



Enrichment Program Opportunities

The Department of Aging Services is offering opportunities to stay engaged during the COVID-19 program suspension. Below is a schedule of virtual activities.

Visit our website to access this flyer where you can link directly to documents and meetings.
<https://www.hanover-township.org/departments/senior-services/programming>

You will find the schedule under “Virtual Program Opportunities” – then “click here” next to “For access to schedule of activities.”

To access programs please use the method indicated – either **Dial-in** or **Zoom Room Video**.

Dial-in number (US): (508) 924-1348 – no access code needed

****Once dialed in please press your "mute" button or *6 to limit the background noise****

Online meeting ID: tncolagrossi

Join the online meeting: <https://join.freeconferencecall.com/tncolagrossi>

For additional assistance connecting to the meeting text "Help" to the Dial-In number above.
Message and data rates may apply.

Zoom Room Video Meeting - Live video conference. Can use with desktop computer, laptop, iPad, or mobile device.

To access Zoom by computer, click on link provided, choose (at top of box) if you want to listen with computer audio or by telephone (if you don't have computer speakers), once on the meeting screen if you cannot hear check your volume then scroll towards bottom of zoom screen for a tool bar to pop up, control mute/unmute and video on/off here.

To access Zoom by telephone, call the number listed followed by the code and password #.

Virtual Drop-In Exercise Class Payments Procedure

Beginning July 1, attendance for drop in exercise classes will be monitored and participants will receive a monthly invoice for classes attended. Donations can be made by dropping off payments in the outside drop box located in front of the Senior Center. You can also make your payment over the phone by calling 630-483-5600 as we are now accepting credit card payments over the phone.

Monday, September 28

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:00 am – Virtual Medicare Assistance Program • Donation: FREE

Zoom Meeting – To register call: 630-483-5600

Tuesday, September 29

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdVNiRrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:30 am – Mingle with Mimi (Ceramics Chat)

Join Zoom Meeting

<https://zoom.us/j/98495085041?pwd=cVBFUTkrCmtN50d5K1RFYVBiVWY3QT09>

Meeting ID: 984 9508 5041

Passcode: 838041

By phone: 312-626-6799

2:30 pm – Dean Martin-The King of Cool · Donation: \$5

Presented by historian, Susan Benjamin, this program describes how Dino Crocetti created the aura of Dean Martin and how his personal life was sometimes as odds with his professional appearance.

Zoom Meeting – To register call: 630-483-5600

5:00 pm - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/86454717807?>

Meeting ID: 864 5471 7807

Password: 650262

By phone: 312-626-6799

\$4.50 per class *please see Virtual Drop-In Exercise Class Payments Procedure above

Wednesday, September 30

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85430367284?pwd=K2hyTW8yK3E2bVI4MFpU2I4aEtqUT09>

Meeting ID: 854 3036 7284

Password: 638370

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

2:00 pm – Line Dancing with Janet Kruse

Join Zoom Meeting

<https://us02web.zoom.us/j/86469039313?pwd=UIE1WUx5VWdXSmlwdWRHSXU3aEhNQT09>

\$1.00 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

2:00 pm – Arts & Crafts with Linda Kay: Book Pages Wreath · Donation: \$5

Each weekly class is a different arts and crafting session. Classes are a variety of simple and easy to follow projects.

Zoom Meeting – To register call: 630-483-5600

Thursday, October 1

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdvN1RrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:00 am – Virtual Acrylic Painting · Donation: \$25 (Oct. 1 – 22 Series)

Using new techniques of blending color on the canvas, we create two dreamy Impressionistic Landscapes in this Zoom class.

Zoom Meeting – To register call: 630-483-5600

Friday, October 2

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor.

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

11:00 am – Virtual Art Talk: The Intuitive Art Movement · Donation: Free

Dial-in number: (508) 924-1348

Click the link below to follow along with the program:

<https://www.hanover-township.org/home/showdocument?id=10689>

Saturday, October 3

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Monday, October 5

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:00 am – Virtual Watercolor Painting: Geometric Designs · Donation: \$21 (Oct. 5 – 19 Series)

We create three stunning paintings using Geometric Designs and layers of watercolor in this Zoom class.

