



We have transitioned to all Virtual Programs at this time due to the increase in COVID19 cases. Our programs are FREE of charge and ALL are welcome to participate!

Enjoy the line-up from the comfort of your own home!

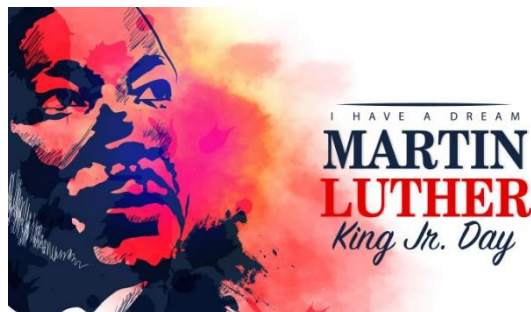
*Pre-registration is preferred but not required - call us at 781-828-1323.*

**Weekly Schedule for 1.18.21- 1.22.21**

**Virtual Programs at a Glance**

<u>Day</u>	<u>Time</u>	<u>Event</u>
<b>Monday</b>	9:00 AM	Sports Class with Sherry
<b>Tuesday</b>	9:00 AM	Yoga with Sherry
	10:00 AM	Coffee & Chat
	11:00 AM	Line Dancing with Rich
<b>Wednesday</b>	10:00 AM	Zumba with Eddie
	1:00 PM	T'ai Chi with Vince
<b>Thursday</b>	9:00 AM	Sit Fit with Sherry
	2:00 PM	Conversations That Count
	5:00 PM	Virtual Happy Hour
<b>Friday</b>	10:00 AM	Zumba with Eddie
	12:30 PM	Friday Specials!
	2:00-4:00 PM	Tech Help

No Programs on Monday 1.18.21 in honor of Dr Martin Luther King Jr day



In addition to our regularly scheduled Fitness Classes, we have the following special events this week via Zoom

- **Tuesday 1/19 at 10:00 AM: What Are you Watching- With your COA Staff!**

A fun Coffee & Chat where we will discuss what we all are watching these days!

**Join Zoom meeting <https://zoom.us/j/365693758>**

**Call in: 1 929 205 6099 At prompt, enter Meeting ID 365693758#**

- **Friday 1/22 at 12:30 PM: Friday Special!**

**Sheryl Faye presents: Susan B. Anthony: Failure is Impossible.**

Susan B. Anthony was a women's rights activist who devoted her life to racial, gender and educational equality. She played a prominent role in the women's suffrage movement, the 19th amendment which gave women the right to vote in 1920.

Join the talented Sheryl Faye and learn more about this remarkable woman!

**Join Zoom meeting <https://us02web.zoom.us/j/85999623025>**

**Call in 1 929 205 6099 At prompt enter Meeting ID 85999623025#**

## **Virtual Fitness Classes at the Canton COA via Zoom**

### **Mondays**

- ❖ **Sherry's Sports Class**

Starting **January 4, 2021 at 9:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/83294889105>

Meeting ID: 832 9488 9105 **Dial In 1 929 205 6099** At prompt enter meeting ID **832 9488 9105#**

### **Tuesdays**

- ❖ **Sherry's Yoga class**

Starting **January 5, 2021 at 9:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/85650207197>

Meeting ID: 856 5020 7197 **Dial In 1 929 205 6099** At prompt enter meeting ID **856 5020 7197#**

- ❖ **Line Dancing with Rich**

Starting **January 5, 2021 at 11:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/81447122619>

Meeting ID: 814 4712 2619 **Dial In 1 929 205 6099** At prompt enter meeting ID **814 4712 2619#**

## Wednesdays

### ❖ Zumba with Eddie

#### In January on Wednesdays at 10:00 AM

Click on the link below, then on the right side of the page, under "Upcoming Virtual Classes" click on "Gold with Eddie" for that day's class.

<https://www.zumba.com/en-US/profile/eddie-gonzalez/1499929>

### ❖ T'ai Chi with Vince

Starting **January 6, 2021 at 1:00 PM**

Join Zoom Meeting <https://us02web.zoom.us/j/87068423506>

Meeting ID: 870 6842 3506 **Dial In 1 929 205 6099** At prompt enter meeting ID **870 6842 3506#**

## Thursdays

### ❖ Sherry's Sit Fit class

Starting **January 7, 2021 at 9:00 AM**

Join Zoom Meeting <https://us02web.zoom.us/j/82478399882>

Meeting ID: 824 7839 9882 **Dial In 1 929 205 6099** At prompt enter meeting ID **824 7839 9882#**

## Fridays

### ❖ Zumba with Eddie

#### In January on Fridays at 10:00 AM

Click on the link below, then on the right side of the page, under "Upcoming Virtual Classes" click on "Gold with Eddie" for that day's class.

<https://www.zumba.com/en-US/profile/eddie-gonzalez/1499929>

## Other Programs Via Zoom

### 1. Coffee & Chat

**Tuesdays at 10:00 AM**

Zoom meeting <https://zoom.us/j/365693758>

Dial in +1 929 205 6099 At prompt, enter Meeting ID 365693758#

### 2. Conversations That Count

**Thursdays at 2:00 PM**

1:00 PM- Conversations That Count! With Professor Angelina Avedano

Zoom meeting <https://us02web.zoom.us/j/86257030822>

Dial in +1 929 205 6099 At prompt enter Meeting ID: 86257030822#

**3. Happy Hour**

**Thursdays at 5:00 PM**

Zoom Meeting <https://us02web.zoom.us/j/84352718811>

Dial in +1 929 205 6099 At prompt enter Meeting ID:84352718811#

**4. Friday Specials**

**Fridays at 12:30 PM**

Join Zoom meeting <https://us02web.zoom.us/j/85999623025>

Dial in +1 929 205 6099 At prompt enter Meeting ID 85999623025#

**5. Tech Help with Dawnmarie and Shaun**

**Fridays 2:00-4:00 PM**

Call us for an appointment at 781-828-1323

## **Monthly Specials**

**1. Low Vision Support Group Call**

**Fourth Wednesday of every month (usually)**

Dial in +1 929 205 6099 At prompt Enter Meeting ID 896 557 858 58#

Or Join Zoom Meeting

<https://us02web.zoom.us/j/89655785858>

**2. Book Club**

**First Tuesday of every month at 10:30 AM**

Call us at 781-828-1323 for Zoom information

**3. Caregivers Support Group Call**

**Second Tuesday of every month at 1:00 PM**

Caregivers Support Group Meeting via Telephone Call.

Dial in: +1 929 205 6099 At prompt, enter Meeting ID: 853 4588 4031#

OR Join Zoom Meeting: <https://us02web.zoom.us/j/85345884031>

**4. Memory Café**

**Fourth Thursday of every month at 1:30 PM**

Join Zoom Meeting <https://us02web.zoom.us/j/82662169927>

Call in, using your telephone: 1 929 205 6099 US At prompt Enter Meeting ID: 826 6216 9927#