

# Department of Senior Services Virtual Class Schedule



Live Virtual Class (Days) <b>M/T/W/TH</b>	Live Virtual Class (Time)	Live Virtual Class (Title)	Live Virtual Class (Description)	Live Virtual Class (Instructor's Name)	Zoom Link	<u>Password</u> <u>S:</u>
M	8:40a	Fitness A Daily Dose - Stretch - N- Tone	A brief introduction, followed by a nutrition tip of the day, chair exercise and joke of the day. "Laughter is the best medicine".	Meletta Clayton Password: Fit123!!	<a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>	Password: Fit123!!
M	9:30a	Bodyworks Plus Abs	This is an intermediate level fitness class that sculpts and tones the body. In 45 minutes, this workout takes you through a variety of exercises using dumbbells and body weight for resistance while moving to the beat of music. Over time, notice improvements in muscle tone, posture, balance and strength. This workout can be modified to be performed seated in a chair.	Sonya Edwards No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
M	10:00a	Drawing	Drawing from life helps students discover their own artistic gifts. Through easy, straightforward instructions participants will begin to see and organize their visual world in ways that makes drawing simple and fun. Participants will learn about the underlying shape of the things they look at and begin to construct 3 dimensional drawings within a 2-dimensional medium. Participants will see the whole world from a different perspective. The work is easy, relaxing and rewarding. Materials needed are paper, pencil and erasure.	Mike Hickey No Password	<a href="https://us02web.zoom.us/j/89386330591#success">https://us02web.zoom.us/j/89386330591#success</a>	No Password

M	10:00a	Line Dance Level 3A	This class is for line dancers with a solid knowledge of dance terminology and have mastered the basic steps and can execute some complex steps and patterns.	Warren Moon Password: 010265	<a href="https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVZlg5MXplZz09">https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVZlg5MXplZz09</a>	Password: 010265
M	10:00a	Intro To Microsoft Excel <b>**6/30 - 8/25</b>	This course is an introduction to MS-Excel, Microsoft's popular and easy-to-use program for working with spreadsheets, i.e., rows and columns of numbers. Excel makes it easy to record information in a spreadsheet, so you can easily do calculations and analyze your data. You will learn the basics of Excel and how to enter different kinds of information, like personal budgets and tax information, do calculations, and show your results in numbers or graphs, like pie charts.	Jeff Kalwerisky No Password	<a href="https://zoom.us/j/5966162159">https://zoom.us/j/5966162159</a>	No Password
M	10:30a	Chair Yoga	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.	Sonya Edwards No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
M	11:00a	Line Dance Level 3B	This class is an extension of Line Dance Level 3A class and provides additional instruction/practice.	Warren Moon Password: 010265	<a href="https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVZlg5MXplZz09">https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVZlg5MXplZz09</a>	Password: 010265
M	2:00p	Inter Spanish	Students will learn the difference between definite and indefinite articles as well as subject pronouns.	Maria Rincon Password: 1yREss	<a href="https://zoom.us/j/3964198511">https://zoom.us/j/3964198511</a>	Password: 1yREss
M	4:00p	Beg Spanish	Learn the alphabets,numbers and common key phrases.	Maria Rincon Password: 1yREss	<a href="https://us04web.zoom.us/j/76350838211">https://us04web.zoom.us/j/76350838211</a>	Password: 1yREss
M	4:00p	Advanced Line Dancing	This class involves complex steps and routines and is for Advanced Line Dancers only.	Warren Moon Password: 10265	<a href="https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVZlg5MXplZz09">https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVZlg5MXplZz09</a>	Password: 10265

T	9:00a	S.E.A.T.	S.E.A.T., Supported Exercise for Ageless Training, is a brand new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility. It is a combination of cardio, strength, balance, posture, brain work, and more. It's a complete workout from head to toe and it's all done in a chair, but you may also perform the exercises while standing. Check it out, it's tons of fun!	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
T	9:30a	Chair Aerobics	Work your entire body and build mobility, stamina, strength and flexibility.	Ciara Simone Password: Chair4U	<a href="https://us04web.zoom.us/j/72901581561?pwd=mS0bQubST4wJOCjGr5Rbttfp4kwDe9.1">https://us04web.zoom.us/j/72901581561?pwd=mS0bQubST4wJOCjGr5Rbttfp4kwDe9.1</a>	Password: Chair4U
T	10:00a	Block Party	All New- Block Party! Elevate the active aging journey in a standing core and balance workout using blocks. Discover tailored exercises that strengthen the core and improve balance, enhancing stability in everyday activities. Promotes confidence, mobility and wellbeing.	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
T	10:00a	(AI) Artificial Intelligence & How to use it <b>**7/1 - 9/2</b>	Every day, we read about the wonders of the new generation of “artificial intelligence” or AI. As with most new technologies, we hear that AI will change our lives in positive ways yet will likely do away with many white-collar jobs. So, which is it?  This class explains what AI is and is not and cover examples where ordinary people (that’s us!) can learn to use this interesting new technology to enhance our lives. Class Size:10	Jeff Kalwerisky No Password	<a href="https://zoom.us/j/5966162159">https://zoom.us/j/5966162159</a>	No Password
T	10:30a	Spanish for Beginners I - Easy Reading in Spanish	This course is designed to enhance Spanish language, vocabulary, and conjugation skills.	Sonia Miller Password: Hola	<a href="https://zoom.us/j/99159074674?pwd=NVgzaWVBT09vRUlXd1hDTVFJV1dxQT09">https://zoom.us/j/99159074674?pwd=NVgzaWVBT09vRUlXd1hDTVFJV1dxQT09</a>	Password: Hola
T	11:00a	3 'N 1	3 'N ONE offers a full range of exercise featuring 15 minutes of Aerobics, 15 minutes of Strength Training with weights, and 15 minutes of Stretch and Tone techniques which helps free up muscles for more mobility, and balance.	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password

