

Weekly Classes & Events

We have reopened with limited seating and classes! Please see descriptions below to see which classes are available in-person, on zoom or both!

Information about joining a class with 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 the screen with other class participants.
- You can also join a Zoom class by telephone. Call the phone number listed with the class and enter the access code to join.

PRE-REGISTRATION IS REQUIRED FOR ALL IN-PERSON CLASSES

Please call 267-286-1455 to pre-register.

MONDAYS

MR. BROWN'S COMPUTER CLASS 10-11AM

Learn new things on your computer, tablet or cellphone.

ZOOM ONLY: ID Number: 893 5693 1202
Call In Phone #: 1-301-715-8592

MUSCLE TONE EXERCISE CLASS WITH DIANE THOMAS • 11-12PM

Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance.

ZOOM ONLY: ID Number: 275 166 4679
Call In Phone #: 1-646-558-8656
Password: CIRFIT

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

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

ZOOM ONLY: ID Number: 275 166 4679
Call In Phone #: 1-646-558-8656
Password: CIRFIT

TUESDAYS

BINGO • 10-11AM IN-CENTER & ZOOM

ID Number: 250 366 0105
Call In Phone #: 1-301-715-8592

POTTERY CLASS • 10AM-12PM IN-CENTER

Are you ready to get back into the groove with pottery? Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pre-made objects and figurines now is the time to show off your talent!

TUESDAYS (cont.)

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM IN-CENTER ONLY

Love to dance? Show off your skills by learning the latest line dance steps as you move and groove to the latest line dance hits.

WEDNESDAYS

BIBLE CLASS • 10-10:45AM IN-CENTER AND ZOOM

Bible Class-Join Robert Liken for an educational study of the Bible.

ID Number: 854 7887 5248
Call In Phone #: 1-301-715-8592

AEROBIC FIT, MUSCULAR STRENGTH WITH DIANE THOMAS • 11AM ZOOM & IN-CENTER

This exercise program can reduce your risk of heart disease by up to 50%; double your muscle strength in three to four months and reduce the risk of diabetes by as much as 75%.

ID Number: 886 0282 1705
Call In Phone #: 1-301-715-8592
Password: CIRFIT

THURSDAYS

PHENOMENAL WOMEN • 10-11:15AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out!

ZOOM ONLY: ID Number: 889 8874 5308
Call In Phone #: 1-301-715-8592

Special Events

JAN'S TWO PART SPECIAL CREATIVE CLASS FRIDAY, JANUARY 28 AND FRIDAY, FEBRUARY 11 • 10-11AM

Join Janell Little for a special two-part class project.

IN-CENTER ONLY: Art Room

FRIDAYS

BIBLE STUDY • 10-11AM

A non-denominational study group.
ZOOM ONLY

Call In Phone#: 1-701-802-5063
Password: 849 577

LINE DANCING • 10-11AM

Arnold Zacharias leads this weekly class, come and learn the latest line dances.

ZOOM & IN-CENTER

ID Number: 275 166 4679
Call In Phone #: 1-646-558-8656
Password: CIRFIT

SENIOR FIT

WITH DIANE THOMAS • 11AM

Senior Fit specializes in the use of light hand-held exercise equipment such as weights and fitness balls. Receive a total workout standing and sitting.

ZOOM & IN-CENTER

ID Number: 275 166 4679
Call In Phone #: 1-646-558-8656
Password: CIRFIT

YOGA CLASS

WITH KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and mediating for a full body workout in a chair, yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

ZOOM ONLY: ID Number: 275 166 4679
Call In Phone #: 1-646-558-8656
Password: TFLFIT