**ZOOM VIDEO/AUDIO CONFERENCE**

**Virtual Sign-in Sheet -** Please call Model Cities Senior Wellness Center **202-635-1900 Recreation and Socialization 8:30am-5:00pm**

**CLICK HERE FOR ZOOM INSTRUCTIONS**

# Model Cities Senior Wellness Center
# November 2026 Calendar of Events

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>**8:30 Open Gym**<br><br>9:30 NO Inspirational Hour, Dr. L. Stevens<br>https://us02web.zResourcesoom.us/j/87395927769<br>**Teleconference number 13017158592**<br>**Access code 87395927769**<br><br>**10:15 Total Fitness Class,Kojak Zoom & In Person**<br>https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBpQTZCeTZrWEZaUmF3UT09<br><br>**11:00 Chair Exercise- In Person-Monica**<br><br>**12:00 Lunch**<br><br>**1:00 Pokeno**<br><br>**1:00 Zumba-Walter**<br>https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUUWtVdVJRc0ZYeHVGOXJNZz09<br><br>**1:00 Hand Dance-Darlene** | **3**<br>**8:30 Open Gym**<br><br>**9:00 Ms. Evelyn McKenly Homegoing Service at Saint Martin Church**<br><br>**9:00 Tai Chi, Raymond- Zoom**<br>https://us06web.zoom.us/launch/jc/84338051241<br>Meeting ID: 843 3805 1241<br>Passcode: 785552<br><br>**9:45 Yoga/Stretches, In Person-Monica**<br><br>**10:00 Donna Tabor- United Healthcare-Medicare Table**<br><br>**10:00 The Study of Everyday Life- Stan**<br><br>**10:00 OIB Program, Richard, In Person**<br>**10:15 OIB & Spirit Club Chair Exercise**<br><br>**10:15 Bowling, Capital Plaza Donation $7.25 ON YOUR OWN**<br><br>**11:00 Nutrition Class-Sue, Zoom & In Person Fall Flavors: Homemade Squash Soup Demo**<br>https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09<br>Meeting ID: 883 6284 9920<br>Dial In 13017158592 Passcode: 509721<br><br>**12:00 Lunch**<br><br>**12:05 Cardio Fitness, Walter Zoom & In Person Class**<br>https://us02web.zoom.us/j/81465116735<br><br>**12:30 WISE-Dr. Shadow**<br><br>**1:00 Line Dances w/ Veronica-In Person**<br><br>**1:00 MC Steppers- Rehearsal-In Person**<br><br>**3:00 Strength & Conditioning Class-YMCA Fit & Well Seniors**<br>https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09 **Passcode: YMCA** | **4**<br>**8:30 Open Gym**<br><br>**10:00 OIB Program, Richard, In Person**<br><br>**10:15 Total Fitness Class, Kojak In Person and Zoom**<br>https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBpQTZCeTZrWEZaUmF3UT09<br><br>**10:15 Mini Concert**<br><br>**11:00 Town Hall Meeting, Stacie Proclamation, Anita Bond Attorney General's Office,Fraud and Scams, Donica Clark, Office of Clean City, Anthony Robertson**<br>https://us02web.zResourcesoom.us/j/87395927769<br>**Teleconference number 13017158592**<br>**Access code 87395927769**<br><br>**12:00 Lunch**<br><br>**1:15 OCTO Tech Help, Adrian**<br><br>**3:00 Strength & Conditioning Class-YMCA Fit & Well Seniors Class Walter**<br>c3dYUWtVdVJRc0ZYeHVGOXJNZz09<br>**Passcode: YMCA** | **5**<br>**8:30 Open Gym**<br><br>**9:00 Tai Chi, Raymond**<br>https://us06web.zoom.us/launch/jc/843380512 41<br>Meeting ID: 843 3805 1241<br>Passcode: 785552<br><br>**9:45 Yoga/Stretches, Monica**<br><br>**10:00 The Study of Everyday Life- Stan**<br><br>**10:00 OIB Program, In Person-Richard**<br>**10:15 Spirit Club Chair Exercise**<br><br>**10:00 Knitting & Crocheting-Vernetta In Person ONLY**<br><br>**11:00 Nutrition Class,Sue-Fighting Inflammation Naturally**<br>https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09<br>Meeting ID: 883 6284 9920<br>Dial In 13017158592<br>Passcode: 509721<br><br>**12:00 Lunch**<br><br>**12:05 Cardio Chair, Walter Zoom and In Person**<br>https://us02web.zoom.us/j/87813334559<br><br>1:00 Club Memory, Sharon, Shanida<br>Zoom.us Meeting No. 97328502234<br>Landline 301 715-8 592<br>Meeting number 973-2850-2234<br><br>**1:00 Beading Class**<br><br>**3:45 Strength & Conditioning Class-YMCA Fit & Well Seniors- Zoom & In Person Passcode: YMCA**<br>c3dYUWtVdVJRc0ZYeHVGOXJNZz09 | **6**<br>**8:30 Open Gym**<br><br>**9:00 Tai Chi, Raymond in Person and Zoom**<br>https://us06web.zoom.us/launch/jc/84338051241<br>Meeting ID: 843 3805 1241<br>Passcode: 785552<br><br>**10:00 Music Study-Choir-Stan**<br><br>**10:00 Chair Exercise-In Person-Only, Monica**<br><br>**10:15 Bread For the City ( Michelle Obama Center)**<br><br>**11:00 Strength & Conditioning Class-Walter YMCA Fit & Well Seniors-Zoom & In Person Passcode: YMCA**<br>c3dYUWtVdVJRc0ZYeHVGOXJNZz09<br><br>**12:00 Lunch**<br><br>**12:45 In House Movie**<br><br>**1:00-3:00 Bingo, Yvonne,**<br><br>**1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person**<br>https://us02web.zoom.us/j/7717174346?pwdc3dYUWtVdVJRc0ZYeHVGOXJNZz09 |

