

# Monday, October 19



## Senior Strength Exercise DVD

Monday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Chair Yoga New Routine

Monday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



## Talk and Tour

Monday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 84412312031

Passcode: 481501

### The Lost City of Angkor Watt

From the 900-year-old remains of Angkor Wat in the Cambodian jungle the staggering City of the God Kings is recreated.



## Spanish

Monday | 2:30 pm

Lesson 10

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89940443294

Passcode: 70442

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

[Printable Handout: Lesson 10](#)

## Tuesday, October 20



## Senior Stretch Exercise DVD

Tuesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



**Tai Chi class w/ Linda Fetzer**

**Tuesday | 10:00 am**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 82359535322**

**Passcode: 161415**

**This class will consist of easy to learn Tai Chi warm ups and simple movements.**



**Ladies Time**

**Tuesday | 11:00 am**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 82338542244**

**Passcode: 569554**

**A chance to chat with friends!**



### Lecture Series

Tuesday | 1:00 pm

#### ***National Geographic – Marine Life***

Best Ocean Life 2020: Amazing Underwater  
Marine Life

Join Zoom Meeting: [Click HERE](#)

Meeting #: 84238663942

Passcode: 333860



### Artistic Expressions with Jackie Morelisse

Tuesday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86473920560

Passcode: 684865

# Wednesday, October 21



## Senior Strength Exercise DVD

Wednesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Chair Yoga Old Routine

Wednesday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



## Connect

Wednesday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86990294490

Passcode: 858085



### **Live Guitar Music**

**Wednesday | 2:00 – 2:30 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 85034369844**

**Passcode: 066785**

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



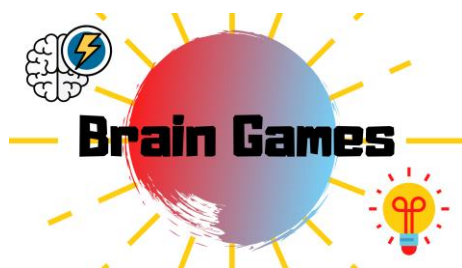
### **HUGS – Happy Ukulele Group**

**Wednesday | 3:00 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 84797926296**

**Passcode: 030318**



### **Dakim Brain Fitness**

**Wednesday | 3:00 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 85860797678**

**Passcode: 619773**

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.

# Thursday, October 22



## Exercise w/ Linda

Thursday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Guy Time

Thursday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 81925089016

Passcode: 415477



## Mixed Bag of Entertainment

Thursday | 11:00 am

Nutrition and Aging – Live presentation with Dr. McFardland of FGCU.

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85120482269

Passcode: 320049



### **This and That**

**Thursday | 1:00 pm**

Craft Demonstration; Seasonal Candle Wraps

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 85196133165**

**Passcode: 096079**



### **Line Dancing**

**Thursday | 2:00 – 3:30 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 84619319753**

**Passcode: 370824**

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



# Friday, October 23



## Senior Strength Exercise DVD

Friday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Spanish

Friday | 10:00 am

Lesson 10 Repeat

Join Zoom Meeting: [Click HERE](#)

Meeting #: 87569998654

Passcode: 460727

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

[Printable Handout: Lesson 10](#)



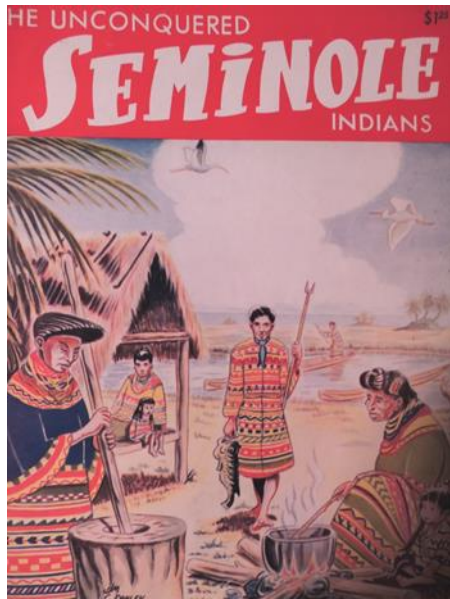
## Chair Yoga New Routine

Friday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



## History Talk

**Friday | 1:00 pm**

Seminole: The Unconquered documentary followed by discussion.

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 86840818729**

**Passcode: 113034**