


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"
June 2021 Calendar of Events**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">MEMORIAL DAY</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED</p> 	<p>1</p> <p>9:00 Tai Chi, Taj Register in advance for this 30 minute meeting: https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGU09</p> <p>9:45 Yoga/Stretches, Monica https://youtu.be/rxBe3vuVMSg 41.05 mins</p> <p>10:00 OIB Program, Richard Teleconference No. 1-563-999-5186</p> <p>10:00 Cardio Fitness, Walter https://us02web.zoom.us/j/81465116735</p> <p>11:00 Nutrition Class, Jandel https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09 Dial In 13017158592 Meeting ID: 883 6284 9920 Passcode: 509721</p> <p>12:00 ASL (Beginners) https://dncnet.webex.com/dncnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e Meeting number: 475 581 451 Password: m8T5dSCQPb2</p> <p>1:30 TBA-Melva M. Meade- LICSW Melva M. Meade LICSW Teleconference number 17207409787 Access code 2449717</p>	<p>2</p> <p>9:45 Inspirational Hour, Dr. L. Stevens https://us02web.zoom.us/j/81067134316 Dial In:13017158592 Meeting ID:810 6713 4316</p> <p>10:00 Total Fitness Class, Kojak https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZrWEZaUmF3UT09</p> <p>11:00 Town Hall Meeting, Stacie https://us02web.zoom.us/j/87395927769 Teleconference number 13017158592 Access code 87395927769</p> <p>2:00 Gardening Club, Jandel https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZ0I2bW9WSW9ZZz09 Passcode: 281114 Dial In 1 301 715 8592 Meeting ID: 894 3019 8895</p> <p>4:30 Strength & Conditioning Class Fit & Well Seniors Zoom Class Walter https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVdVJRC0ZYeHVGOXJNZz09 Meeting ID: 7717174346 Password: YMCA</p> <p>5:30 Abs and Legs, Monica https://youtu.be/2SiYaq5hGwQ 17:38 mins</p>	<p>3</p> <p>9:00 Tai Chi, Taj Register in advance for this meeting:https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGU09 Meeting ID 2574735993 Password 897649</p> <p>9:45 Yoga/Stretches, Monica https://youtu.be/rxBe3vuVMSg 41.05mins</p> <p>10:00 OIB Program, Richard Teleconference No. 1-563-999-5186</p> <p>10:00 Men Discussion "Topic-Direction" https://us02web.zoom.us/j/83170745018 Dial In 1 301 715 8592 Meeting ID: 831 7074 5018</p> <p>11:00 Nutrition Class, Jandel https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09 Dial In 13017158592 Meeting ID: 883 6284 9920 Passcode: 509721</p> <p>12:00 ASL (Beginners)PW https://dncnet.webex.com/dncnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e m8T5dSCQPb2 Meeting number: 475 581 451</p> <p>12:05 Cardio Chair, Walter https://us02web.zoom.us/j/87813334559</p> <p>1:00 Club Memory, Sharon, Shruti Zoom.us Meeting No. 97328502234 Landline 301 715-8592</p> <p>3:00 Total Fitness Class, Kojak https://youtu.be/6ZrTIEzvrLQ 2:41 mins</p>	<p>4</p> <p>8:00 Resistance Band Workout- Erica Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVdVJRC0ZYeHVGOXJNZz09 Meeting ID: 7717174346 Password: YMCA</p> <p>9:00 Tai Chi, Taj Register in advance for this meeting https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGU09 ID 2574735993 Password 897649</p> <p>10:00 Zumba Gold, Kathy https://us02web.zoom.us/j/4887140082?pwd=aUpQTVk1Um9TOWNBcktoVmVLWVlDdz09 MeetingID:488 714 0082 Passcode: 7SVh7P</p> <p>11:00 Total Fitness Class, Kojak https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZrWEZaUmF3UT09</p> <p>1:00 Sewing Class, Margaret W. Mask Making https://youtu.be/TJ1tnGV5i_8</p> <p>3:30 Abs and Legs, Monica https://youtu.be/2SiYaq5hGwQ 17:38 mins</p> <p>4:30 Boot Camp Fit & Well Seniors Zoom Class, Walter https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVdVJRC0ZYeHVGOXJNZz09 Meeting ID: 7717174346 Password: YMCA</p>

7
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZRWEZaUmF3UT09>

11:00 Carpal Tunnel Syndrome Stretches & Exercise
<https://youtu.be/Q5G916yCyF0>

1:00 Toning Chair Class, Kathy
<https://youtu.be/5RgET1qj67Y>

2:00 "Food Preservation & Good Nutritional Health
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZZ0I2bW9WSW9Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019

