

## 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](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.



### 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) JULY 14 • 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 • ON BREAK

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 July

#### Nutrition Education Presentation: DELICIOUS COOKING FOR ONE WEDNESDAY, JULY 7 • 10:00AM

Taking just a few minutes to make a home-cooked dinner for yourself can be more deliciously satisfying than the same routine of heating packaged frozen dinners in the microwave night after night- and it can be done without washing lots of dishes!

**ID Number:** 250 366 0105

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

#### BANKING BASICS presented by George Dillman, Consumer Outreach Specialist MONDAY, JULY 12 • 11:30AM

An overview of how banks and credit unions work. We also discuss the differences between types of accounts; the importance of balancing accounts; what to do if you have had banking issues in the past; what types of questions you should ask before opening an account; and what deposit insurance does and does not cover.

**ID Number:** 250 366 0105

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

#### Nutrition Education Presentation: QUICK & HEALTHY MEALS WITHOUT USING THE STOVE WEDNESDAY, JULY 21 • 10:00AM

Turning on your stove is not a requirement for delicious, healthy meals at home. Whether it is the last days of summer or you are awaiting the first days of spring. Find out how to keep cool in the kitchen and create a healthy meal for yourself.

**ID Number:** 250 366 0105

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