T	11:00a	Basic Computers	Introduction to Window 10. This class is for PC users not MAC.	Albert Garigan Password 2PXSHE	<a href="https://zoom.us/j/96343068158?pwd=YXFhY1VLQUJDQjhoQmx5Mlc4dysxQT09">https://zoom.us/j/96343068158?pwd=YXFhY1VLQUJDQjhoQmx5Mlc4dysxQT09</a>	<b>Password: 2PXSHE</b>
T	11:30a	Health Secrets for Seniors Workshop	Informational workshops on various topics that relate to senior health, topics will change weekly	Meletta Clayton Password: Fit123!!	<a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>	<b>Password: Fit123!!</b>
T	1:00p	Copper Wire Work - Beginner	Copper Wire Work - Beginner	Nicole Smith Password: 061128	<a href="https://zoom.us/j/95321272286?pwd=eEJsNkxJNmdKdGhWV0p6UnoyR1VGZz09">https://zoom.us/j/95321272286?pwd=eEJsNkxJNmdKdGhWV0p6UnoyR1VGZz09</a>	<b>Password: 061128</b>
T	2:00p	Cardio-Strength	A 45-50-minute class that consists of 20 minutes of low impact cardio set to music, 20 minutes of strength, core, and balance training. Light weight dumbbells are optional but recommended. Class concludes with a cool down and stretch.	Jennifer Jones No Password	<a href="https://us02web.zoom.us/j/87229537257">https://us02web.zoom.us/j/87229537257</a>	<b>No Password</b>
T	2:00p	Spanish for Beginners III – Intermediate	Continue to teach Basic Spanish Skills i.e. Basic greetings. Vocabulary; Verb Conjugation; Sentence forming; Translation and Conversation.	Sonia Miller Password: Hola	<a href="https://zoom.us/j/99159074674?pwd=NVGzaWVBT09vRUIXd1hDTVFJV1dxQT09">https://zoom.us/j/99159074674?pwd=NVGzaWVBT09vRUIXd1hDTVFJV1dxQT09</a>	<b>Password: Hola</b>

T	2:00p	Advan Spanish	Participants in this class will learn Spanish verbs and prepositions discuss the personal A and learn the use of contractions.	Maria Rincon Password: 1yREss	<a href="https://zoom.us/j/497862265">https://zoom.us/j/497862265</a>	Password: 1yREss
T	3:30p	Creative Writing	Creative Writing welcomes writers at all levels of development. The purpose of this class is to support and assist the writer's process. Participants in this class will select the subjects they would like to write about. In each class session you will be given time to write and reflect. Writers are encouraged to read their original work and constructive feedback is available to the writers during class. Exercises are offered that build and maintain writing skills and writers will be introduced to articles, books and organizations that support the writing process.	Sandra Hughes No Password	<a href="https://us02web.zoom.us/j/84700057274">https://us02web.zoom.us/j/84700057274</a>	No Password
W	8:40a	Fitness A Daily Dose - Stretch - N- Tone	A brief introduction, followed by a nutrition tip of the day, chair exercise and joke of the day. "Laughter is the best medicine".	Meletta Clayton Password: Fit123!!	<a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>	Password: Fit123!!
W	9:00a	3 'N One	3 'N ONE offers a full range of exercise featuring 15 minutes of Aerobics, 15 minutes of Strength Training with weights, and 15 minutes of Stretch and Tone techniques which helps free up muscles for more mobility, and balance.	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
W	9:30a	Tai Chi	Tai Chi 24 Yang involves a series of 24 movements performed in a slow motion. This practices focuses on breathing, balance and coordinating postures that add strength, and flexibility.	Ciara Simone Password: 9MXQUg	<a href="https://us04web.zoom.us/j/74559285555?pwd=zwCBdYtbKGX3IL2XxUQUxNmNNO3Cwb.1">https://us04web.zoom.us/j/74559285555?pwd=zwCBdYtbKGX3IL2XxUQUxNmNNO3Cwb.1</a>	Password: 9MXQUg

