

Pinochle & Pitty-Pat Are Back!!!!

PINOCHLE

Tuesdays, 11:30am-2:30pm

Fridays-11:30am-2:30pm

PITY-PAT

Wednesdays, 10:00am-2:30pm

Weekly Classes & Events

MONDAYS

JEWELRY CLASS IS BACK! • 10AM IN-CENTER ONLY

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and more.

MR. BROWN'S COMPUTER CLASS 10-11AM

Learn new things on your computer, tablet or cellphone.

ZOOM & IN-CENTER

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: 865 209 7137

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

Password: CIRFIT

TUESDAYS

CHAIR MASSAGE IS BACK!! AUG. 2 & 16 • 10AM IN-CENTER ONLY

Chair Massage w/ John Johnson every 1st & 3rd Tuesday of the month. Please make sure you sign-up to get a massage.

BINGO • 10-11AM IN-CENTER & ZOOM

ID Number: 250 366 0105

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

POTTERY CLASS ON BREAK UNTIL SEPTEMBER

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM

IN-CENTER ONLY

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

WEDNESDAYS

PAINTING CLASS • 10AM-12PM

IN-CENTER ONLY: Art Room

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

BIBLE STUDY • 10-11AM IN-CENTER ONLY

Join Robert Liken for a non-denominational study of the Bible.

BEST DAY OF MY LIFE SO FAR • 10-11AM ZOOM & IN-CENTER

Join Barbara Jackson in this creative writing class. We will share our unforgettable memories, laughter, lessons, life and love. Never written before? Not a problem!

ID Number: 830 4891 3435

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

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 3-4 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 • 12:30-2:30PM

Learn this artform with Sheena Garcia

IN-CENTER ONLY: Art Room

THURSDAYS

NEW ART CLASS • 10AM IN-CENTER ONLY

Create one of a kind beautiful art piece.

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: 810 9743 8080

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

FLOWER ARRANGEMENT IS BACK! EVERY THIRD THURSDAY (8/18) • 1PM IN-CENTER ONLY

Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes, and sizes.

FRIDAYS

BIBLE STUDY • 10-11AM

A non-denominational study group.

CALL IN ONLY#: 1-701-802-5063

Password: 849 577

FRIDAYS (cont.)

BINGO • 10-11AM IN-CENTER & ZOOM

ID Number: 250 366 0105

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

CROCHET CLASS • 10AM-12PM IN-CENTER ONLY

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items.

SENIOR FIT W/ DIANE THOMAS • 11AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls.

ZOOM & IN-CENTER

ID Number: 275 166 4679

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

Password: CIRFIT

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating 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: CIRFIT



Special Events

IN-CENTER ONLY

**Divine Resources
"TAKE BACK YOUR HEALTH"**

NUTRITION EDUCATION

Thursday, August 11, 11:30am

Join Rev. Micheal Sloan and find out how you can use herbs spices that can strengthen & support the immune system.

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

ID Number: 250 366 0105