



Zoom Schedule For the Week of November 23rd

Monday

Tai Chi With Joseph at 10am
Zoom ID: 895 8692 8817
Password: TAICHI

[https://us02web.zoom.us/j/89586928817?](https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09)
[pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09](https://us02web.zoom.us/j/89586928817?pwd=NTlwU00rSE1YQnBvcTdyS2o4MjNPZz09)

Exercise with Victoria at 11:15am

Zoom ID: 577 786 7766

Passcode: 6jgaTc

[https://us04web.zoom.us/j/5777867766?](https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVc90ekdpZz09)
[pwd=bmtqWkwyQWc0QktMcTRNVc90ekdpZz09](https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVc90ekdpZz09)

Zumba with Andrea at 2:00pm

Zoom ID 757-851-7221

Password: Health

[https://us02web.zoom.us/j/7578517221?](https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpU1piZWw5WnhGUT09)
[pwd=NllycWxGS2UzQnpU1piZWw5WnhGUT09](https://us02web.zoom.us/j/7578517221?pwd=NllycWxGS2UzQnpU1piZWw5WnhGUT09)



Tuesday

Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011

Password: Dance

[https://us02web.zoom.us/j/3275026011?](https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09)
[pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09](https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09)

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[pwd=bmtqWkwyQWc0QktMcTRNVc90ekdpZz09](https://us04web.zoom.us/j/5777867766?pwd=bmtqWkwyQWc0QktMcTRNVc90ekdpZz09)

Wednesday

Zumba with Darryl at 10am
Zoom ID 585-904-4510

<https://us02web.zoom.us/j/5859044510>

Exercise with Sheila at 11:30am

Zoom ID: 862 9802 7529

Passcode: 684796

<https://us02web.zoom.us/j/86298027529?pwd=ekE4dGNVUjluVXhIUHhKQk1pVjgzdz09>

Lois on The Piano at 12:15

Zoom ID: 797 8060 6587

Passcode: 9pY4hS

[https://us04web.zoom.us/j/79780606587?](https://us04web.zoom.us/j/79780606587?pwd=s3dTMM9hK3kwTUc2TWlGcEZDanRrZz09)
[pwd=s3dTMM9hK3kwTUc2TWlGcEZDanRrZz09](https://us04web.zoom.us/j/79780606587?pwd=s3dTMM9hK3kwTUc2TWlGcEZDanRrZz09)

Total Body Strength with Lori at 1:00 pm

Zoom ID: 849 8747 0246

Passcode: 157180

[https://us02web.zoom.us/j/84987470246?](https://us02web.zoom.us/j/84987470246?pwd=TXB0dGc0Y0FKaGxjdWRaR2NRTzFWZz09)
[pwd=TXB0dGc0Y0FKaGxjdWRaR2NRTzFWZz09](https://us02web.zoom.us/j/84987470246?pwd=TXB0dGc0Y0FKaGxjdWRaR2NRTzFWZz09)

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Thursday

**There are no classes today!
We wish all of you a happy,
healthy, safe Thanksgiving.**

Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011

Password: Dance

<https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09>

Chair Yoga and Balance with Sandye at 11:00am

Zoom ID: 846 530 7100

Password: 7qaDqC

[https://us04web.zoom.us/j/8465307100?](https://us04web.zoom.us/j/8465307100?pwd=TmZ5b1QxNnFRSUV6R202OWhqUVpvQT09)
[pwd=TmZ5b1QxNnFRSUV6R202OWhqUVpvQT09](https://us04web.zoom.us/j/8465307100?pwd=TmZ5b1QxNnFRSUV6R202OWhqUVpvQT09)

Total Body Fitness with Samantha at 1:00pm

Zoom ID: 310 676 5250

Passcode: 164559

[https://us04web.zoom.us/j/3106765250?](https://us04web.zoom.us/j/3106765250?pwd=ZWNTejFzVmFNVE1UdXQ2L3hrc0tDdz09)
[pwd=ZWNTejFzVmFNVE1UdXQ2L3hrc0tDdz09](https://us04web.zoom.us/j/3106765250?pwd=ZWNTejFzVmFNVE1UdXQ2L3hrc0tDdz09)

Toning with Darryl at 2:00pm

Zoom ID: 585-904-4510

<https://us02web.zoom.us/j/5859044510>

Friday

**There are no classes today!
We wish all of you a happy,
healthy, safe Thanksgiving.**

Creative Writing with Jeri at 10:00 am

Zoom ID: 221 938 4215

Passcode: 0pX8nM

<https://us04web.zoom.us/j/2219384215>

The prompt for this week is:

Exercise with Sheila at 11:30am

Zoom ID: 831 1177 3950

Password: 956969

<https://us02web.zoom.us/j/8311773950?pwd=SjZPZHU2b0V2SVhzTVBBMFJ4QWYydz09>

Movement for Flexibility with Stephanie at 1:00 pm

Zoom ID: 657 118 2276

Passcode: Happy2bme

[https://us04web.zoom.us/j/6571182276?](https://us04web.zoom.us/j/6571182276?pwd=Z28wVTNNaHRWYlC0dIV0eGZaY2ZQdz09)
[pwd=Z28wVTNNaHRWYlC0dIV0eGZaY2ZQdz09](https://us04web.zoom.us/j/6571182276?pwd=Z28wVTNNaHRWYlC0dIV0eGZaY2ZQdz09)

