

**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"  
August 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Sister Act</b> <b>Toby's Dinner Theater</b> <b>Sunday, Sept 24, 9:30am.</b> Include: Transportation, Lunch, show Donation \$130.00 due soon as Possible See Monica or Sandi</p> <hr/> <p><b>Senior America</b> <b>Pageant</b> <b>at the Tropicana Hotel</b> <b>In Atlantic City</b> <b>DD Room \$565.00pp</b> <b>Single \$817.00</b> See Monica or Sandi</p> <hr/> <p><b>Fashion Show-Luncheon</b> <b>Extravaganza</b> <b>Sat, Oct 28, 2023-</b> <b>3:00pm.</b> <b>The Bethesda Hotel</b> Ticket and Transportation \$90.00 See Monica or Dee All monies due 9-1-2023</p>	<p><b>1</b> 9:00 Tai Chi, Coach Fogan Register in advance for this meeting: <a href="https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09">https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09</a> meeting:ID 2574735993 Password 897649</p> <p><b>9:45 Yoga/Stretches, In Person-Monica</b></p> <p>10:00 OIB Program, Richard, In Person 10:15 OIB &amp; Sight Chair Exercise</p> <p>11:00 Nutrition Class, Zoom &amp; In Person <a href="https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09">https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09</a> Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p><b>11:00 Bowling, Capital Plaza</b> <b>Donation \$7.00</b></p> <p>12:00 NO ASL (Beginners) CLASS <a href="https://dnet.webex.com/dnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e">https://dnet.webex.com/dnet/j.php?MTID=m4d3c6167c1538e5509d797f45d79305e</a> Meeting number: 475 581 451 Password: m8T5dSCQPb2</p> <p><b>12:05 Cardio Fitness, Walter</b> <b>Zoom &amp; In Person Class</b> <a href="https://us02web.zoom.us/j/81465116735">https://us02web.zoom.us/j/81465116735</a></p> <p>1:00 NO Line Dances w/ Veronica-In Person</p> <p>1:00 MC Steppers Rehearsal- In Person</p> <p>3:00 Strength &amp; Conditioning Class- YMCA Fit &amp; Well Seniors Zoom Class <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</a></p>	<p><b>2</b> <b>8:00 Open Gym</b></p> <p>10:00 OIB Program, Richard, In Person</p> <p><b>10:00 Total Fitness Class, Kojak-Zoom Only</b> <a href="https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09">https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</a></p> <p><b>11:00 Town Hall Meeting, Stacie</b> <a href="https://us02web.zoom.us/j/87395927769">https://us02web.zoom.us/j/87395927769</a> Teleconference number 13017158592 Access code 87395927769</p> <p>1:00 Computer Class In Person Only</p> <p>1:00 Matter of Balance- Dr Shadow</p> <p>3:00 Total Body Fitness YMCA Fit &amp; Well Seniors Class Walter <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</a> Passcode: YMCA</p>	<p><b>3</b> <b>8:00 Open Gym</b></p> <p>9:00 Tai Chi, Coach Fogan Register in advance for this meeting: <a href="https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09">https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09</a> Meeting ID 2574735993 Password 897649</p> <p><b>9:45 Yoga/Stretches, Monica</b></p> <p>10:00 OIB Program, In Person-Richard 10:15 OIB &amp; Exercise</p> <p><b>10:00 NO Knitting &amp; Crocheting-Monica S. In Person ONLY</b></p> <p><b>10:30 Hair Care by Annette</b></p> <p><b>11:00 Nutrition Class,- Zoom &amp; In Person</b> <a href="https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09">https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09</a> Meeting ID: 883 6284 9920 Dial In 13017158592 Passcode: 509721</p> <p><b>12:05 Cardio Chair, Walter</b> <b>Zoom and In Person</b> <a href="https://us02web.zoom.us/j/87813334559">https://us02web.zoom.us/j/87813334559</a></p> <p><b>1:00 Club Memory, Sharon, Shanida</b> <b>Zoom.us Meeting No. 97328502234</b> Landline 301 715-8592 Meeting number 973-2850-2234</p> <p><b>1:00 MC Steppers Rehearsal- In Person</b></p> <p><b>3:45 Strength &amp; Conditioning Class- YMCA Fit &amp; Well Seniors- Zoom &amp; In Person</b> <a href="https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09">https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09</a></p>	<p><b>4</b> <b>8:00 Open Gym</b></p> <p>9:00 Tai Chi, Coach Fogan Register in advance for this meeting <a href="https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09">https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09</a> ID 2574735993 Password 897649</p> <p><b>11:00 Total Fitness Class, Kojak-Zoom Only</b> <a href="https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09">https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09</a></p> <p><b>12:00 Chair Exercise-In Person-Only, Monica</b></p> <p><b>1:00 Trader Joe's</b></p> <p><b>1:00 NO Bingo, Yvonne, In Person Only</b></p> <p><b>1:00 Boot Camp-Walter</b> YMCA Fit &amp; Well Seniors Zoom Class, Zoom &amp; In Person <a href="https://us02web.zoom.us/j/7717143467?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09">https://us02web.zoom.us/j/7717143467?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09</a> Meeting ID: 7717143467 Password: YMCA</p>

