

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.

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 pe-rmade objects and figurines now is the time to show off your talent!

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 grove 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

PAINTING CLASS • 10AM-12PM

Join our painting class with Sheena Garcia, this class will allow you to express yourself through painting.

IN-CENTER ONLY: Art Room

AEROBIC FIT, MUSCULAR STRENGTH WITH DIANE THOMAS • 11AM-12PM 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

PAPER MACHE CLASS • 12:30PM-2:30

Learn the art of paper mache with Sheena Garcia

IN-CENTER ONLY: Art Room

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 Zoom Events

DIVINE RESOURCES: NUTRITION EDUCATION THURSDAY, MARCH 17, 11:15AM

Take Back Your Health!

Learn about delicious food choices that will help to keep your blood sugar levels normal and different recipes with powerful antioxidants and ingredients that may put you on the right track.

ID Number: 847 1573 8745

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

PECO ENERGY PRESENTS: WAYS TO SAVE

TUESDAY, MARCH 22, 11:15AM

Get tips on how to be energy efficient & a broad overview of PECO savings opportunities.

ID Number: 996 0181 2033

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

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