

## Weekly Classes

Please see below classes that are available for in person, on zoom or both!

**Pre-registration and health screening is required for all in-person classes and indoor events.**

**\*Please call 215-546-5879 to pre-register.\***

### MONDAYS

#### MR. BROWN'S COMPUTER CLASS 11:30AM-12PM

Learn to use a computer, video, zoom, cellphone and your tablet.

**ZOOM ONLY:** ID#: 831 1542 8778

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

### TUESDAYS

#### CRAFT CORNER • 10AM

**IN PERSON ONLY:** Art Studio

#### STORYTELLING & WRITING 1-2 PM

**IN PERSON:** Room A

**ZOOM:** ID#: 842 5288 8500

Password: 554559

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

#### PAINTING CLASS • 1-3PM

with Sheena Garcia

**IN PERSON ONLY:** Room A

### WEDNESDAYS

#### ZUMBA • 11:15AM -12:15PM

**IN PERSON CLASS IS BACK!!**

**IN PERSON:** Room A

**ZOOM:** ID#: 865 2097 137

Password: CIRFIT

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

#### BINGO • 12:30-1:30PM

**IN PERSON ONLY:** Room A



### THURSDAYS

#### CHAIR YOGA • On Break until 9/1

with Jo Anna Turner

**ZOOM ONLY:** ID#: 865 209 7137

Password: CIRFIT

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

### FRIDAYS

#### BIBLE STUDY • 10-11AM

**CONFERENCE CALL ONLY**

Phone Call In #: 617-769-8590

(NO ACCESS CODE)

#### OPEN STUDIO • 10 AM

**IN PERSON ONLY:** Art Studio

#### CERAMICS • On Break until 9/9

#### LINE DANCING • 1:30-2:30PM

with Gloria Kingcade

**IN PERSON ONLY:** Room A

## Coffee Cup Events

#### ALZHEIMER PRESENTATION

**MONDAYS (BIWEEKLY) • 3-4PM**

**ZOOM ONLY:** ID#: 955 3693 5644

**Exercise Program in Mandarin**

**MONDAYS • 6PM**

**ZOOM ONLY:** ID #: 948 3132 2765

**Jefferson ON HEALTH**

**TUESDAYS • 10:30AM**

**ZOOM ONLY:** ID# 853 7597 2302

**Townhall Meeting In Mandarin**

**WEDNESDAYS • 3PM**

**ZOOM ONLY:** ID #: 550 527 7215

**THE BEST DAY OF MY LIFE**

**STORYTELLING PROGRAM**  
**THURSDAYS, 2PM**

**ZOOM ONLY:** ID #: 550 527 7215

Passcode 19147

## Special Events

**Pre-registration and health screening is required for all in-person classes and indoor events.**

#### Bridging the Gaps Student Presentation: DENTAL HEALTH W/ SYDNEY

Tuesday, August 2, 12pm

**IN PERSON:** GreenBean Internet Café

#### Sheila Dixon POP-UP BOUTIQUE AND DOLLAR DAY!

Wednesday, August 3, 11am-2pm

**IN PERSON:** Front Porch

#### RED HATTER MEETING

Wednesday, August 3, 1-3pm

**IN PERSON:** 2nd Floor Lobby

#### Lunch & Learn:

**LET'S TALK ABOUT MENTAL HEALTH,**  
with Kaira, BTG Intern

Friday, August 5, 11am & 12pm seatings

**IN PERSON:** GreenBean Internet Café

#### JUST LISTENING CIRCLES

Wednesdays, 10am-11am

**ZOOM ONLY:** ID#: 832 5694 7693

Password: 382678

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

<https://justlistening.net/>

SUMMER ZOOM SESSIONS:

August 10: Medical and Health Concerns

August 24: Forgiveness

#### HEAT AWARENESS WORKSHOP

presented by Juliette Pailin

Department of Public Health

Friday, August 19, 12:00-12:45pm

GreenBean Internet Café

#### United Health Presentation:

**NUTRITION WORKSHOP**

Friday, August 26, 12:30-1:30pm

**IN PERSON:** 2nd Floor Auditorium

#### Lunch & Learn:

**GAMBLING AWAY THE GOLDEN YEARS**

Tuesday, August 30, 12:00pm

When Gambling Turns From Entertainment  
To Addiction. Presented by Black Women's  
Health Alliance.

**IN PERSON:** GreenBean Internet Café