W	10:00a	Open Lab <b>**7/2 - 9/3</b>	This is an opportunity for students to ask whatever questions they have about their devices.	Jeff Kalwerisky No Password	<a href="https://zoom.us/j/5966162159">https://zoom.us/j/5966162159</a>	No Password
W	11:00a	Strength & Balance	Enjoy a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility!	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
W	11:00a	Roots - Exploring Your Family History & Culture	In this class participants will share family memories/history via open dialogue, journaling, scrapbook techniques, puzzles and scavenger hunt type research. The "Spotlight" activity is an option for participants to highlight the bio of their individual family members. This is an interactive class! Memories are the key to our past and to our future!	Anne King Password: ak0456##	<a href="https://zoom.us/j/7592131808">https://zoom.us/j/7592131808</a>	Password: ak0456##
W	11:00a	Spanish for Beginners II	Participants will learn: Spanish basic greetings, basic vocabulary, basic grammar and verb conjugation (present tense)	Sonia Miller Password: Hola	<a href="https://zoom.us/j/99159074674?pwd=NvgzaWVBT09vRUlXd1hDTVJvJ1dxQT09">https://zoom.us/j/99159074674?pwd=NvgzaWVBT09vRUlXd1hDTVJvJ1dxQT09</a>	Password: Hola
W	11:00a	Excessive Heat Management in Hot Weather <b>**August 20th</b>	Staying cool and hydrated can save lives when temperatures are Extremely <b>HOT</b> . It is also important to know the signs of heat exhaustion which could lead to Heat Stroke. Participants will learn preventative and remedial measures to mitigate the effects of excessive heat.	Ronald MacAuley with AMERICAN RED CROSS	<a href="https://zoom.us/j/92420187943?from=addon">https://zoom.us/j/92420187943?from=addon</a>	No Password
W	11:00a	Better Choice Better U - Advance	This class is designed for individuals that have taken beginner and intermediate BCBU with Kim Rose.	Kimberly Rose Password: 498869	<a href="https://zoom.us/j/813690664">https://zoom.us/j/813690664</a>	Password: 498869

W	12:00PM	<b>Osteoporosis – Risk Factors and Preventing Fractures</b> <b>**August 20th</b>	As we age, our bones lose their density and become less ridged, this could lead to easy breakages resulting in detrimental health conditions. The Doctor will talk on risk factors and the best ways to manage them.	Ronald MacAuley with Dr. Alexis Alva, MD with Total Joint Specialists	<a href="https://northside.zoom.us/j/82502">https://northside.zoom.us/j/82502</a>	No Password
W	2:00p	Jewelry Making Studio with Anne	This class is designed for individuals with no Jewelry-making skills as well as the experienced jewelry-crafter. This is an interactive class and lessons are taught using videos, patterns and open discussion.	Anne King Password: ak0456##	<a href="https://zoom.us/j/7592131808">https://zoom.us/j/7592131808</a>	Password: ak0456##
W	2:00p	Inter Spanish	Students will learn the difference between definite and indefinite articles as well as subject pronouns.	Maria Rincon Password: 1yREss	<a href="https://zoom.us/j/3964198511">https://zoom.us/j/3964198511</a>	Password: 1yREss
W	3:00p	Inter Spanish	Students will learn the difference between definite and indefinite articles as well as subject pronouns.	Maria Rincon Password: 8LWzfq	<a href="https://us04web.zoom.us/j/78877882053">https://us04web.zoom.us/j/78877882053</a>	Password: 8LWzfq
TH	9:00a	Flexibility	A 45-50-minute class that consists of various stretching and strengthening exercises to improve flexibility, range of motion and stability with special attention to abdominal and lower back strength and posture. This class helps seniors maintain the ability to perform activities of daily living (ADL).	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
TH	10:00a	Strength & Balance	A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone & mobility.	Diane Adams No Password	<a href="https://zoom.us/j/91942191938">https://zoom.us/j/91942191938</a>	No Password
TH	10:00a	Android Phone & Tablets <b>**7/3 - 9/4</b>	Do you have an Android phone and tablets? If so, this is the course for you to learn the basics of using your device – make phone calls, and video calls with friends and family, surf, and shop confidently on the web, read books, and learn tips and tricks to simplify things and get the best experience. Class size: 10	Jeff Kalwerisky No Password	<a href="https://zoom.us/j/5966162159">https://zoom.us/j/5966162159</a>	No Password

