

## Weekly Zoom Classes

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

- If you have a computer, you can access Zoom. You can be seen on your smartphone, tablet or computer screen with other class participants.
- 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"
- 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!!**

### MONDAY-FRIDAY

**LET'S TALK • 10:30-11:30AM**

Do you have center questions or just want to chat? Please log onto Zoom or call in. If you have any questions please contact the center at 215-546-5879.

Zoom Meeting ID: 897 5553 3856  
Phone Call In #: 1-301-715-8592

**Zoom Employee Call Schedule:** MON: Edwina | TUES: Kenya  
WED: Shareeda | THURS: Caren | FRI: Julie

### MONDAYS

**FRENCH CLASS • 2-3PM**

Meeting ID#: 812 7924 9091  
Phone Call In #: 1-929-205-6099

### TUESDAYS

**CHAIR YOGA • 12-1PM**

Meeting ID#: 880 6556 2846  
Phone Call In #: 1-301-715-8592

### WEDNESDAYS

**ZUMBA • 12:30-1PM**

Meeting ID#: 830 5621 1588  
Phone Call In #: 1-929-205-6099

### THURSDAYS

**STORYTELLING & WRITING CLASS • 12:45-2PM**

Meeting ID#: 861 2259 2944  
Password: 783204  
Phone Call In #: 301-715-8592

### FRIDAY

**BIBLE STUDY • 10-11AM**

Phone Call In #: 617-769-8590  
(NO ACCESS CODE)

## SPECIAL ZOOM EVENTS IN NOVEMBER

**WALLPAPER WORKSHOP  
STARTS FRIDAY, NOVEMBER 6 • 1-2PM**  
(Continues weekly thru Jan. 29)

Meeting ID 858 6692 1661  
Phone Call In #: 1-301-715-8592

**Jefferson Pharmacy Students Present:  
VACCINATIONS FOR ADULTS 65+  
TUESDAY, NOVEMBER 10 • 10-11AM**

Meeting ID #: 869 0501 4394  
Phone Call In #: 1-301-715-8592

**CARIE Apprise Presents:  
HOW APPRISE CAN HELP WITH  
MEDICARE OPEN ENROLLMENT  
FRIDAY, NOVEMBER 13 • 10-11AM**

Meeting ID #: 862 8075 1929  
Phone Call In #: 1-301-715-8592

**SPENDING PLANS FAST ROAD  
TO FINANCIAL SUCCESS  
TUESDAY, NOVEMBER 17 • 1-2PM**

Meeting ID 468 521 8428  
Phone Call In #: 1-301-715-8592

**NUTRITION PRESENTATION  
by Aja Chavis, InnovAge Life  
THURSDAY, NOVEMBER 19 • 10-11AM**

Meeting ID #: 856 2131 6008  
Phone Call In #: 1-301-715-8592



*For Seniors Who Require Short-term Rehabilitation...*

### CONSIDER GERMANTOWN HOME

Our goal is to get you stronger and provide you with the tools to remain safe in your own home and return to health and well-being as quickly as possible.

Refer today to:  
**Theresa Dietz**  
Admissions Director  
215-951-7606  
tdietz@newcourtland.org



## November 2020 Grab & Go Cold Box Lunches

Available Monday & Thursday, 9am-2pm • Porch Area • Face Mask Required!  
Suggested Contribution \$1.25

### Monday, November 2

American Sub on Wheat Roll (Turkey Bologna, Salami, Ham), Tomato, Lettuce Leaf, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cup

### Thursday, November 5

Chicken Salad w/ American Cheese On Multigrain Bread, Lettuce Leaf, Tomato, Red Pepper Ring, Mayo Pkg, 1% Milk, Vanilla Pudding

### Monday, November 9

Diced Grilled Chicken Over Romaine Lettuce w/Caesar Dressing, Chopped Egg, Crouton, Red Pepper Ring, 1% Milk, Applesauce

### Thursday, November 12

Turkey Ham and Cheese on Whole Wheat Roll w/ Lettuce Leaf, Tomato Slice, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cup

### Monday, November 16

American Sub on Wheat Roll (Turkey Bologna, Salami, Ham), Tomato, Lettuce Leaf, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cup

### Thursday, November 19

Chicken Salad w/ American Cheese On Multigrain Bread, Lettuce Leaf, Tomato, Red Pepper Ring, Mayo Pkg, 1% Milk, Vanilla Pudding

### Monday, November 23

Diced Grilled Chicken Over Romaine Lettuce w/Caesar Dressing, Chopped Egg, Crouton, Red Pepper Ring, 1% Milk, Applesauce

### Wednesday, November 25

Turkey Ham and Cheese on Whole Wheat Roll w/ Lettuce Leaf, Tomato Slice, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cup

### Monday, November 30

American Sub on Wheat Roll (Turkey Bologna, Salami, Ham), Tomato, Lettuce Leaf, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cup