Zoom Meeting – To register call: 630-483-5600

2:30 pm – History of Fashion in Art · Donation: \$5

Art can provide insight into the daily life of cultures that are long past. What we know about how they dressed is documented in the paintings, tapestries, jewelry, and sculptures that remain. Join Art History Instructor/Artist, Denise Laurin-Donatelle for a one-hour Zoom discussion of fashion through time as documented in key works of art.

Zoom Meeting – To register call: 630-483-5600

Tuesday, October 6

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdvN1RrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:30 am – Mingle with Mimi (Ceramics Chat)

Join Zoom Meeting

<https://zoom.us/j/98495085041?pwd=cVBFUTkrCmtN50d5K1RFYVBiVWY3QT09>

Meeting ID: 984 9508 5041

Passcode: 838041

By phone: 312-626-6799

1:00 pm – Drawing: Botanical Series (Oct. 6 – 27) • Donation: \$35

For this Zoom class you are guided on techniques to achieve realism with botanicals in your drawing using color pencils.

Zoom Meeting – To register call: 630-483-5600

2:30 pm – Peace, Love and 1969: Remembering the Woodstock Music Festival • Donation: \$5

It was a time when the wild child, flower child, and the dreamers of the 1960's could come together to dance, sing, and express themselves during three days of ongoing live music and famous artists. Historian Jim Gibbons discusses Woodstock and its place in the 1960's and will explain the festival's role in the counterculture movement, its place in history, and why it is recognized as one of the most profound moments that changed Rock and Roll.

Zoom Meeting – To register call: 630-483-5600

5:00 pm - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/86454717807?>

Meeting ID: 864 5471 7807

Password: 650262

By phone: 312-626-6799

\$4.50 per class *please see Virtual Drop-In Exercise Class Payments Procedure above

Wednesday, October 7

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85430367284?pwd=K2hyTW8yK3E2bVI4MFpU2I4aEtqUT09>

Meeting ID: 854 3036 7284

Password: 638370

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

10:00 am – Medicare Open Enrollment & Updates 2020 • Donation: Free

As a Medicare beneficiary, you can review your prescription drug coverage annually from October 15 – December 7. During this period, you are able to switch, drop, or add drug coverage. Social Services staff presents information about Medicare Parts A, B, C and D, updates for 2020, and answer questions. Join us for unbiased information on how to choose the plan that is right for you!

Zoom Meeting – To register call: 630-483-5600

2:00 pm – Line Dancing with Janet Kruse

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/83634131464?pwd=MWg4eW9WNks2WVd6WWpYQmxHUWFmUT09>

\$1.00 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

2:00 pm – Arts & Crafts with Linda Kay: No-Sew Fabric Pumpkin · Donation: \$5

Each weekly class is a different arts and crafting session. Classes are a variety of simple and easy to follow projects.

[Zoom Meeting](#) – To register call: 630-483-5600

Thursday, October 8

9:30 am – Senior Exercise with instructor, Marti Spenk

[Join Zoom Meeting](#)

<https://us04web.zoom.us/j/544787848?pwd=YzdVNiRrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

2:00 pm – Virtual Dessert with Devora: Pumpkin Pie · Donation: Free

Dessert with Devora is a great opportunity to learn some delicious recipes!

Dial-in number: (508) 924-1348

Friday, October 9

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor.

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

2:00 pm – Virtual Mixed Media: Embellished Portraits · Donation: \$25 (Oct. 9 – 30 Series)
We learn to alter and embellish black and white portraits with flowers, foliage, wings and patterned papers in this Zoom class.

Zoom Meeting – To register call: 630-483-5600

Saturday, October 10

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Monday, October 12

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

2:30 pm – Outrageous Women in History · Donation: \$5 **Audio only program**

Warriors, Queens, and intellectuals who were lost, forgotten or just overlooked in history. Let's celebrate these courageous women who went against tradition and proudly showed the world what they were capable of. Jeanne Roppolo, best known for her Grandma Goes To... series, facilitates this fascinating audio only presentation.