TH	11:00a	Basic Computers	Introduction to Window 10. This class is for PC users not MAC.	Albert Garigan Password: 2PXSHE	<a href="https://zoom.us/j/96343068158?pwd=YXFhY1VLQUJDQjhoQmx5Mlc4dysxQT09">https://zoom.us/j/96343068158?pwd=YXFhY1VLQUJDQjhoQmx5Mlc4dysxQT09</a>	<b>Password: 2PXSHE</b>
TH	11:30a	Health Secrets Workshop for Seniors	Informational workshops on various topics that relate to senior health, topics will change weekly.	Meletta Clayton Password: Fit123!!	<a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>	<b>Password: Fit123!!</b>
TH	1:45p	Co-Ed Abs	Tone and strengthen abdominal and core muscles.	Kimberly Rose Password: 9WgHWw	<a href="https://zoom.us/j/84555747566">https://zoom.us/j/84555747566</a>	<b>9WgHWw</b>
TH	2:00p	Advan Spanish	Participants in this class will learn Spanish verbs and prepositions discuss the personal A and learn the use of contractions.	Maria Rincon Password: 1yREss	<a href="https://zoom.us/j/497862265">https://zoom.us/j/497862265</a>	<b>Password: 1yREss</b>
TH	3:00p	Line Dance Level 2	This class is an extension of Line Dance Level 1 and provides further instruction and practice.	Warren Moon Password: 024320	<a href="https://us04web.zoom.us/j/662085348?pwd=akFxWEsU0dmM2xmMmVEdmhjaVc0UT09">https://us04web.zoom.us/j/662085348?pwd=akFxWEsU0dmM2xmMmVEdmhjaVc0UT09</a>	<b>Password: 024320</b>
TH	3:00p	Inter Spanish	Students will learn the difference between definite and indefinite articles as well as subject pronouns.	Maria Rincon Password: 8LWzfq	<a href="https://us04web.zoom.us/j/78877882053">https://us04web.zoom.us/j/78877882053</a>	<b>Password: 8LWzfq</b>

TH	4:00p	Advanced Line Dancing	This class involves complex steps and routines and is for Advanced Line Dancers only.	Warren Moon Password: 10265	<a href="https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitiGVBZlg5MXplZz09">https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitiGVBZlg5MXplZz09</a>	<b>Password: 10265</b>
TH	4:00p	Beg Spanish	Learn the alphabets,numbers and common key phrases.	Maria Rincon Password: 1yREss	<a href="https://us04web.zoom.us/j/76350838211">https://us04web.zoom.us/j/76350838211</a>	<b>Password: 1yREss</b>
F	8:30a	Fitness A Daily Dose - Stretch - N- Tone	A brief introduction, followed by a nutrition tip of the day, chair exercise and joke of the day. "Laughter is the best medicine".	Meletta Clayton Password: Fit123!!	<a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>	<b>Password: Fit123!!</b>
F	9:30a	Qigong	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. Qigong is sometimes referred to as "vital energy cultivation" or "mastery of your energy". There are many forms of practice of Qigong throughout the world.	Ciara Simone Password: MQFHE1	<a href="https://zoom.us/j/75803777499">https://zoom.us/j/75803777499</a>	<b>Password: MQFHE1</b>
F	9:45a	Cardio-Strength,Tabata Style	A 45-50-minute interval training workout set to music. An 8-minute warmup followed by 30 minutes of Tabata intervals (20 seconds of work and 10 seconds of rest). Workout concludes with 5 minutes of core work and a cool down and stretch. One, 2 or 3 lbs. hand weights can be used to increase the cardio intensity and muscle toning.	Jennifer Jones No Password	<a href="https://us02web.zoom.us/j/87229537257">https://us02web.zoom.us/j/87229537257</a>	<b>No Password</b>

F	10:00a	Internet Security <b>**7/11 - 9/5</b>	<p>The Internet is an amazing place to send emails and texts, watch movies, play games, read books, and, of course, to shop. However, the same Internet is also rife with highwaymen, looking to steal your personal information so they can take your savings, assets, Social Security.</p> <p>This class teaches you how to identify scam emails and texts, how not to be conned on the phone, and how to avoid dangerous websites. You will also learn how to choose passwords without having ever to remember anything. Class Size: 10</p>	Jeff Kalwerisky No Password	<a href="https://zoom.us/j/5966162159">https://zoom.us/j/5966162159</a>	<b>No Password</b>
F	11:00a	Better Choice Better U - Advance	<p>This class is designed for individuals that have taken beginner and intermediate BCBU with Kim Rose.</p>	Kimberly Rose Password: 498869	<a href="https://zoom.us/j/813690664">https://zoom.us/j/813690664</a>	<b>Password: 498869</b>