4:30 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SiYaq5hGwQ>
17:38 mins

8
9:00 Tai Chi, Taj
Register in advance for this 30 minute meeting:
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09>

9:45 Yoga/Stretches, Monica
<https://youtu.be/rxBe3vuVMS> 41.05 mins

10:00 OIB Program, Richard
Teleconference No. 1-563-999-5186

10:00 Cardio Fitness, Walter
<https://us02web.zoom.us/j/81465116735>

11:00 Nutrition Class, Jandel
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVZRi9VTnQ5b0NMWjNWNzh1QT09>
Dial In 13017158592
Meeting ID: 883 6284 9920
Passcode: 509721

12:00 ASL (Beginners)
<https://dcnet.webex.com/dcnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e>
Meeting number: 475 581 451
Password: m8T5dSCQPb2

1:30 TBA-Melva M. Meade- LICSW
Teleconference number 17207409787
Access code 2449717

4:00 Film Showing & Discussion
Thank God: An African American Docu-Opera
Woodridge Library-Eric White
<https://us02web.zoom.us/j/83264280236>
Dial In 13017158592
Meeting ID: 83264280236

9
9:45 Inspirational Hour, Dr. L. Stevens
<https://us02web.zoom.us/j/81067134316>
Dial In:13017158592
Meeting ID:810 6713 4316

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZRWEZaUmF3UT09>

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

2:00 Gardening Club, Jandel
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZZ0I2bW9WSW9Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019 8895

4:30 Strength & Conditioning Class
Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SiYaq5hGwQ>
17:38 mins

10
9:00 Tai Chi, Taj
Register in advance for this meeting:
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09>
Meeting ID 2574735993 Password 897649

9:45 Yoga/Stretches, Monica
<https://youtu.be/rxBe3vuVMSg> 41.05 mins

10:00 OIB Program, Richard
Teleconference No. 1-563-999-5186

11:00 Nutrition Class, Jandel
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbVZRi9VTnQ5b0NMWjNWNzh1QT09> Dial In 13017158592
Meeting ID: 883 6284 9920
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 Chair, Walter
<https://us02web.zoom.us/j/87813334559>

1:00 Club Memory, Sharon, Shruti
[Zoom.us](https://zoom.us) Meeting No. 97328502234
Landline 301 715-8592
Meeting number 973-2850-2234

3:00 Knitting & Crocheting, Monica S
https://youtu.be/rBfui_h4XWk

4:00 Total Fitness Class, Kojak
<https://youtu.be/6ZrTIEzvrLQ>
2.41 mins

11
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

9:00 Tai Chi, Taj
Register in advance for this meeting
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09>
ID 2574735993 Password 897649

10:00 Zumba Gold, Kathy
<https://us02web.zoom.us/j/4887140082?pwd=aUpQTVk1Um9TOWNBcktoVmVLWVlDdz09>
MeetingID:488 714 0082
Passcode: 7SVh7P

11:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZRWEZaUmF3UT09>

1:00 Sewing Class, Margaret W.
Mask Making
https://youtu.be/TJ1tnGV5i_8

3:30 Abs and Legs, Monica
<https://youtu.be/2SiYaq5hGwQ> 17:38 mins

4:30 Boot Camp
Fit & Well Seniors Zoom Class, Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

14
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
Meeting ID: 7717174346
Password: YMCA

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZRWEZaUmF3UT09>

11:00 Carpal Tunnel Syndrome Stretches & Exercise
<https://youtu.be/Q5G916yCyF0>

1:00 Toning Chair Class, Kathy
<https://youtu.be/5RgET1qj67Y>

2:00 Cooking with Jandel
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZ0I2bW9WSW9Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019

RECIPE

4:30 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 mins

15
9:00 Tai Chi, Taj
Register in advance for this meeting:
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09>
meeting:ID 2574735993 Password 897649

9:45 Yoga/Stretches, Monica In Person
<https://youtu.be/rxBe3vuVMSg>

10:00 OIB Program, Richard
Teleconference No. 1-563-999-5186

11:00 Nutrition Class, Jandel In Person or Zoom
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbjVVRzI9VTnQ5b0NMWjNWNzh1QT09>
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 In Person or Zoom Class
<https://us02web.zoom.us/j/81465116735>

1:30 TBA-Melva M. Meade LICSW
Teleconference number
1720 740 9787 Access code 2449717

1:30 MC Steppers- Rehearsal

2:00 'EAT Yourself to HEALTH" Doris Johnson, Total Relaxation Store
<https://us02web.zoom.us/j/81185027085>
Dial In 1 301 715 8592
Meeting ID: 811 8502 7085

3:00 Strength & Conditioning Class- Fit & Well Seniors Zoom
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
In Person or Zoom Class
Meeting ID: 7717174346
Password: YMCA

16
9:45 Inspirational Hour, Dr. L. Stevens
<https://us02web.zoom.us/j/81067134316>
Dial In:13017158592
Meeting ID:810 6713 4316

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZRWEZaUmF3UT09>

11:00 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
Meeting ID: 7717174346
Password: YMCA

1:00 Motivation Support Group-Juanita -In Person Class

2:00 Gardening Club, Jandel
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZ0I2bW9WSW9Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019 8895

3:00 Weight Training Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
In Person and Zoom Class
Meeting ID: 7717174346
Password: YMCA

4:30 Strength & Conditioning Class
Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 mins

17
9:00 Tai Chi, Taj
Register in advance for this meeting:
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09>
Meeting ID 2574735993
Password 897649

9:45 Yoga/Stretches, Monica In Person
<https://youtu.be/rxBe3vuVMSg>

10:00 OIB Program, Richard
Teleconference No. 1-563-999-5186

11:00 Nutrition Class, Jandel In Person or Zoom
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbjVVRzI9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

12:05 Cardio Chair, Walter In Person or Zoom Class
<https://us02web.zoom.us/j/87813334559>

12:00 ASL (Beginners)
<https://dcnet.webex.com/dcnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e>
Meeting number: 475 581 451
Password: m8T5dSCQPb2

1:00 Club Memory, Sharon, Shruti
[Zoom.us](https://zoom.us) Meeting No. 97328502234
Landline 301 715-8592
Meeting number 973-2850-2234

1:30 MC Steppers- Rehearsal

3:00 Knitting & Crocheting, Monica S
https://youtu.be/rBfui_h4XWk

3:00 Strength & Conditioning Class- Fit & Well Seniors Zoom
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
In Person or Zoom Class
Meeting ID: 7717174346
Password: YMCA

4:00 Total Fitness Class, Kojak
<https://youtu.be/6ZrTIEzvrLQ>
22.41 mins

18
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
Meeting ID: 7717174346
Password: YMCA

9:00 Tai Chi, Taj
Register in advance for this meeting
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09>
ID 2574735993 Password 897649

10:00 Zumba Gold, Kathy
<https://us02web.zoom.us/j/4887140082?pwd=aUpQTVk1Um9TOWNBcktoVmVLWVlDdz09>
MeetingID:488 714 0082
Passcode: 7SVh7P

11:00 Sandra Y Johnson Father's Day Jazz Concert- In Person Concert

11:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZRWEZaUmF3UT09>

12:00 Chair Exercise- Monica C -
In Person Class

1:00 Sewing Class, Margaret W.
Mask Making
https://youtu.be/TJ1tnGV5j_8

3:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ> 17:38 mins

4:30 Boot Camp
Fit & Well Seniors Zoom Class, Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNZz09>
Meeting ID: 7717174346
Password: YMCA

21
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346
Password: YMCA

9:30 Sign Language
The first 100 signs you need to know -
YouTube
<https://youtu.be/HUMEcckvkhJU>

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZrWEZaUmF3UT09>

11:00 Carpal Tunnel Syndrome Stretches &
Exercise
<https://youtu.be/Q5G916yCyF0>

1:00 Toning Chair Class, Kathy
<https://youtu.be/5RgET1qj67Y>

2:00 **“Food Preservation & Good
Nutritional Health**
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZZ0I2bW9WSW9Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019

4:30 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 mins

22
9:00 Tai Chi, Taj
Register in advance for this
meeting:<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTtHhoU3JGUt09>
Meeting ID: 2574735993 Password 897649

9:45 Yoga/Stretches, Monica In Person
<https://youtu.be/rxBe3vuVMSg>

10:00 OIB Program, Richard
Teleconference No.1-563-999-5186

**11:00 Nutrition Class, Jandel
In Person or Zoom**
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbjVVRzI9VTnQ5b0NMWjNWNzh1QT09>
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
In Person or Zoom**
<https://us02web.zoom.us/j/81465116735>

1:30 TBA- Melva M. Meade LICSW
Teleconference number:1720 740 9787
Access code 2449717

1:30 MC Steppers- Rehearsal

3:00 Strength & Conditioning- Walter
Fit & Well Seniors
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346
Password: YMCA
In Person & Zoom Class



23
9:45 Inspirational Hour, Dr. L. Stevens
<https://us02web.zoom.us/j/81067134316>
Dial In:13017158592
Meeting ID:810 6713 4316