**9**
**8:30 Open Gym**

**9:00 AARP Safety Driving Class**

9:30 NO Inspirational Hour, Dr. L. Stevens
https://us02web.zResourcesoom.us/j/87395927769
**Teleconference number 13017158592**
**Access code 87395927769**

**10:00 AARP Table SMP**

**10:15 Total Fitness Class,Kojak**
**Zoom & In Person**
https://us02web.zoom.us/j/3464892015?pwd=b3VIbjc4YVBpQTZCeTZrWEZaUmF3UT09

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

**12:00 Lunch**

**1:00 Senior Tech Training & Laptop Give Away**

**1:00 Pokeno**

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

**1:00 Hand Dance-Darlene**

**10**
**8:30 Open Gym**

**9:00 Tai Chi, Raymond- Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

**9:45 Yoga/Stretches, In Person-Monica**

**10:00 The Study of Everyday Life- Stan**

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

**10:00 Donna Tabor- United Healthcare-Medicare Table**

**11:00 Nutrition Class-Sue, Zoom & In Person**
**Field Trip Martha's Table**
https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

**12:00 Lunch**

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

**12:30 WISE-Dr. Shadow**

**1:00 Line Dances w/ Veronica-In Person**

**1:00 NO Grubb Pharmacy**

**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

**11**

# VETERAN DAY CENTER CLOSED

**12**
**8:30 Open Gym**

**9:00 Tai Chi, Raymond- Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

**9:45 Yoga/Stretches, Monica**

**10:00 Loom Knitting Class-Vernetta**
**In Person ONLY**

**10:00 The Study of Everyday Life- Stan**

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

**11:00 Nutrition Class-Sue, IBS & IBD:**
**Eating for Gut Health**
https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

