vivian

11:00 Nutrition Class, Dietary Guidelines for Americans part 1
<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 Beading Class, Helena

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>

9

8:30 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346 Password: YMCA

9:00 Tai Chi, Raymond in Person and Zoom
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6x0DQwL1>
Passcode: RR39LH

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

10:00 Music Study-Guitar-Stan

11:00 Total Fitness Class, Kojak-

12:45 In House Movie

1:00 SSOU Meeting

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=>

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8:30 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

9:30 Inspirational Hour, Dr. L. Stevens
<https://us02web.zResourcesoom.us/j/8739592769>
Teleconference number 13017158592
Access code 87395927769

10:00 Advance Spanish-.Fletcher- In Person

10:00 Mother's Day Tea and Fashion Show Donation \$6.00

10:00 Total Fitness Class, Kojak , Zoom & In Person
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNZz09>

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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>

1:00 Hand Dance-Russell

13

8:30 Open Gym

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

9:45 Yoga/Stretches, Monica

10:00 OIB Program, Richard, In Person
10:15 OIB & Sight Chair Exercise
11:00 OIB Plants and Bloom-Kaifa

11:00 Nutrition Class, Martha 's Table
<https://us02web.zoom.us/j/88362849920?pwd=dWxsblVRZi9VTnQ5b0NMWjNWNzh1QT09>
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 MC Steppers- Rehearsal-In Person

1:00 Line Dances w/ Veronica-In Person

3:00 Strength & Conditioning YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkkRRRTmk2UT09>
Passcode:

14

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=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNZz09>

10:30 SWAG Paint Class-Lisa

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMC

1: 00 Advisory Board Meeting

1:00 Matter of Balance-Dr. Shadow

1:00 OCTO Tech Help

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkkRRRTmk2UT09>
Passcode: YMCA

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8:30 Open Gym

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

9:45 Yoga/Stretches, Monica

10:00 OIB Program, In Person-Richard
10:15 OIB & Sight Chair Exercise
11:00 PAIN RELIEF FOR YOUR SLEEP

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

11:00 Hair by Annette

11:00 Nutrition Class,Hydration 101
<https://us02web.zoom.us/j/88362849920?pwd=dWxsblVRZi9VTnQ5b0NMWjNWNzh1QT09>
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
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 Medicare Decoded

1:00 Financial Literacy- Everett Wiggins

1:00 Pot Holder Class-Monica S.

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

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8:30 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346 Password: YMCA

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

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

10:00 Music Study-Advanced Piano-Stan

11:00 Total Fitness Class, Kojak-

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=>

Saturday May 17
10:00-2:00

Rosemary Giles & MC Steppers Scholarship fund Walkathon At Duke Ellington School For the Arts Transportation on your own

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8:30 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password:

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=b3VlYUWtVdVJRc0ZYeHVGOXJNZz09>

11:00 Chair Exercise- In Person-Monica

11:45 Beginners Spanish -.Fletcher- In Person

1:00 Pokeno

1:00 Matter of Balance-Dr. Shadow

1:00 Zumba-Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>

1:00 Hand Dance-Russell

20

8:30 Open Gym

9:00 Tai Chi, Raymond in Person and Zoom
<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 OIB & Sight Chair Exercise

10:30 Bowling Capital Bowling Donation \$7.25

11:00 Nutrition Class, Probiotics & your health
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVlRZi9VbnQ5b0NMWjNWNz09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

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

1:00 Total Body Wellness Program Session #4- DE-STRESS for YOUR WELLNESS- Doris Johnson

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

9:30 Senior Fest-Block Party Gateway Pavilion

10:00 OIB Program, Richard, In Person

10:00 Total Fitness Class, Kojak- In Person and Zoom
<https://us02web.zoom.us/j/3464892015?pwd=b3VlYUWtVdVJRc0ZYeHVGOXJNZz09>

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMC

1:00 OCTO Tech Help

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

3:15 Silver Pride- Eaton Hotel

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8:30 Open Gym

9:00 Tai Chi, Raymond in Person and Zoom
<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 OIB & Sight Chair Exercise

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

10:30 Mindfulness Class

11:00 Nutrition Class, Tasting Probiotics and Gardening
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVlRZi9VbnQ5b0NMWjNWNz09>
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-Helena

3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

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8:30 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346 Password: YMCA

9:00 Tai Chi, Raymond in Person and Zoom
<https://us05web.zoom.us/j/86936821737?pwd=wX4z6pa47bzFDXJVO21vbG6xX0DQWl.1>
Passcode: RR39LH

10:00 Music Study-Beginner Piano-Stan

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

11:00 Total Fitness Class, Kojak- Zoom Only
<https://us02web.zoom.us/j/3464892015?pwd=b3VlYUWtVdVJRc0ZYeHVGOXJNZz09>

12:45 In House Movie

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

1:00-3:00 Bingo, Yvonne In Person Only

MEMORIAL DAY



27
8:30 Open Gym

9:00 Tai Chi, Raymond in Person and Zoom
<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 OIB & Sight Chair Exercise

11:00 Nutrition Class, Be Aware: Arsenic in foods & how to lessen effects of Arsenic in diet
<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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA

28
8:30 Open Gym

10:00 OIB Program, Richard, In Person

10:00 National Senior Health Fitness Day Health Fair

10:00 Total Fitness Class, Kojak- In Person and Zoom
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBPQTZCeTZrWEZaUmF3UT09>

10:30 SWAG Paint Class-Lisa

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

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA

29
8:30 Open Gym

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

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>

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

11:00 Hair by Annette

11:00 Nutrition Class, Steel Cut Oatmeal Bar
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

1:00 Club Memory, Sharon, Shanida Zoom.us Meeting No. 97328502234
Landline 301 715-8 592
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3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA

30
8:30 Open Gym

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

10:00 OIB Program, Richard, In Person

10:00 Total Fitness Class, Kojak- In Person and Zoom

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
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3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA