

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 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8:00 Open Gym</p> <p>8:00 Resistance Band Workout- Erica YMCA Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09 Meeting ID: 7717174346 Password: YMCA</p> <p>9:30 Inspirational Hour, Dr. L. Stevens https://us02web.zoom.us/j/87395927769 Teleconference number 13017158592 Access code 87395927769</p> <p>10:00 Advance Spanish-.Fletcher- In Person</p> <p>10:00 United Health, Donna Tabor</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 https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09</p> <p>1:00 Computer Class In Person Only</p> <p>1:00 Hand Dance-Russell</p>	<p>3 8:00 Open Gym</p> <p>9:00 Tai Chi, Taj Register in advance for this meeting: https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09 meeting:ID 2574735993 Password 897649</p> <p>9:45 Yoga/Stretches, In Person-Monica</p> <p>10:00 OIB Program, Richard, In Person 10:15 OIB & Sight Chair Exercise</p> <p>11:00 Nutrition Class, Zoom & In Person https://us02web.zoom.us/j/88362849920?pwd=dWxsblVRZi9VTnQ5b0NMWjNWNzh1QT09 Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p>11:00 Bowling Capital Bowling Donation \$7.00</p> <p>12:00 ASL (Beginners) https://dncnet.webex.com/dncnet/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 MC Steppers- Rehearsal-In Person</p> <p>3:00 Strength & Conditioning Class- YMCA Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09 Passcode: YMCA</p>	<p>4 8:00 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>11:00 Town Hall Meeting, Stacie https://us02web.zoom.us/j/87395927769 Teleconference number 13017158592 Access code 87395927769</p> <p>3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09 Passcode: YMCA</p>	<p>5 8:00 Open Gym</p> <p>9:00 Tai Chi, Taj Register in advance for this meeting: https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09 Meeting ID 2574735993 Password 897649</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>10:30 Hair Care by Annette</p> <p>11:00 Nutrition Class, https://us02web.zoom.us/j/88362849920?pwd=dWxsblVRZi9VTnQ5b0NMWjNWNzh1QT09 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 MC Steppers-Rehearsal-In Person</p> <p>3:45 Strength & Conditioning Class- YMCA Fit & Well Seniors- Zoom & In Person https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</p>	<p>6 8:00 Open Gym</p> <p>8:00 Resistance Band Workout- Erica YMCA Fit & Well Seniors Zoom Class https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09 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=a1UvREF0U1QwRXpQRmdvTHhoU3JGUt09 ID 2574735993 Password 897649</p> <p>10:00 Chair Exercise-In Person-Only, Monica</p> <p>11:00 Total Fitness Class, Kojak- Zoom Only https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</p> <p>1:00-3:00 Bingo, Yvonne, In Person Only</p> <p>1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09 Meeting ID: 7717174346 Password: YMCA</p>

HOLIDAY INDIGENOUS PEOPLES' DAY CENTER CLOSED



10

8:00 Open Gym

9:00 Tai Chi, Taj

Register in advance for this meeting:

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meeting:ID 2574735993 Password 897649

9:45 Yoga/Stretches, In Person-Monica

10:00 OIB Program, Richard, In Person

10:15 OIB & Sight Chair Exercise

11:00 Nutrition Class,

<https://us02web.zoom.us/j/88362849920?pwd=dVsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>

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 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

11

8:00 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=b3Vlbc4YVWpQTZCeTZrWEZaUmF3UT09>

10:30 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=OTJkc3dYUWVtVdVJRc0ZYeHVGOXJNz09>

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

12

8:00 Open Gym

9:00 Tai Chi, Taj

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Meeting ID 2574735993 Password 897649

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

10:00 Vaccine Clinic

10:30 Hair Care by Annette

11:00 Nutrition Class,

<https://us02web.zoom.us/j/88362849920?pwd=dVsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>

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 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>

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8:00 Open Gym

8:00 Resistance Band Workout- Erica HA

YMCA Fit & Well Seniors Zoom Class

<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVtVdVJRc0ZYeHVGOXJNz09>

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 Chair Exercise-In Person-Only, Monica

11:00 Total Fitness Class, Kojak-Zoom Only

<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWpQTZCeTZrWEZaUmF3UT09>

10:00 Joanne Fabrics-Greenbelt Plaza

1:00 SSOU Meeting

1:00 Boot Camp-Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person

<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWVtVdVJRc0ZYeHVGOXJNz09>

Meeting ID: 7717174346 Password: YMCA

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8:00 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 Senior America Pageant-
Tropicana Casino Hotel-
Atlantic City**

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

10:00 Advance Spanish-Fletcher- In Person

10:00 United Health, Donna Tabor

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

11:00 Chair Exercise- In Person-Kojak

11:45 Beginners Spanish -.Fletcher- In Person

1:00 Pokeno

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

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8:00 Open Gym

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 NO Yoga/Stretches, In Person-
Monica**

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

11:00 Nutrition Class, Zoom & Person
<https://us02web.zoom.us/j/88362849920?pwd=dWxblVRZi9VnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

**11:00 Bowling Capital Bowling
Donation \$7.00**

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 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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8:00 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>

**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

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

19

8:00 Open Gym

9:00 Tai Chi, Taj
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meeting:<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09>
Meeting ID 2574735993
Password 897649

9:45 NO Yoga/Stretches, In Person- Monica

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

10:00 Knitting & Crocheting-Monica S.

11:00 Nutrition Class, Zoom In Person
<https://us02web.zoom.us/j/88362849920?pwd=dWxblVRZi9VnQ5b0NMWjNWNzh1QT09>
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**12:05 Cardio Chair, Walter
Zoom & In Person Class**
<https://us02web.zoom.us/j/87813334559>

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

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

20

8:00 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, Taj
Register in advance for this meeting
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09>
ID 2574735993 Password 897649

**10:00 Chair Exercise- In Person
Only-Sub Vernon K.**

**11:00 Total Fitness Class, Kojak-
Zoom Only**
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBPQTZCeTZrWEZaUmF3UT09>

**1:00 Bingo, Yvonne,
In Person Only**

**1:00 Boot Camp, Walter
YMCA Fit & Well Seniors Zoom Class,
Zoom & In Person**
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

**3:30 Returning from Senior
America Pageant-
Tropicana Casino Hotel-
Atlantic City**

23

8:00 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
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9:30 Inspirational Hour, Dr. L. Stevens
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10:00 Advance Spanish-.Fletcher- In Person

10:00 United Health, Donna Tabor

10:00 Total Fitness Class, Kojak , Zoom & In Person
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZrWEZaUmF3UT09>

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>

24

8:00 Open Gym

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, In Person- Monica

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

11:00 Nutrition Class, Zoom & Person
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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
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25

8:00 Open Gym

10:00 OIB Program, Richard, In Person

10:00 Total Fitness Class, Kojak, In Person and Zoom
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10:30 Paint Class-Lisa

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
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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

4:00 Woodridge Library-Eric White
<https://us02web.zoom.us/j/84437209778>
Meeting ID: 84437209778
Dial In 1301 715 8592

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8:00 Open Gym

9:00 Tai Chi, Taj
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9:45 Yoga/Stretches, In Person- Monica

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1:00 Bingo, Yvonne, In Person Only

1:00 Boot Camp, Walter YMCA Fit & Well Seniors Zoom Class, Zoom & In Person
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Sat, Oct 28, 2023- 1:30pm.
Fashion Show-Luncheon and Transportation Extravaganza
The Bethesda Hotel
Ticket and Transportation \$90.00
See Monica or Dee

30

8:00 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
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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=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>

1: 00 Hand Dance-Russell

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8:00 Open Gym

9:00:00 Tai Chi, Taj
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12:05 Cardio Fitness, Walter Zoom & In Person Class
<https://us02web.zoom.us/j/81465116735>

1:00 Halloween Party- Wear Your Costume Donation \$5.00

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=WTF4OGplYW5HVEZiRXV6VkRRTRmk2UT09>
Passcode: YMCA

Cirque du Soleil-Holiday Show at the Hippodrome Theatre
Sat, Nov 25, 2023
1:00pm
See Monica or Dee
\$110.00
All Monies
Due October 30, 2023

Sounds of Philly and Motown
Saturday, Dec 16, 2023
\$250.00
Holiday Inn Express NC

Includes: Bus, Ticket, Hotel
Featuring
Harold Melvin's BlueNotes
The UNIFIC
The Ebony's
J'KAR
All Monies due soon as Possible

Christmas in the Cities
The Rockettes In NY&NJ
At the Resort
Sun, Dec 3-Mon, Dec 4
Total \$490.00
Deposit of \$163.00
By , Oct 30, 2023
Includes:Rebate
Meal Voucher
Motor Coach Bus
Show Ticket