

NICEVILLE Senior Center

V I R T U A L P R O G R A M S

Please note that some of our classes are through Facebook Live and some are through Zoom. Please reference the schedule below to see how each class is being offered.

Please feel free to share this with any of your friends. Membership in the Senior Center is not required for our virtual classes.

To access our classes on Facebook, simply go to our Facebook page at <https://www.facebook.com/NicevilleFLSeniorCenter> at the time of the class and scroll down the posts to see the video taking place live.

To access our Zoom classes, please follow the instructions below. Also note that we will have a series of classes this week on how to access Zoom using a computer, a tablet and a smartphone. If you miss the class on Facebook, you can access it afterwards by clicking on the "Video" tab under "More" on our Facebook page.

HOW TO JOIN A ZOOM MEETING USING YOUR COMPUTER, SMARTPHONE OR TABLET:

- Log onto Zoom using app or internet
<https://zoom.us/>
- Select join meeting
- **Meeting ID:** 965 9301 6699
- **Password:** 610386

You can also join the meeting using the direct link below:

- **DIRECT LINK:** <https://bit.ly/NSCZoom>

HOW TO JOIN A ZOOM MEETING USING YOUR PHONE (NO VIDEO; AUDIO ONLY):

- Dial in by phone to 1-312-626-6799 (***please note that long distance charges will apply***)
- You will be asked for the following:
 - **Meeting ID:** 96593016699
 - Press # to continue
 - **Password:** 610386#

TUESDAY, AUGUST 18

10:15 a.m.

Dawn's Dance Fitness ZOOM

Let's get the party started with this dance/fitness class designed to be a low impact class with routines that are easy to follow. Dawn will get you really moving and grooving!

12:45 p.m.

Chair Yoga with Candace FACEBOOK LIVE

Improve posture, range of motion, and core strength through seated and standing movements. Maintain joint mobility, increase balance and stability, and release stress. Come breathe and move with us!

WEDNESDAY, AUGUST 19

12:45 p.m.

Creative Moves with Jo FACEBOOK LIVE

Creative Moves develops strong brains and bodies through joyful and meaningful movement. Please wear comfortable clothing and shoes.

THURSDAY, AUGUST 20

10:15 a.m.

Dawn's Dance Fitness ZOOM

Let's get the party started with this dance/fitness class designed to be a low impact class with routines that are easy to follow. Dawn will get you really moving and grooving!

12:45 p.m.

Chair Yoga with Candace FACEBOOK LIVE

Improve posture, range of motion, and core strength through seated and standing movements. Maintain joint mobility, increase balance and stability, and release stress. Come breathe and move with us!

FRIDAY, AUGUST 21

8:45 a.m.

Flex-Ability with Heidi FACEBOOK LIVE

Encourage flexibility and range of motion through a series of mat exercises and yoga poses. This class will incorporate restorative breathing techniques to promote stress reduction & increase mental clarity.

11:00 a.m.

Line Dancing with Carol via ZOOM

Join Carol every Friday at 11:00 a.m. as she boot scoots her way across Facebook. First hour is for beginners/intermediate and final 30 minutes is for intermediate/advanced.

12:45 p.m.

Creative Moves with Jo FACEBOOK LIVE

Creative Moves develops strong brains and bodies through joyful and meaningful movement. Please wear comfortable clothing and shoes.