



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"
July 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p style="text-align: center;">Happy Birthday America Center Closed</p> 	<p>4</p> <p style="text-align: center;">Happy Independence Day Center Closed</p> 	<p>5</p> <p>10:00 OIB Program, Richard, In Person</p> <p>10:00 Total Fitness Class, Kojak-Zoom Only https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBpQTZCeTZrWEZaUmF3UT09</p> <p>11:00 Town Hall Meeting, Stacie https://us02web.zResourcesoom.us/j/87395927769 Teleconference number 13017158592 Access code 87395927769 Password: qyng5v</p> <p>11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom Class ONLY https://us02web.zoom.us/j/771714346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09 Meeting ID: 771714346</p> <p>1:00 Computer Class In Person Only</p> <p>3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter https://us02web.zoom.us/j/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09 Passcode: YMCA</p>	<p>6</p> <p>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</p> <p>9:45 Yoga/Stretches, Monica</p> <p>10:00 OIB Program, In Person-Richard 10:15 OIB & Exercise</p> <p>10:00 NO Knitting & Crocheting-Monica S. In Person ONLY</p> <p>10:30 Hair Care by Annette</p> <p>11:00 Nutrition Class,- Zoom & In Person https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09 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 301 715-8592 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/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkRRTmk2UT09</p>	<p>7</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, Coach Fogan Register in advance for this meeting https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGUT09 ID 2574735993 Password 897649</p> <p>11:00 Total Fitness Class, Kojak-Zoom Only https://us02web.zoom.us/j/3464892015?pwd=b3Vlbjc4YVBpQTZCeTZrWEZaUmF3UT09</p> <p>12:00 Chair Exercise-In Person-Only, Monica</p> <p>1:00 Bingo, Yvonne, Monica 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> <p>5:30 Kennedy Center- Lion King Sold Out</p>

10
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

9:00 Matter of Balance- Dr Shadow

9:30 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 ,
In Person and Zoom**
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVG0XJNz09>

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=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT0>

1:00 NO Computer Class In Person Only

1: 00 Hand Dance-Russell

11
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=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>
Password: qyng5v

**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

12
9:00 Matter of Balance- Dr Shadow
10:00 OIB Program, Richard, In Person

**10:00 Total Fitness Class, Kojak-
In Person and Zoom**
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVG0XJNz09>

10:30 Paint Class-Lisa

**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

13
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**

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>
Password: qyng5v

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

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

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

9:00 Tai Chi, Coach Fogan
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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=b3Vlbc4YVWtVdVJRc0ZYeHVG0XJNz09>

**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/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
Meeting ID: 7717174346 Password:
YMCA

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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

9:00 Matter of Balance- Dr Shadow

9:30 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=b3Vlbjc4YVBPQTZCeTZrWEZaUmF3UT09>

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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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 Food Demo-Making Overnight Oats
<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

11:00 Bowling, Capital Plaza Donation \$7.00

12:05 Cardio Fitness, Walter Zoom & In Person Class
<https://us02web.zoom.us/j/81465116735>
Password: qyng5v

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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9:00 Matter of Balance- Dr Shadow

9:30 Hair Care by Annette

10:00 OIB Program, Richard, In Person

10:30 Union Market Shop African Dress Shop

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

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

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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

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

11:00 Nutrition Class, Zoom & Person Hydration 101
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
Passcode: 509721

12:00 ASL (Beginners)
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Meeting number: 475 581 451
Password: m8T5dSCQPb2

12:05 Cardio Chair, Walter Zoom & In Person Class
<https://us02web.zoom.us/j/87813334559>
Password: qyng5v

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

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8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
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ID 2574735993 Password 897649

10:00 Daniel Brooking Art Museum

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

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

1:00 Bingo, Yvonne, Monica In Person Only

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

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8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
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9:00 Matter of Balance- Dr Shadow

9:30 Inspirational Hour, Dr. L. Stevens
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10:00 NO Advance Spanish-Fletcher- In Person

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

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=WTF4OGpIYW5HVEZiRXV6VkrRRtmk2UT09>

1:00 NO Computer Class In Person Only

1: 00 Hand Dance-Russell

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9:00 Tai Chi, Coach Fogan
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, Zoom & Person Bioactive/ Spa water & Make your own
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
Dial In 13017158592
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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>
Password: qyng5v

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=WTF4OGpIYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

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9:00 Matter of Balance- Dr Shadow

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>

10:30 Paint class-Lisa

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
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Meeting ID: 7717174346
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
Password: qyng5v

3:00 Total Body Fitness YMCA Fit & Well Seniors Class Walter
<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGpIYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

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9:00 Tai Chi, Coach Fogan
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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. In Person ONLY

11:00 Nutrition Class, Zoom & In Person Grocery Shopping
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
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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
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Passcode: YMCA

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8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
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12:00 Chair Exercise-Monica C. In Person Only

1:00 Bingo, Yvonne, Monica In Person Only

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

Saturday-July 29
9:45 Universoul Circus Washington Harbor \$45.00 money due Lower to Mid seats Wed, July 12, 2023

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8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNz09>
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9:00 Matter of Balance- Dr Shadow

9:30 Inspirational Hour, Dr. L. Stevens
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Dial In:13017158592
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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=b3Vlbjc4YVBpQTZCeTZrWEZaUmF3UT09>

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=WTF4OGplYW5HV5ZiRXV6VkRRRTmk2UT0>

1:00 NO Computer Class In Person Only

1: 00 NO Hand Dance-Russell

August 9 2023

**9:00 Arundel Mills Mall- Lunch
on your own-\$20.00
All money due Mon-July 24**

**NO BINGO THE MONTH OF
AUGUST**