

## Weekly Zoom Classes in January

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.

### MON, TUES & FRI

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

Can We Talk? How are you doing? Are you hooked on tv? Join the Staff of Allegheny and let your hair down with a giggle!

**ID Number:** 250 366 0105

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

### 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 Ipad or cellphone.

**ID Number:** 827 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:** 275 166 4679

**Call In Phone #:** 1-646- 558- 8656

**Password:** TFLFIT

### 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 (ONCE MONTHLY)

**JAN. 13 • 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

**JAN. 13 & 27 • 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

### THURSDAYS

#### PHENOMENAL WOMEN 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 • 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

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

Can't wait to YELL BINGO!! Can't wait to shout out that CATCHY PHRASE! Well wait no-longer.

**ID Number:** 250 366 0105

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

#### CHAIR YOGA CLASS • 1-2PM

This class combines breathing, exercise, stretching and tension reducing meditating for a full body toning workout that increases flexibility and strength.

**ID Number:** 275 166 4679

**Call In Phone #:** 1-646- 558- 8656

**Password:** TFLFIT



**We hope to see you soon on Zoom!!**