

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"
September 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">Fashion Extravaganza Show-Luncheon Sat, Oct 28, 2023- 1:30pm. Attire: Elegant Chic The Bethesda Hotel Ticket and Transportation \$90.00 See Monica or Dee All monies due 9-13-2023</p>	<p style="text-align: center;">Senior America Pageant at the Tropicana Hotel In Atlantic City DD Room \$565.00pp Single \$817.00 See Monica or Sandi</p>	<p>1 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=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNzZ09 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>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>12:50 Ice Cream Social</p> <p>1:30-3:00 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=OTJkc3dYUWtVdVJRc0ZYeHVG0XJNzZ09 Meeting ID: 7717174346 Password: YMCA</p>

Happy Labor Day



Center Closed

5
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 & In Person
Food Demo-Fiber Black Bean Soup
With Rice
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
 Meeting ID: 883 6284 9920
 Dial In 13017158592
 Passcode: 509721

11:00 Bowling Capital Bowling
Donation \$7.00

12:00 ASL (Beginners)
<https://dncnet.webex.com/dncnet/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

6
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>

11:00 Town Hall Meeting, Stacie
<https://us02web.zoom.us/j/87395927769>
 Teleconference number 13017158592
 Access code 87395927769

1:00 Computer Class In Person Only

1:00 Saxophonist- In Person Only

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

7
8:00 Open Gym

9:00 Tai Chi, Taj
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<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 Knitting & Crocheting-Monica S. In Person ONLY

10:30 Hair Care by Annette

11:00 Nutrition Class,
The sweet Truth about sweetener
Breaking down natural and artificial
<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>

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>

8
8:00 Open Gym

8:00 Resistance Band Workout- Erica HA
 YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717143467?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
 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

11:00 Total Fitness Class, Kojak-Zoom Only
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

11:15 National Sr Games
Open Ceremony
La Salle Riggs Rec Center

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

1:00 SSOU Meeting

1:00 Boot Camp-Walter
YMCA Fit & Well Seniors Zoom Class,
Zoom & In Person
<https://us02web.zoom.us/j/7717143467?pwd=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNz09>
 Meeting ID: 7717174346 Password: YMCA

11

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 Inspirational Hour, Dr. L. Stevens
<https://us02web.zoom.us/j/81067134316>
Dial In:13017158592
Meeting ID:810 6713 4316
Password: qyng5v

10:00 Advance Spanish-Fletcher- In Person

10:00 Total Fitness Class, Kojak , Zoom & In Person
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNZz09>

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=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT0>

1:00 NO Computer Class In Person Only

1: 00 Hand Dance-Russell

12

8:00 Open Gym

9:00 Tai Chi, Coach Fogan
Register in advance for this meeting:
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGU09>
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 Harvesting Produce-on Oxon Run
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
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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

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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=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNZz09>

10:30 Paint Class-Lisa

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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
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/771714346?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

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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=a1UvREF0U1QwRXpQRmdvTHhoU3JGU09>
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 Knitting & Crocheting-Monica S.

11:00 Nutrition Class, Zoom & Person Getting the most bang for your buck
<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 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/771714346?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
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=OTJkc3dYUWtVdVJRc0ZYeHVGOXJNZz09>
Meeting ID: 7717174346
Password: YMCA

9:00 Tai Chi, Coach Fogan
Register in advance for this meeting
<https://us04web.zoom.us/j/2574735993?pwd=a1UvREF0U1QwRXpQRmdvTHhoU3JGU09>
ID 2574735993 Password 897649

11:00 Total Fitness Class, Kojak- Zoom Only
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVWtVdVJRc0ZYeHVGOXJNZz09>

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

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

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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=OTJkc3dYUWtVdVJRc0ZyZyVGVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZyZyVGVGOXJNz09>
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=b3VlYUWtVdVJRc0ZyZyVGVGOXJNz09>

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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>

1:00 NO Computer Class In Person Only

1: 00 NO Hand Dance-Russell

19

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 Bowling, Capital Plaza Donation \$7.00

11:00 Nutrition Class, Zoom & Person Food Demo-Cabbage with Chickpeas and coconut-Quinoa Rice
<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

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

20

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=b3VlYUWtVdVJRc0ZyZyVGVGOXJNz09>

11:00 Sit down and Get down, Walter YMCA Fit & Well Seniors Zoom & In Person
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZyZyVGVGOXJNz09>
Meeting ID: 7717174346
Password: YMC

11:30 Diversity & Inclusion Class

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

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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

10:00 Knitting & Crocheting-Monica S. In Person ONLY

11:00 Nutrition Class, Zoom & In Person Hydration 101 DIY bioactive water
<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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRTmk2UT09>
Passcode: YMCA

22

8:00 Open Gym

8:00 Resistance Band Workout- Erica
YMCA Fit & Well Seniors Zoom Class
<https://us02web.zoom.us/j/7717174346?pwd=OTJkc3dYUWtVdVJRc0ZyZyVGVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

9:00 Tai Chi, Coach Fogan
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ID 2574735993 Password 897649

11:00 Total Fitness Class, Kojak- Zoom Only
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12:00 Chair Exercise-Monica C. In Person Only

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=OTJkc3dYUWtVdVJRc0ZyZyVGVGOXJNz09>
Meeting ID: 7717174346
Password: YMCA

Sunday Sept 24, 2023
9:15 Toby's Dinner Theatre, Sister Act \$130.00

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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
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9:30 NO 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 Total Fitness Class, Kojak , Zoom & In Person
<https://us02web.zoom.us/j/3464892015?pwd=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>

1:00 NO Computer Class In Person Only

1: 00 Hand Dance-Russell

26

8:00 Open Gym

9:00:00 Tai Chi, Coach Fogan
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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 Field Trip to an Herb Garden to learn the use of different herbs
<https://us02web.zoom.us/j/88362849920?pwd=dWsxblVRZi9VTnQ5b0NMWjNWNzh1QT09>
Meeting ID: 883 6284 9920
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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
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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=b3Vlbc4YVbPQTZCeTZrWEZaUmF3UT09>

10:00 Vaccine Clinic

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

<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/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

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8:00 Open Gym

8:00 Tai Chi, Coach Fogan
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9:45 Yoga/Stretches, In Person- Monica

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

10:00 Knitting & Crocheting-Monica S.

10:30 Hair Care by Annette

11:00 Nutrition Class, Zoom & In Person Speaker
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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

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<https://us02web.zoom.us/j/7717143467?pwd=WTF4OGplYW5HVEZiRXV6VkrRRtmk2UT09>
Passcode: YMCA

29

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

9:00 Dancing with the Seniors TBA

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 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