

## Weekly Zoom Classes

Zoom is very easy to use with several ways that you can access it:

- 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.

### 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: Nijayah | FRI: Julie

### MONDAYS

#### FRENCH CLASS • 12-1:30PM ON BREAK UNTIL JULY 26

Meeting ID#: 812 7924 9091

Phone Call In #: 1-929-205-6099

### TUESDAYS

#### CHAIR YOGA • 12-1PM

Meeting ID#: 275 166 4679

Password: TFLFIT

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

### WEDNESDAYS

#### ZUMBA • 12:30-1:30PM

Meeting ID#: 275 166 4679

Password: TFLFIT

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

### Coffee Cup Events

(Asian Pacific Resource Center)

#### ESL ENGLISH CLASSES MONDAYS, WEDNESDAYS, THURSDAYS & FRIDAYS 9-10:30AM

Level testing / class registration required. Class size is limited.

### THURSDAYS

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

Meeting ID#: 861 2259 2944

Password: 783204

Phone Call In #: 301-715-8592

### FRIDAYS

#### BIBLE STUDY • 10-11AM

Phone Call In #: 617-769-8590

(NO ACCESS CODE)

#### TOWNHALL MEETING IN MANDARIN TUESDAYS • 1PM

Meeting ID #: 550 527 7215

#### EXERCISE PROGRAM IN MANDARIN

by Asian Medical Student Association

#### MONDAYS • 6PM

Meeting ID #: 948 3132 2765

## SPECIAL EVENTS IN JULY

Call in phone# for all the special events listed below: 1-929-205-6099

### ZOOM EVENTS:

#### ORAL HEALTH with Bridging The Gap Thursday, July 1 • 11:30 am

Meeting ID#: 865 2063 0105

#### EMOTIONAL, SPIRITUAL & PSYCHOLOGICAL SELF-CARE with JoAnna Turner

Thursday, July 8 • 10-11am

Meeting ID#: 829 9205 7844

#### SEXUAL LIFE OF OLDER ADULTS with Bridging The Gap

Friday, July 9 • 11:30am

Meeting ID#: 858 0657 6732

#### SENIOR VISION with Bridging The Gap Monday, July 12 • 11:30am

Meeting ID#: 846 9191 1834

#### CARDIOVASCULAR HEALTH with Bridging The Gap

Monday, July 19 • 11:30am

Meeting ID#: 825 1413 5301

#### LIVER CANCER PREVENTION

Wednesday, July 21 • 11:30am-12:30

Meeting ID#: 843 3794 9113

#### BENEFITS OF HERBS FOR THE BODY with Aja Chavis - InnovAge Navigator

Tuesday, July 27 • 11:30am-12:30

Meeting ID#: 897 0770 1315

#### SKIN CANCER with Bridging The Gap Thursday, July 29 • 1:30 am

Meeting ID#: 810 5433 5831

### EVENTS AT THE CENTER:

#### FARMERS MARKET VOUCHER DISTRIBUTION - BY APPOINTMENT ONLY Every Monday, Tuesday, Thursday & Friday in July from 2-4pm

#### SHARE FOOD BOX PRODUCE SALE Thursday, July 22 • 10am -1:00pm

Front Porch Area • Cost \$12.00 per box  
(Paid with farmer market veggie vouchers).  
Box includes fresh vegetables and fruit