

Weekly Zoom Classes

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 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

Learn new things on your computer, tablet or cellphone.

ID Number: 827 4942 5655

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

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

Let's improve our health with a low impact chair exercise.

ID Number: 275 166 4679

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

Password: TFLFIT

TUESDAYS

BINGO • 10-11AM

ID Number: 250 366 0105

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

WEDNESDAYS

COUNSELOR SPEAK OUT (ONCE MONTHLY) MAY 12 • 10-11AM

Counselor Denizia (Dee) Joseph 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 • MAY 5 & 19, 10AM

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!

ID Number: 886 0282 1705

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

FRIDAYS

BIBLE STUDY • 10-11AM

A non-denominational study group.

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

Password: 849 577

BINGO • 10-11AM

ID Number: 250 366 0105

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

YOGA CLASS • 1-2PM

A full body workout in a chair.

ID Number: 275 166 4679

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

Password: TFLFIT

MONDAY, TUESDAY, THURSDAY & FRIDAY

OPEN DISCUSSION 11:30AM-12:30PM

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

SPECIAL ZOOM EVENTS IN MAY

TRANSPORTATION OPTIONS EDUCATION & TOWN HALL presented by Transportation Service Advocacy Program (T-SAP) with Karen Chenoweth - CARIE MONDAY, MAY 10 11:15AM-12:15PM

Learn updates about Philadelphia's transportation COVID vaccine travel options and safety protocols, learn how to access the CCT Shared Ride Program, how to avoid and/or address service problems and discuss transportation questions or concerns.

ID Number: 839 6458 6465

Call In Phone #: 1-646-876-9923

Passcode: 813541

AVOIDING SCAM & ID THEFT PRESENTATION with George Dillman-Consumer Outreach Specialist TUESDAY, MAY 18 11:00AM

This presentation looks at ways people's identities are stolen or compromised, what you can do if you find you have had your identity stolen, and how to stop theft from occurring.

ID Number: 250 366 0105

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