

## Weekly Zoom Classes in November

Zoom is very easy to use and there are several ways that you can access Zoom.

- If you have a smartphone, computer or tablet you can download the Zoom App or visit [www.zoom.us](http://www.zoom.us) and click "Join a Meeting" You can be seen on your smartphone, tablet or computer screen with other class participants.
- If you do not have a computer, tablet or smartphone, there will be a phone number for you to call with an access code to enter to join the class.



We hope to see you soon on Zoom!!

### MONDAYS

#### MR. BROWN'S COMPUTER CLASS • 10-11AM

Mr. Brown is doing his thing on Zoom! Stay caught up on learning new things on your computer, tablet lpad or cellphone.

**ID Number:** 274 4942 5655

**Call In Phone #:** 1-301-715-8592

#### STRETCH & SHAKE EXERCISE CLASS WITH JANET • 1-2PM

Like our Newsletter says STAY ACTIVE! Join Janet and let's improve our health with a low impact chair exercise. Let's get the blood flowing!

**ID Number:** 856 4171 5382

**Call In Phone #:** 1-301-715-8592

### TUESDAYS

#### BINGO WITH THE STAFF OF ALLEGHENY • 10-11AM

Can't wait to YELL BINGO!! Can't wait to shout out that CATCHY PHRASE! Well wait no-longer. Join Barbara Jackson or Janell Little on Zoom and hear or see some faces you haven't seen since March.

**ID Number:** 250 366 0105

**Call In Phone #:** 1-301-715-8592

### WEDNESDAYS

#### COUNSELOR SPEAK OUT NOV. 4 & 18 • 10-11AM

Connect with the In-Center Counselor Denezia (Dee) Joseph on Zoom and she will provide you with support, advocacy, information and assistance with social services matters.

**ID Number:** 250 366 0105

**Call In Phone #:** 1-301-715-8592

#### THE COOLEST VARIETY SHOW ON ZOOM • 12PM

Join DJ Big Willie for a fun filled time of laughter, music, games, thrills, adventure and live feed from around the world!

**ID Number:** 655 373 3173

**Call In Phone #:** 1-301-715-8592

**Password:** 121560

### THURSDAY

#### PHENOMENAL WOMEN NOV. 5, 12 & 19 • 10-11:15AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out on the FUN, TEARS of JOY, CHEERFUL, FORTUNATE & HAPPY times on Zoom!

**ID Number:** 889 8874 5308

**Call In Phone #:** 1-301-715-8592

#### SING-A-LONG PARTY / REMINISCE & CHEW NOV. 5, 12 & 19 • 2-3PM

Join Janell Little and enjoy music from the GOOD OLE DAYS! Snap your fingers, pat your feet and you can even get up and dance!

**ID Number:** 886 0282 1705

**Call In Phone #:** 1-301-715-8592

### FRIDAYS

#### BIBLE STUDY • 10-11AM

This is a non-denominational study group led by Minister Calvin Myers,

**Call In Phone#:** 1-701-802-5063

**Password:** 849 577

#### BINGO WITH THE STAFF OF ALLEGHENY • 10-11AM

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### MONDAY-FRIDAY

#### OPEN DISCUSSION 11:30AM-12:30PM

Can We Talk? How are you doing? Are you hooked on tv? Did you make some changes in your house? Do you really NEED to get your hair done? Join the Staff of Allegheny and let your hair down with a giggle!

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