<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 8:45 a.m. Early Rise Exercise  
ON SITE - COURTYARD | 8:45 a.m. Yoga with Pam  
ON SITE - COURTYARD  
Dawn’s Dance Fitness  
ON SITE - COURTYARD  
10:15 a.m. Chair Yoga w/Candace  
CANCELLED | 8:45 a.m. Early Rise Exercise  
TENTATIVE | 8:45 a.m. Yoga with Pam  
ON SITE - COURTYARD  
Dawn’s Dance Fitness  
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10:00 a.m. Chair Yoga w/Candace  
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| Noon Early Rise Exercise  
ON SITE - COURTYARD  
Literary Talk  
Walt Whitman  
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Senior Center Offices Closed All Week for Christmas Holiday

Senior Center Offices Closed All Week for New Year Holiday
Please note that some of our classes are on-site (outside) and some are through Facebook Live.

Please reference the calendar on the opposite side to see how each class is being offered.

On-site classes are highlighted.

Please feel free to share this with any of your friends. Membership in the Senior Center is not required for any of our virtual classes. However, to participate in our on-site classes, you must be a member of the Senior Center. If you would like to participate and you are not currently a member, please call us at (850) 279-6436 extension 1600 for more information.

Our on-site classes are limited in attendance and at this time, all on-site classes require registration.

To register, please call the Senior Center no earlier than one week before the particular class that you would like to attend. You must speak to a staff person to ensure your registration. Please leave a message with your contact information if we are not available and we will call you back to confirm your registration.

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.

**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.
- **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#