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**8:00 Open Gym**

9:30 NO Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/81067134316>  
Dial In:13017158592  
Meeting ID:810 6713 4316

**10:00 Vision Screening with McClain  
Eyewear & Medication Screening  
Howard University College, Pharmacy**

**10:00 NO Advance Spanish-Fletcher- In  
Person**

**10:30 Paint Class-Lisa**

**10:00 Total Fitness Class, Kojak ,  
In Person and Zoom**  
<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVJlc4YVYVbWpQTZCeTZrWEZaUmF3UT09>

**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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

**1:00 NO Computer Class In Person Only**

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

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**8:00 Open Gym**

9:00 Tai Chi, Coach Fogan  
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 & In Person**  
<https://us02web.zoom.us/j/88362849920?pwd=dVWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>  
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 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

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**8:00 Open Gym**

**9:15 Arundel Mills, Donation \$20.00**

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

**10:00 Total Fitness Class, Kojak-  
In Person and Zoom**  
<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVJlc4YVYVbWpQTZCeTZrWEZaUmF3UT09>

**11:00 Sit down and Get down, Walter  
YMCA Fit & Well Seniors Zoom Class  
ONLY**  
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRC0ZYeHVG0XJNz09>  
Meeting ID: 7717174346

**1:00 Computer Class In Person Only**

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

10

**8:00 Open Gym**

9:00 Tai Chi, Coach Fogan  
Register in advance for this  
meeting:<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09>  
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 NO Knitting & Crocheting-Monica S.  
In Person ONLY**

**10:30 Hair Care by Annette**

**11:00 Nutrition Class,**  
<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>

**12:30 Model Cities Day Party**

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**

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

**11:00 Bladensburg Firehouse  
Bingo Donation \$20.00**

**11:00 Total Fitness Class, Kojak-  
Zoom Only**  
<https://us02web.zoom.us/j/3464892015?pwd=b3VlYVJlc4YVYVbWpQTZCeTZrWEZaUmF3UT09>

**12:00 Chair Exercise-In  
Person-Only, Monica**

**1:00 NO SSOU Meeting**

**1:00 Boot Camp-Walter  
YMCA Fit & Well Seniors Zoom Class,  
Zoom & In Person**  
<https://us02web.zoom.us/j/7717143467?pwd=OTJkc3dYUWtVdVJRC0ZYeHVG0XJNz09>  
Meeting ID: 7717174346 Password: YMCA

**14**  
**8:00 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 NO Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/81067134316>  
Dial In:13017158592  
Meeting ID:810 6713 4316  
Password: qyng5v

**10:00 NO Advance Spanish-.Fletcher- In Person**

**10:00 Total Fitness Class, Kojak , Zoom & In Person**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNz09>

**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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

**1:00 NO Computer Class In Person Only**

**1: 00 Hand Dance-Russell**

**15**  
**8:00 Open Gym**

9:00 Tai Chi, Coach Fogan  
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**  
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbjVlbc4YVWtVdVJRc0ZYeHVGOXJNz09>  
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

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

**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

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

**16**  
**8:00 Open Gym**

**9:30 Hair Care by Annette**

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

**10:00 Total Fitness Class, Kojak, In Person and Zoom**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNz09>

**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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>  
Meeting ID: 7717174346  
Password: YMC

**1:00 Computer Class In Person Only**

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

**17**  
**8:00 Open Gym**

9:00 Tai Chi, Coach Fogan  
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**

**10:15 Northeast Performing Arts Group- ON Broadway Reloaded at UDC Donation \$20.00**

**10:00 NO Knitting & Crocheting-Monica S.**

**11:00 Nutrition Class, Zoom & Person**  
<https://us02web.zoom.us/j/88362849920?pwd=dWxsbjVlbc4YVWtVdVJRc0ZYeHVGOXJNz09>  
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 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

