

Monday, January 11



Senior Strength Exercise DVD

Monday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



Chair Yoga

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 Most Peaceful Places on Earth



Tai Chi DVD w/ Grace Chen

Monday | 1:30 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 82359535322

Passcode: 161415



Spanish

Monday | 2:30 pm

Lesson 22

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 22](#)

Tuesday, January 12



Exercise for Life w/ Linda Fetzer

Tuesday | 9:45 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 82359535322

Passcode: 161415



Senior Stretch Exercise DVD

Tuesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



Ladies Time w/ Naomi Lufkin

Tuesday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 82338542244

Passcode: 569554

A chance to chat with friends!



Current Events Discussion Group

Tuesday | 12:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 87479998367

Passcode: 890710

Each week a pre-chosen topic with an article will be under discussion with facilitator Sandy Bashover. Please read the articles before the meeting. They can be found on the website and attached to the weekly NSC e-mail.

Topics this week:

1. [Transgender Athletes](#)
2. [Universal Basic Income](#)



Lecture Series

Tuesday | 1:00 pm

Nutrition Made Clear

This course is an invitation to a journey to wellness with Roberta H. Anding, M.S., Baylor College of Medicine and Texas Children's Hospital. It is an inspirational, practical, hands-on guide to understanding the science of nutrition and how what we eat and drink affects our bodies and our lives.

Lecture 19: DASH Diet – A Lifesaver

Lecture 20: Obesity – Public Enemy #1

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, January 13



Cardio Exercise w/ Grace

Standing Active Fitness Class

Wednesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



Chair Yoga

Monday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



Urban Sketching Class

Wednesday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85458500689

Passcode: 639654



Connect

Wednesday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86990294490

Passcode: 858085



This and That

Wednesday | 2:00 pm

A Conversation with H.R. McMaster

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89824907580

Passcode: 381661



Live Guitar Music

Wednesday | 2:00 – 2:30 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 87941573482

Passcode: 729308

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

Thursday, January 14



Exercise for Life w/ Linda

Thursday | 9:45 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

University of California Presents; Staying Sharp – Current and Future Approaches to Brain Health

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85120482269

Passcode: 320049



Meet the Memoir Authors

Thursday | 1:00 pm

This week read the memoirs of and then meet two of our NSC authors.

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85196133165

Passcode: 096079

[*My Favorite House* – Bea Bea Hedstrom](#)

[*The Broken Brick* – Vesta Tobin](#)

Memoirs can be found on the NSC website and attached to the weekly e-mail.



Line Dancing DVD w/ Bonita

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, January 15



Senior Strength Exercise DVD

Friday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



gg71945812 GoGraph.com

Writing Your Life Story – Session 2

Friday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 83174599740

Passcode: 219681



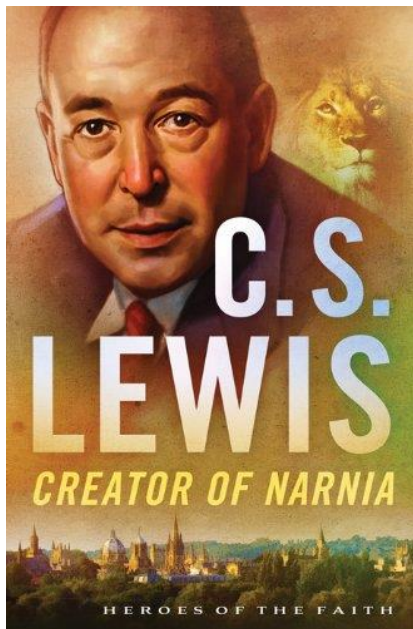
Chair Yoga

Friday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



History Talk

Fridays | 1:00 pm

Biography of C.S. Lewis

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86840818729

Passcode: 113034



Tai Chi DVD w/ Grace Chen

Friday | 1:30 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 82359535322

Passcode: 161415