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZrWEZaUmF3UT09>

11:00 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
In Person & Zoom Class
Meeting ID: 7717174346
Password: YMCA

**1:00 Motivation Support
Group-Juanita -In Person Class**

2:00 Gardening Club, Jandel
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZZ0I2bW9WSW9Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019 8895

**3:00 Strength & Conditioning Class-
Walter**
Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
In Person and Zoom Class
Meeting ID: 7717174346
Password: YMCA

4:30 Strength & Conditioning Class
Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 mins

24
9:00 Tai Chi, Taj
Register in advance for this
meeting:<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTtHhoU3JGUt09>
Meeting ID 2574735993
Password 897649

9:45 Yoga/Stretches, Monica In Person
<https://youtu.be/rxBe3vuVMSg>

10:00 OIB Program, Richard
Teleconference No. 1-563-999-5186

**11:00 Nutrition Class, Jandel
In Person or Zoom**
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbjVVRzI9VTnQ5b0NMWjNWNzh1QT09>
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 Chair, Walter
In Person or Zoom**
<https://us02web.zoom.us/j/87813334559>

1:00 Club Memory, Sharon, Shruti
[Zoom.us](https://us02web.zoom.us/j/97328502234) Meeting No. 97328502234
Landline 301 715-8592
Meeting number 973-2850-2234

1:30 MC Steppers- Rehearsal

3:00 Knitting & Crocheting, Monica S
https://youtu.be/rBfui_h4XWk

4:00 Total Fitness Class, Kojak
<https://youtu.be/6ZrTIEzvrLQ>
22.41 mins

25
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346
Password: YMCA

9:00 Tai Chi, Taj
Register in advance for this meeting:
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTtHhoU3JGUt09>
Meeting ID: 2574735993 Password 897649

10:00 Zumba Gold, Kathy
<https://us02web.zoom.us/j/4887140082?pwd=aUpQTVk1Um9TOWNBcktoVmVLWVlDdz09>
MeetingID:488 714 0082
Passcode: 7SVh7P

11:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZrWEZaUmF3UT09>

12:00 Chair Exercise- Monica C -
In Person Class

1:00 Sewing Class, Margaret W.
Mask Making
https://youtu.be/TJ1tnGV5i_8

3:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 mins

4:30 Boot Camp
Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346
Password: YMCA

28
8:00 Resistance Band Workout- Erica
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

9:30 Sign Language
The first 100 signs you need to know -
YouTube
<https://youtu.be/HUMEcckvhJU>

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZrWEZaUmF3UT09>

11:00 Carpal Tunnel Syndrome Stretches &
Exercise
<https://youtu.be/Q5G916yCyF0>

1:00 Toning Chair Class, Kathy
<https://youtu.be/5RgET1qj67Y>

2:00 **“Food Preservation & Good
Nutritional Health**
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZZ0l2bW9W9WSW92Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019

4:30 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 mins

29
9:00 Tai Chi, Taj
Register in advance for this
meeting:<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09>
ID 2574735993 Password 897649

9:45 Yoga/Stretches, Monica In Person
<https://youtu.be/rxBe3vuVMSg>

10:00 OIB Program, Richard
Teleconference No.1-563-999-5186

**11:00 Nutrition Class, Jandel
In Person or Zoom**
<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
In Person or Zoom**
<https://us02web.zoom.us/j/81465116735>

1:30 TBA- Melva M. Meade LICSW
Teleconference number:1720 740 9787
Access code 2449717

1:30 MC Steppers- Rehearsal

**3:00 Strength & Conditioning- Walter
Fit & Well Seniors
In Person or Zoom**
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

30
9:45 Inspirational Hour, Dr. L. Stevens
<https://us02web.zoom.us/j/81067134316>
Dial In:13017158592
Meeting ID:810 6713 4316

10:00 Total Fitness Class, Kojak
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVBPQTZCeTZrWEZaUmF3UT09>

11:00 Sit down and Get down, Walter
Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

**1:00 Motivation Support
Group-Juanita -In Person Class**

2:00 Gardening Club, Jandel
<https://us02web.zoom.us/j/89430198895?pwd=SDR1UTBvZldzY3ZZZ0l2bW9W9WSW92Zz09>
Passcode: 281114
Dial In 1 301 715 8592
Meeting ID: 894 3019 8895

3:00 Strength & Conditioning- Walter
Fit & Well Seniors
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA
In Person & Zoom Class

4:30 Strength & Conditioning Class
Fit & Well Seniors Zoom Class Walter
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

5:30 Abs and Legs, Monica
<https://youtu.be/2SjYaq5hGwQ>
17:38 min