**18**  
**8:00 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, Coach Fogan  
Register in advance for this meeting  
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ID 2574735993 Password 897649

**10:30 Museum of Language Arts Planet Word**

**11:00 Total Fitness Class, Kojak- Zoom Only**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNz09>

**12:00 Chair Exercise-Monica C. In Person Only**

**1:00 NO 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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>  
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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>  
Meeting ID: 7717174346  
Password: YMCA

9:30 NO Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/81067134316>  
Dial In:13017158592  
Meeting ID:810 6713 4316

**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>

**10:30 Paint Class-Lisa**

**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/771714346?pwd=WTF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>

**1:00 NO Computer Class In Person Only**

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

22

**8:00 Open Gym**

9:00 Tai Chi, Coach Fogan  
Register in advance for this meeting:  
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**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 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/771714346?pwd=WTF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>  
Passcode: YMCA

23

**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=b3Vlbc4YVbPQTZCeTZRWEZaUmF3UT09>

**10:30 Museum of Illusions Donation \$24.00**

**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

**11:00 No Hair Care by Annette**

**1:00 Computer Class In Person Only**

**1:15 Fix your Belly for WELLNESS-Doris**  
<https://us02web.zoom.us/j/88031763246>  
1 301 715 8592  
Meeting ID: 88031763246

**3:00 Tot al Body Fitness YMCA Fit & Well Seniors Class Walter**  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>  
Passcode: YMCA

24

**8:00 Open Gym**

9:00 Tai Chi, Coach Fogan  
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 Get Started on a Sleep Program-Doris**

**10:00 NO Knitting & Crocheting-Monica S. In Person ONLY**

**10:30 Hair Care by Annette**

**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

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

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

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

**1:00 Club Memory, Sharon, Shanida Zoom.us** 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/771714346?pwd=WTF4OGpIYW5HVEZiRXV6VkrRTmk2UT09>  
Passcode: 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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>  
Meeting ID: 7717174346  
Password: YMCA

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

**11:00 Bladensburg Firehouse Bingo Donation \$20.00**

**11:00 Total Fitness Class, Kojak- Zoom Only**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZRWEZaUmF3UT09>

**12:00 Chair Exercise-Monica C. In Person Only**

**1:00 NO 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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>  
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/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>  
Meeting ID: 771714346  
Password: YMCA

9:30 NO Inspirational Hour, Dr. L. Stevens  
<https://us02web.zoom.us/j/81067134316>  
Dial In:13017158592  
Meeting ID:810 6713 4316

**10:00 NO Advance Spanish-Fletcher- In Person**

**10:00 Total Fitness Class, Kojak , Zoom & In Person**  
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPqQTZCeTZrWEZaUmF3UT09>

**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/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

**1:00 NO Computer Class In Person Only**

**1: 00 Hand Dance-Russell**

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**8:00 Open Gym**

9:00:00 Tai Chi, Coach Fogan  
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**  
<https://us02web.zoom.us/j/88362849920?pwd=dWxsblVRZi9VtQ5b0NMWjNWNzh1QT09>  
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/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>  
Passcode: YMCA

30

**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=b3Vlbc4YVbPqQTZCeTZrWEZaUmF3UT09>

**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/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>  
Meeting ID: 771714346  
Password: YMC

**11:00 No Hair Care by Annette**

**1:00 Computer Class In Person Only**  
<https://us02web.zoom.us/j/88031763246>  
1 301 715 8592  
Meeting ID: 88031763246

**3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter**  
<https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>  
Passcode: YMCA

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**8:00 Open Gym**

8:00 Tai Chi, Coach Fogan  
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**

**10:00 NO Knitting & Crocheting-Monica S.**

**10:30 Hair Care by Annette**

**11:00 Nutrition Class, Zoom & In Person**  
<https://us02web.zoom.us/j/88362849920?pwd=dWxsblVRZi9VtQ5b0NMWjNWNzh1QT09>  
Meeting ID: 883 6284 9920  
Dial In 13017158592  
Passcode: 509721

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Meeting number: 475 581 451  
Password: m8T5dSCQPb2

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Passcode: YMCA

**Cirque du Soleil-Holiday Show at the MGM Hotel Sat, Dec 16, 2023 12:00pm See Monica or Dee Price of Ticket determine August 30, 2023**