



VIRTUAL RB— SENIORS CLASS SCHEDULE

CHAIR YOGA
FOR SENIORS

[CLICK HERE ON MON. WED. FRI. 9:00 AM](#)

WITH LUZ CANAS
ON YOUTUBE LIVE

ZUMBA
GOLD

[CLICK HERE ON TUES. 9:30 AM](#)

WITH DESIREE DICUPE
ON ZOOM

MEETING ID: 824 9935 7117 PASSWORD: GOLD

BALANCE
&
FLOW

[CLICK HERE ON THURS. 9:30 AM](#)

WITH DESIREE DICUPE
ON ZOOM

MEETING ID: 832 6567 9565 PASSWORD: GOLD

SAIL—
STAYING
ACTIVE &
INDEPENDENT
FOR LIFE

[CLICK HERE ON MON. 10:00 AM](#)

MON. MEETING ID: 760 1810 4378
PASSWORD: 6cvwYq

[CLICK HERE ON WED. 10:00 AM](#)

TUES. MEETING ID: 742 6965 2530
PASSWORD: 8LuA1T

WITH RACHIDA
ON ZOOM

***DIFFERENT ID AND PASSWORD
FOR EACH DAY***

MUSIC
APPRECIATION

[CLICK HERE ON TUES. 10:30 AM](#)

WITH ROBERT STRINGER
ON ZOOM

MEETING ID: 650-968-544

LINE
DANCING

[CLICK HERE ON MON. 10:00 AM](#)

MON. MEETING ID: 729 1543 3972
PASSWORD: 568309

[CLICK HERE ON THURS. 10:00 AM](#)

THURS. MEETING ID: 730 8153 4654
PASSWORD: 1UBRMW

[CLICK HERE ON FRI. 10:00 AM](#)

FRI. MEETING ID: 774 9190 2162
PASSWORD: 9vnVHD

WITH ROSELLE HAYWORD
ON ZOOM

***DIFFERENT MEETING ID
FOR EACH DAY***



VIRTUAL RB— SENIORS CLASS SCHEDULE

CHAIR
AEROBICS

[CLICK HERE ON TUES. THURS. 11:00 AM](#)

WITH QUINN HARRIS
ON ZOOM

MEETING ID: 718 813 0636 PASSWORD: 835384

CHAIR
AEROBICS

[CLICK HERE ON MON. WED. FRI. 11:00 AM](#)

WITH TOMMY MICKENS
ON ZOOM

MEETING ID: 843 600 7627 PASSWORD: 686852

THEOLOGY
STUDIES

CALL (605) 468-8806
ACCESS CODE: 384190
ON MON. 11:00 AM

WITH PASTOR STEVE COTTLE
ON CONFERENCE CALL

THEOLOGY
STUDIES

CALL 515-606-5410
ACCESS CODE: 260529
ON MON. 11:00 AM

WITH PASTOR MELVINA WORKMAN
ON CONFERENCE CALL

***CLASS LIMITED TO ROUNDTABLE,
BREVOORT, STUYVESANT***

ESL,
ENGLISH
AS A
SECOND
LANGUAGE

[PALMETTO GARDENS](#)
[CLICK HERE ON MON. 1:00 PM](#)

[DIANA JONES](#)
[CLICK HERE ON WED. 1:00 PM](#)

[STANHOPE](#)
[CLICK HERE ON FRI. 1:00 PM](#)

WITH SARA LEVINE
ON ZOOM

MEETING ID: 954 3713 3782 PASSWORD: 818035

ZUMBA
GOLD

[CLICK HERE ON MON. WED. FRI. 2:00 PM](#)

WITH DEEKE GAERLAN
AND JOSE FERNANDEZ
ON ZOOM

MEETING ID: 337-941-9320
PASSWORD: teamin2it



VIRTUAL RB— SENIORS CLASS SCHEDULE



COMPUTER
AND
SMART PHONE
INSTRUCTION

CALL OR TEXT 917-941-7551
OR EMAIL OMCINTOSH@RISEBORO.ORG
ON MON. TUES. WED. THURS. FRI.
11:00 AM – 2:00 PM

WITH OMOYELE MCINTOSH (OME)

COMPUTER
AND
SMART PHONE
INSTRUCTION

CALL OR TEXT 347-873-9848
OR EMAIL MRESTREPO@RISEBORO.ORG
ON MON. TUES. WED. THURS. FRI.
10:00 AM – 4:00 PM

WITH MAGNOLIA RESTREPO

NUTRITION
EDUCATION

TUESDAY JUNE 9, 12:00 PM
SARATOGA, ROUNDTABLE, STUYVESANT
BREVOORT, SUMNER
CALL (701) 802-5449
ACCESS CODE: 2838821

THURSDAY JUNE 11, 12:00 PM
DIANA JONES, BORINQUEN PLAZA,
HOPE GARDENS, STANHOPE, PALMETTO
CALL (701) 802-5449
INCLUDES SPANISH TRANSLATION
ACCESS CODE: 2838821

WITH CLAUDIA CODRINGTON