**11:00 Total Body Wellness-Doris**
**" GIVE THANKS for WELLNESS"**

**12:00 Lunch**

**12:05 Cardio Chair, Walter**
**Zoom and In Person**
https://us02web.zoom.us/j/87813334559

**1:00 NO Beading Class-Helena**

**1:00 Arts and Craft Design Class-Hadiyah**

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**

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

**13**
**8:30 Open Gym**

**9:00 Tai Chi, Raymond in Person and Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

**10:00 Percussion-Stan**

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

**10:15 Amish Dutch Market**

**11:00 Music Study,Guitar-Stan/ Adrian**

**11:00 Strength & Conditioning Class-Walter YMCA Fit & Well Seniors-Zoom & In Person Passcode: YMCA**
https://us02web.zoom.us/j/7717174346?pwdc3dYUWtVdVJRc0ZYeHVGOXJNZz09

**11:30 Nutrition Talk-Adonna**

**12:00 Lunch**

**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**
c3dYUWtVdVJRc0ZYeHVGOXJNZ

**16**
**8:30 Open Gym**

9:30 NO Inspirational Hour, Dr. L. Stevens
https://us02web.zResourcesoom.us/j/87395927769
**Teleconference number 13017158592**
**Access code 87395927769**

**10:15 Total Fitness Class,Kojak , Zoom & In Person**
https://us02web.zoom.us/j/3464892015?pwd=b3VIbjc4YVBpQTZCeTZrWEZaUmF3UT09

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

**12:00 Lunch**

**1:00 Pokeno**

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

**1:00 Hand Dance-Darlene**

**17**
**8:30 Open Gym**

**9:00 Tai Chi, Raymond-Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

**9:45 Yoga/Stretches, In Person- Monica**

**10:00 The Study of Everyday Life- Stan**

**10:00 Donna Tabor- United Healthcare-Medicare Table**

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

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

**11:00 Nutrition Class-Golden Milk: Make Your Own Anti-inflammatory Blend**
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

**12:00 Lunch**

**12:05 Cardio Fitness, Walter Zoom & In Person Class**
https://us02web.zoom.us/j/81465116735

**12:30 WISE-Dr. Shadow**

**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**

**18**
**8:30 Open Gym**

**10:00 OIB Program, Richard, In Person**

**10:15 Total Fitness Class, Kojak In Person and Zoom**
https://us02web.zoom.us/j/3464892015?pwd=b3VIbjc4YVBpQTZCeTZrWEZaUmF3UT09

**10:15 Dollar Tree Store**

**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

**12:00 Lunch**

**1:15 OCTO Tech Help, Adrian**

**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=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09**
**Passcode: YMCA**

**19**
**8:30 Open Gym**

**9:00 Tai Chi, Raymond- Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

**9:45 Yoga/Stretches, Monica**

**10:00 Knitting & Crocheting-Vernetta. In Person ONLY**

**10:00 Memory Screening**

**10:00 The Study of Everyday Life- Stan**

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

**11:00 Nutrition Class-Sue, Preserving Fresh Herbs for Winter**
https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

**12:00 Lunch**

**12:05 Cardio Chair, Walter Zoom and In Person**
https://us02web.zoom.us/j/87813334559

**1:00 Club Memory, Sharon, Shanida In Person**
Zoom.us Meeting No. 97328502234
Landline 301 715-8 592

**1:00 MC Steppers-Rehearsal-In Person**

**1:00 Beading Class-Helena**

**3:00 Strength & Conditioning Class-YMCA Fit & Well Seniors- Zoom & In Person**
**https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT0**

**5:00-8:00 Legends Game Night**

**20**

**8:30 Open Gym**

**9:00 Tai Chi, Raymond in Person and Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

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

**10:00 Music Study-Advanced Piano-Stan**

**11:00 Strength & Conditioning Class-Walter YMCA Fit & Well Seniors-Zoom & In Person Passcode: YMCA**
https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09
Meeting ID: 7717174346
Password: YMCA

**12:00 Lunch**

**1:00 Bible Museum, World Stage Theatre, Musical Silent Star Store $89.00**

**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 Nov 21

**3:00-8:00**
**Events DC**
**Legends Ball,**
**Convention Center**

**23**
**8:30 Open Gym**

9:30 NO Inspirational Hour, Dr. L. Stevens
https://us02web.zResourcesoom.us/j/87395927769
**Teleconference number 13017158592**
**Access code 87395927769**

