



**VIRTUAL CLASSES & ACTIVITIES SEPTEMBER 2020**

**ALL CLASSES ARE FREE (CLICK ON BLUE LINK)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><u><b>Mindful Moments W/ Coach Myna</b></u> 10am-11am <a href="https://us02web.zoom.us/j/82108180913">https://us02web.zoom.us/j/82108180913</a></p> <p><u><b>Movement Speaks® W/ Naomi</b></u> 1:30pm-2:30pm <a href="http://www.dvpnyc.org/on-line-zoom-classes/">http://www.dvpnyc.org/on-line-zoom-classes/</a></p>	<p><u><b>Chair Yoga W/ Ericka Banks</b></u> 9am-10am <a href="https://zoom.us/j/94456727257?pwd=M3pVUWdGNTBDTnBGVklJazRlOGdvdz09">https://zoom.us/j/94456727257?pwd=M3pVUWdGNTBDTnBGVklJazRlOGdvdz09</a></p> <p><u><b>COVID 19 Food Safety and You</b></u> <b>11<sup>th</sup>, 18<sup>th</sup> &amp; 25<sup>th</sup></b> 2pm-3pm <a href="https://us02web.zoom.us/j/89774143329?pwd=dEk5TThZTk9BRUszVXhIhNUM3azcrQT09">https://us02web.zoom.us/j/89774143329?pwd=dEk5TThZTk9BRUszVXhIhNUM3azcrQT09</a></p> <p><u><b>Total Body Workout W/ Coach Sheila</b></u> 10am-11am <a href="https://us02web.zoom.us/j/82108180913">https://us02web.zoom.us/j/82108180913</a></p> <p><u><b>Movement Speaks® W/ Naomi</b></u> 1:30pm-2:30pm <a href="http://www.dvpnyc.org/on-line-zoom-classes/">http://www.dvpnyc.org/on-line-zoom-classes/</a></p> <p><u><b>Sing W/ Seniors (Broadway Revue)</b></u> August 18<sup>th</sup> 2pm-3pm <a href="https://us02web.zoom.us/j/83903415729?pwd=S3pKaVExNnlMOVYvSHlFdUV0MmQzdz09">https://us02web.zoom.us/j/83903415729?pwd=S3pKaVExNnlMOVYvSHlFdUV0MmQzdz09</a></p>	<p><u><b>Strength &amp; Balance W/ Coach Sid</b></u> 10am – 11am <a href="https://us02web.zoom.us/j/82108180913">https://us02web.zoom.us/j/82108180913</a></p> <p><u><b>Internet Cloud</b></u> 10am-11am <a href="https://zoom.us/j/9790782949?pwd=NnM1d0dpNDJvaEhyN2ZlBQ203V1dnZz09">https://zoom.us/j/9790782949?pwd=NnM1d0dpNDJvaEhyN2ZlBQ203V1dnZz09</a></p> <p><u><b>Options W/Technology</b></u> 11am-12pm <a href="https://zoom.us/j/94099376773?pwd=T091QVlKZERYZFpDb0pvN1ZsMmJXdz09">https://zoom.us/j/94099376773?pwd=T091QVlKZERYZFpDb0pvN1ZsMmJXdz09</a></p> <p><u><b>Chair Exercises W/ Coach Lon Wilson</b></u> 1:30pm-2:30pm <a href="https://us02web.zoom.us/j/82108180913">https://us02web.zoom.us/j/82108180913</a></p> <p><u><b>Social Club Phone Conference</b></u> 1st &amp; 3rd Wed. 2pm- 4pm Dial in (701) 802-5968 Access Code:4478201</p>	<p><u><b>Chair Yoga W/ Ericka Banks</b></u> 9am-10am <a href="https://zoom.us/j/94456727257?pwd=M3pVUWdGNTBDTnBGVklJazRlOGdvdz09">https://zoom.us/j/94456727257?pwd=M3pVUWdGNTBDTnBGVklJazRlOGdvdz09</a></p> <p><u><b>Kickin' It W/ Coach Calvin</b></u> 10am-11am <a href="https://us02web.zoom.us/j/82108180913">https://us02web.zoom.us/j/82108180913</a></p> <p><u><b>Dancing W/ Derrick</b></u> 1pm-2pm <a href="https://zoom.us/j/99423846329?pwd=T0RnaENMRGt0QU56V3EzdjNmam0rdz09">https://zoom.us/j/99423846329?pwd=T0RnaENMRGt0QU56V3EzdjNmam0rdz09</a></p>	<p><u><b>Total Body Workout in Spanish W/ Coach Asteria</b></u> 10am-11am <a href="https://us02web.zoom.us/j/82108180913">https://us02web.zoom.us/j/82108180913</a></p> <p><u><b>Movement Speaks® W/ Naomi</b></u> 1:30pm-2:30pm <a href="http://www.dvpnyc.org/on-line-zoom-classes/">http://www.dvpnyc.org/on-line-zoom-classes/</a></p> <p><u><b>Cooking W/ Donald</b></u> 2pm – 3pm <a href="https://zoom.us/j/2934029400?pwd=cKxVMFBTVW4zeW9COEIrQjNFbTBDZz09">https://zoom.us/j/2934029400?pwd=cKxVMFBTVW4zeW9COEIrQjNFbTBDZz09</a></p>