

Department of Senior Services

Virtual Class Schedule



| Live Virtual Class (Days) M/T/W/TH/ | Live Virtual Class (Time) | Live Virtual Class (Title) | Live Virtual Class (Description) | Live Virtual Class (Instructor's Name) | Zoom Link | <div> <div> Password <u>S:</u> </div> <div> Password: Fit123!! </div> <div> No Password </div> </div> |
|---|------------------------------|--|---|---|---|---|
| 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!! | https://zoom.us/j/3529103639 | |
| 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 | https://zoom.us/j/91942191938 | |

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|---|--------|--|---|------------------------------------|---|---------------------|
| 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 | https://us02web.zoom.us/j/89386330591#success | 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 | https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVbZlg5MXplZz09 | Password: 010265 |
| M | 10:00a | Getting the most out of Windows 11 for Seniors **1/5 - 3/9 | Windows 11 is Microsoft's premier operating system for your laptop and desktop computers. The operating system is the "mom" program which quietly runs your computer, ensuring everything works right and protecting your data (documents, pictures, videos, etc.) Windows 11 also provides many useful features to help you work efficiently. This interactive class looks at several of the features you can use every day, like the Clipboard, File Explorer which how to manages your files and helps to find them easily, how to use the calendar and alarms, transfer data from your computer to and from your smartphone (iPhone or Android), use your browser effectively (Chrome, Firefox, Edge, etc.) and more. | Jeff Kalwerisky No Password | https://zoom.us/j/5966162159 | 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 | https://zoom.us/j/91942191938 | No Password |

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| 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 | https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVBZlg5MXplZz09 | Password: 010265 |
| M | 4:00p | Beg Spanish | Learn the alphabets,numbers and common key phrases. | Maria Rincon Password: 1yREss | https://us04web.zoom.us/j/76350838211 | 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 | https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVBZlg5MXplZz09 | 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 | https://zoom.us/j/91942191938 | No Password |
| T | 9:30a | Chair Aerobics | Work your entire body and build mobility, stamina, strength and flexibility. | Ciara Simone Password: Chair4U | https://us04web.zoom.us/j/72901581561?pwd=mS0bQuBST4wJOCjGr5Rbttfp4kwDe9.1 | Password: Chair4U |

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| 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 | https://zoom.us/j/91942191938 | No Password |
| T | 10:00a | Intro to (AI) Artificial Intelligence **1/6 - 3/10 | 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. | Jeff Kalwerisky No Password | https://zoom.us/j/5966162159 | No Password |
| 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 | | No Password |
| T | 11:00a | Basic Computers | Introduction to Window 10. This class is for PC users not MAC. | Albert Garigan Password 2PXSHE | https://zoom.us/j/96343068158?pwd=YXFhY1VLQUJDQjhoQmx5Mlc4dysxQT09 | Password: 2PXSHE |

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|---|--------|-------------------------------------|---|---------------------------------------|---|--------------------|
| 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!! | https://zoom.us/j/3529103639 | Password: Fit123!! |
| T | 1:00p | Copper Wire Work - Beginner | Copper Wire Work - Beginner | Nicole Smith Password: 061128 | https://zoom.us/j/95321272286?pwd=eEJsNkxJNmdKdGhWV0p6UnoyR1VGZz09 | Password: 061128 |
| 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 | https://us02web.zoom.us/j/87229537257 | No Password |
| 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 | https://zoom.us/j/497862265 | 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 | https://us02web.zoom.us/j/88264880008 | No Password |

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| W | 10:00a | Open Lab **1/7 - 3/11 | This is an opportunity for students to ask whatever questions they have about their devices. | Jeff Kalwerisky No Password | https://zoom.us/j/5966162159 | 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 | https://zoom.us/j/91942191938 | |
| 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## | https://zoom.us/j/7592131808 | |
| 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 | https://zoom.us/j/813690664 | |

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| W | 12:00pm | Women and Heart Health – Cardiovascular Risks and Ways to Mitigate Them | Cardiovascular health is one of the most important health factors to everyone, this Workshop will focus on Women's Heart Health and ways to mitigate risks pertaining to the heart | Ronald MacAuley hosts Walid Hmissa, DO with Northside Lawrenceville Primary Care | https://northside.zoom.us/j/84748984135 | 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## | https://zoom.us/j/7592131808 | 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 | https://zoom.us/j/3964198511 | 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 | https://us04web.zoom.us/j/78877882053 | 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 | https://zoom.us/j/91942191938 | No Password |

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| 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 | https://zoom.us/j/91942191938 | No Password |
| TH | 10:00a | Getting the best out of your Smart Phone/Tablets **1/8 - 3/12 | Do you have a Smart Phone/Tablet Devices? If so, this is the course for you to learn the basics of using your smart 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. | Jeff Kalwerisky No Password | https://zoom.us/j/5966162159 | No Password |
| TH | 11:00a | Basic Computers | Introduction to Window 10. This class is for PC users not MAC. | Albert Garigan Password: 2PX SHE | https://zoom.us/j/96343068158?pwd=YXFhY1VLQUJDQjhoQmx5Mlc4dysxQT09 | Password: 2PX SHE |
| 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!! | https://zoom.us/j/3529103639 | Password: Fit123!! |
| TH | 1:45p | Co-Ed Abs | Tone and strengthen abdominal and core muscles. | Kimberly Rose Password: 9WgHWw | https://zoom.us/j/84555747566 | 9WgHWw |

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| 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 | https://zoom.us/j/497862265 | Password: 1yREss |
| 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 | https://us04web.zoom.us/j/662085348?pwd=akFxWExSU0dmM2xmMmVEdmhjaVc0UT09 | Password: 024320 |
| TH | 3:00p | Inter Spanish | Students will learn the difference between definite and indefinite articles as well as subject pronouns. | Maria Rincon Password: 8LWzfq | https://us04web.zoom.us/j/78877882053 | Password: 8LWzfq |
| TH | 4:00p | Advanced Line Dancing | This class involves complex steps and routines and is for Advanced Line Dancers only. | Warren Moon Password: 10265 | https://us04web.zoom.us/j/777767756?pwd=WVBvb1dOdmxKcitlcGVBZlg5MXplZz09 | Password: 10265 |
| TH | 4:00p | Beg Spanish | Learn the alphabets,numbers and common key pharases. | Maria Rincon Password: 1yREss | https://us04web.zoom.us/j/76350838211 | Password: 1yREss |

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| 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!! | https://zoom.us/j/3529103639 | Password: Fit123!! |
| 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 | https://zoom.us/j/75803777499 | Password: MQFHE1 |
| 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 | https://us02web.zoom.us/j/87229537257 | No Password |
| F | 10:00a | Internet Security for Seniors in the AI Age **1/9 - 3/13 | <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.</p> | Jeff Kalwerisky No Password | https://zoom.us/j/5966162159 | No Password |

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|---|--------|--|--|--------------------------------------|--|---|
| F | 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 | https://zoom.us/j/ 813690664 | Password: 498869 No Password |
| F | 11:00a | Pilates | This is a mat-based class focuses on core strength, improving flexibility, balance, and posture. | Sonya Edwards No Password | https://zoom.us/j/ 91942191938 | |