**10:15 Total Fitness Class, Kojak , Zoom & In Person**
https://us02web.zoom.us/j/3464892015?pwd=b3VIbjc4YVBpQTZCeTZrWEZaUmF3UT09

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

**12:00 Lunch**

**1:00 Pokeno**

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

**1:00 NO Hand Dance-Darlene**

**24**
**8:30 Open Gym**

**9:00 Tai Chi, Raymond- Zoom**
https://us06web.zoom.us/launch/jc/84338051241
Meeting ID: 843 3805 1241
Passcode: 785552

**9:45 Yoga/Stretches, In Person-Monica**

**10:00 NO Donna Tabor- United Healthcare-Medicare Table**

**10:00 The Study of Everyday Life- Stan**

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

**11:00 Nutrition Class-Sue, Zoom & In Person**
**Holiday Favorite: Reduced-Sugar Cranberry Sauce**
https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

**12:00 Lunch**

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

**12:30 NO WISE-Dr. Shadow**

**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**

**25**
**8:30 Open Gym**

**10:00 OIB Program, Richard, In Person**

**10:15 Total Fitness Class, Kojak- In Person and Zoom**
https://us02web.zoom.us/j/3464892015?pwd=b3VIbjc4YVBpQTZCeTZrWEZaUmF3UT09

**10:00 Feast of Sharing Thanksgiving Luncheon Convention Center**

**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

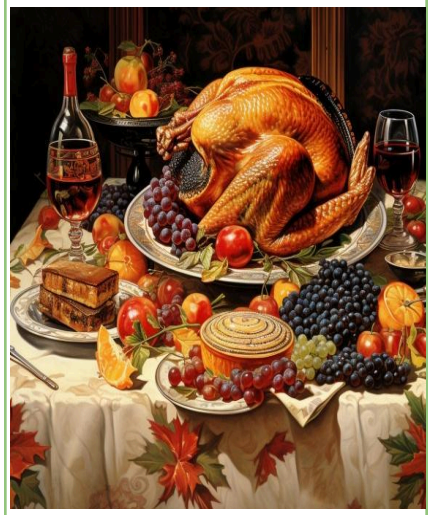
**12:00 Lunch**

**1:15 NO OCTO Tech Help, Adrian**

**3:00 Total Body Fitness**
**YMCA Fit & Well Seniors Class Walter**
**https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09**
**Passcode: YMCA**

**26**

# CENTER CLOSED IN OBSERVANCE OF THANKSGIVING



**27**

# CENTER CLOSED IN OBSERVANCE OF THANKSGIVING

**30**
**8:30 Open Gym**

9:30 NO Inspirational Hour, Dr. L. Stevens
https://us02web.zResourcesoom.us/j/87395927769
**Teleconference number 13017158592**
**Access code 87395927769**

**10:15 Total Fitness Class, Kojak , Zoom & In Person**
https://us02web.zoom.us/j/3464892015?pwd=b3VIbjc4YVBpQTZCeTZrWEZaUmF3UT09

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

**12:00 Lunch**

**1:00 NO Pokeno**

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

**1:00 NO Hand Dance-Darlene**

## Model Cities Holiday Bazaar
**Wednesday, Dec 2, 2026**
**See Monica Carroll**
**Cost $ 25.00 for ea Table**

---

## Musical Hell's Kitchen
**National Theatre**
**Saturday, Dec 5, 2026**
**Cost $157.00**
**12:45pm**
**Deposit $ 100.00**
**Thurs, July 16, 2026**
**Final Payment $57.00**
**Thurs, Aug 27, 2026**

---

## Musical Hamilton at the
**National Theatre**
**Saturday, Jan 2, 2027**
**12:00pm**
**$220.00**
**SOLD OUT**

## Marvin Gaye Musical
**Warner Theatre**
**Saturday, Feb 20, 2027**
**2:00pm**
**$190.00**
**Deposit $ 100.00**
**Monday, Nov 16, 2026**
**Final Payment $90.00**
**Wed, Dec 29, 2026**