

Monday, May 17



Senior Strength Exercise DVD

Monday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195

W



Chair Yoga

Monday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585

W



Talk and Tour

Monday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 84412312031

Passcode: 481501

Cape Town w/ Expoza Travel W



Spanish II: Advanced Class – Great Courses

Monday | 2:30 pm

Lesson 10

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89940443294

Passcode: 70442

[Printable Handout](#) _____

W

Tuesday, May 18



Stretch Exercise

Tuesday | 9:45 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 82359535322

Passcode: 161415

R



Senior Strength Exercise DVD

Tuesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195

W



Current Events Discussion Group

Tuesday | 12:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 87479998367

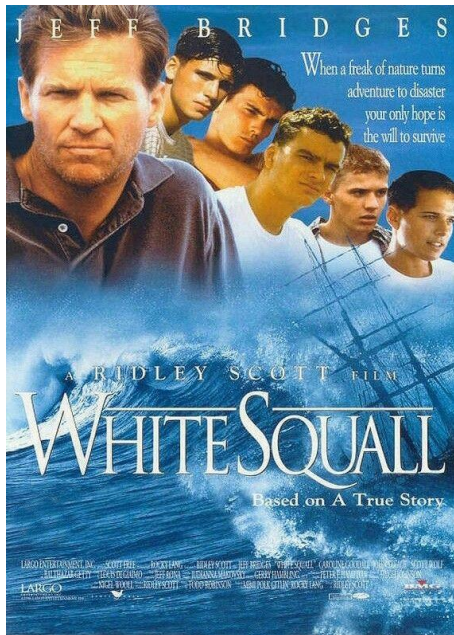
Passcode: 890710

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. [Mass Shootings – Gun Control](#)
2. [How Long Do We Wear Masks?](#)

R



Movie / Special Event

Tuesday | 1:00 pm

White Squall

Teenage boys discover discipline and camaraderie on an ill-fated sailing voyage.

– Drama

Join Zoom Meeting: [Click HERE](#)

Meeting #: 84238663942

Passcode: 333860

W



Artistic Expressions with Jackie Morelisse

Tuesday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86473920560

Passcode: 684865

V

Wednesday, May 19



Senior Strength Exercise DVD

Tuesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195

W



Chair Yoga

Monday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585

W



Connect

Wednesday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86990294490

Passcode: 858085

W



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.

V



HUGS – Happy Ukulele Group

Wednesday | 3:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 84797926296

Passcode: 030318

W

Thursday, May 20



Stretch Exercise

Thursday | 9:45 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195

W



Guy Time

Thursday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 81925089016

Passcode: 415477

R



Mixed Bag of Entertainment

Music and the Brain

Great Courses Presentation

Thursday | 11:00 am

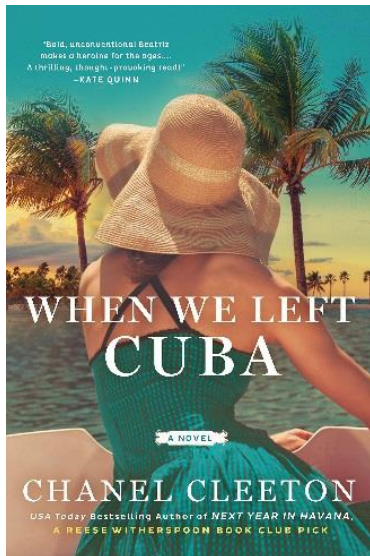
Brain Sources of Music's Emotional Power

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85120482269

Passcode: 320049

W



Book Club

Thursday | 1:00 pm

When We Left Cuba

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85196133165

Passcode: 096079

V

In 1960s Florida, a young Cuban exile will risk her life—and heart—to take back her country.

Friday, May 21



Senior Strength Exercise DVD

Friday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195

W



Spanish I – Beginners Class – Great Courses

Friday | 10:00 am

Lesson 12

Join Zoom Meeting: [Click HERE](#)

Meeting #: 83174599740

Passcode: 219681

[Printable Handout](#)

R



Chair Yoga

Friday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585

W



History Talk:

Fridays | 1:00 pm

Lost Worlds: Al Capone's Secret City of Chicago

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86840818729

Passcode: 113034

W