

Monday, September 14



**Senior Strength Exercise DVD – Mondays, 10:00
am Join Zoom Meeting:**

<https://us02web.zoom.us/j/89681807508>



**Chair Yoga New Routine - Mondays,
11:00 am**

Join Zoom Meeting:

<https://us02web.zoom.us/j/81231348709>



Travelogue - Monday, 1:00 pm

Join Zoom

Meeting: <https://us02web.zoom.us/j/84412312031>

Brand New Show – Never before Presented

ETHIOPIA- LAND OF THE QUEEN OF SHEBA AND THE HOME OF THE LOST ARK OF THE COVENANT

The world's second oldest Christian country with ancient churches carved out of solid rock, the source of the Blue Nile and ancient monuments rivaling the pyramids. Ethiopia has more UNESCO World Heritage Sites than any other African country (including Egypt) and is where the coffee bean originated.



Spanish – Mondays, 2:30 pm Lesson 6

Learn Spanish using the Great Courses. Each week the lesson will be shown twice on Mondays and Fridays.

Join Zoom:

<https://us02web.zoom.us/j/89940443294>

Printable Handout: [Lesson 6](#)

Tuesday, September 15



Senior Stretch Exercise DVD –

Tuesdays, 10:00 am

Join Zoom Meeting:

<https://us02web.zoom.us/j/84100298440>



Ladies Time - Tuesdays, 11:00 am

A Chance to Chat with Friends

Join Zoom:

<https://us02web.zoom.us/j/82338542244>



Lecture Series – Tuesdays, 1:00

Join Zoom:

<https://us02web.zoom.us/j/84238663942>

Pillars of a Healthy Brain – Dr. Tiffany Chow presents strategies for building and maintaining brain health.



Artistic Expressions with Jackie Morelisse

Tuesdays, 1:00 pm

Join Zoom meeting:

<https://us02web.zoom.us/j/86473920560>

Wednesday, September 16



Senior Strength Exercise DVD – Wednesdays, 10:00

am Join Zoom Meeting:

<https://us02web.zoom.us/j/89681807508>



Chair Yoga Old Routine- Wednesdays, 11:00 am

Join Zoom Meeting:

<https://us02web.zoom.us/j/88963623171>



Connect – Wednesdays, 1:00 pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/86990294490>



Live Guitar Music – Wednesdays, 2:00 – 2:30

Pete Hirschtall, plays guitar and sings songs you all know.

Join Zoom:

<https://us02web.zoom.us/j/85034369844>

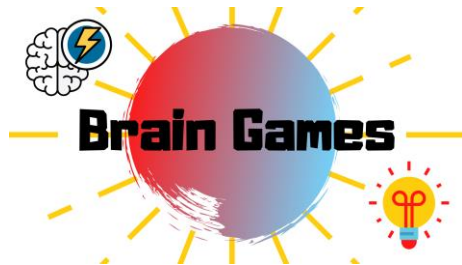


HUGS – Happy Ukulele Group

Wednesdays, 3:00 pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/84797926296>



Dakim Brain Fitness

Wednesdays at 3:00

Dakim Brain Fitness is a program of games that exercise the brain to help sharpen long-term and short-term memory, language and concentration. The class will be run by a certified staff member who knows how to make learning fun. Interactive for you to participate.

Join Zoom Meeting:

<https://us02web.zoom.us/j/85860797678>

For More on-line Brain Games

Memozor offers you a wide range of online and free memory games that are suitable for young and old!

Of course, you will find the famous and must-have [Memory Matching game](#), known as Concentration card game, with many themes for all ages: kids, adults or seniors.

This site also offer you many other very [Original and Unique memory games](#), created by Memozor and grouped by type of game such as: memory games with [words](#), with [numbers](#), with [grid of pictures](#), with [grid of squares](#), or with [series](#). Find this site at <https://www.memozor.com/>

Lumosity is another site that offers mentally stimulating activities that is geared toward helping to strengthen memory, concentration and focus. You will be required to set up an account using your email address. Once you have an account, you can [choose](#) to utilize their FREE limited version of the program that allows you to play up to Three games daily OR pay for a subscription that gives access to unlimited time and games within their program. You can find this site at: <https://www.lumosity.com/en/>

Thursday, September 17



Senior Stretch Exercise DVD –

Thursdays, 10:00 am

Join Zoom Meeting

<https://us02web.zoom.us/j/81925089016>



Guy Time – Thursdays, 10:00 am

Join Zoom Meeting

<https://us02web.zoom.us/j/86854875209>



Craft Demonstration w/ Bridget

Thursdays, 1:00 pm

Join Zoom:

<https://us02web.zoom.us/j/85196133165>



Sing – a – Long with Bonita’s Karaoke

Thursdays, 1:00 pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/88573951911>



Line Dancing – Thursdays, 2:00 – 3:30

Join Zoom:

<https://us02web.zoom.us/j/84619319753>

We will be using the dvd made by Bonita, our senior center dance teacher, for this class.

Friday, September 18



Senior Strength Exercise DVD –

Fridays, 10:00 am

Join Zoom Meeting:

<https://us02web.zoom.us/j/82574125446>



Spanish – Fridays, 10:00 am

Lesson 6 Repeat

Learn Spanish using the Great Courses. Each week the lesson will be shown twice a week on Mondays and Fridays.

Join Zoom:

<https://us02web.zoom.us/j/87569998654>

Printable Handout: [Lesson 6](#)



Chair Yoga New Routine –

Fridays, 11:00 am

Join Zoom Meeting:

<https://us02web.zoom.us/j/81231348709>



History Talk: The Biography; George Jones

Fridays, 1:00 pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/86840818729>

Documentary followed by discussion.