Zoom Audio Meeting – To register call: 630-483-5600

Tuesday, October 13

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdVNm1RrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:30 am – Mingle with Mimi (Ceramics Chat)

Join Zoom Meeting

<https://zoom.us/j/98495085041?pwd=cVBFUTkrcmtnS0d5K1RFYVBiVWY3QT09>

Meeting ID: 984 9508 5041

Passcode: 838041

By phone: 312-626-6799

Zoom Meeting – To register call: 630-483-5600

10:00 am – Book Club: *Little Fires Everywhere* · Donation: \$2

From the bestselling author of Everything I Never Told You, a riveting story that traces the intertwined fates of the picture-perfect Richardson family and the enigmatic mother and daughter who upend their lives. Books available at the Senior Center. Also, Hulu is currently streaming the first (and only) series of this drama. Check www.hulu.com for a free 30-day trial!

Zoom Meeting – To register call: 630-483-5600

5:00 pm - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/86454717807?>

Meeting ID: 864 5471 7807

Password: 650262

By phone: 312-626-6799

\$4.50 per class *please see Virtual Drop-In Exercise Class Payments Procedure above

Wednesday, October 14

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85430367284?pwd=K2hyTW8yK3E2bVI4MFpU2I4aEtqUT09>

Meeting ID: 854 3036 7284

Password: 638370

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

2:00 pm – Line Dancing with Janet Kruse

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/87963506795?pwd=bn1GZERqQmdLUkRlQ1V1Q0hrby9oZz09>

\$1.00 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

2:00 pm – Arts & Crafts with Linda Kay: Acrylic Painted Cactus Rocks · Donation: \$5

Each weekly class is a different arts and crafting session. Classes are a variety of simple and easy to follow projects.

[Zoom Meeting](#) – To register call: 630-483-5600

2:00 pm – Beginner Yoga Special Session with Gratitude Journaling · Donation: \$5

Enjoy a guided virtual Yoga session (seated in chair or floor) that will end with reflective gratitude journaling.

[Zoom Meeting](#) – To register call: 630-483-5600

Thursday, October 15

9:30 am – Senior Exercise with instructor, Marti Spenk

[Join Zoom Meeting](#)

<https://us04web.zoom.us/j/544787848?pwd=YzdvN1RrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

1:00 pm – Signposts on the Prairie · Donation: \$5

Join us virtually to learn and explore Northern Illinois, scouting out “signposts” that direct our attention back to significant turning points in Illinois history.

[Zoom Meeting](#) – To register call: 630-483-5600

Friday, October 16

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor.

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618
Password: 104567
By phone: 312-626-6799
\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:30 am – Caring for our Memory Support Group · Donation: Free

We welcome those concerned about brain health, newly diagnosed with a memory concern, or suffering from early stage memory loss. Open discussion is welcome in this virtual meeting.

Dial-in number: (508) 924-1348

12:00 pm – Memory Cafe · Donation: Free

We welcome anyone in the community who is experiencing mild memory loss or cognitive impairment and their caregiver to the monthly virtual Memory Café program. In September, we exercise our brains by participating in some fall trivia.

Zoom Meeting – To register call: 630-483-5600

Saturday, October 17

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618
Password: 104567
By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Monday, October 19

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618
Password: 104567
By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Tuesday, October 20

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdVNiRrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:30 am – Mingle with Mimi (Ceramics Chat)

Join Zoom Meeting

<https://zoom.us/j/98495085041?pwd=cVBFUTkrcmtN50d5K1RFYVBiVWY3QT09>

Meeting ID: 984 9508 5041

Passcode: 838041

By phone: 312-626-6799

Zoom Meeting – To register call: 630-483-5600

2:30 pm – Contagion in the Rye: Possible Causes of the Salem Witch Trials • Donation: \$5

Girls began convulsing and seeing visions of taunting witches. Local officials began arresting and trying residents who appeared in the girls' apparition. Within the year, 19 people and two dogs were executed for witchcraft. Scholars have long theorized what motivated their accusations. In the 1970s, a behavioral scientist suggested the convulsions were due to convulsive ergotism -- caused by a grain fungus. Modern medicine now supports the theory, but it remains unpopular. Why? Communication scholar and author Dr. Emilie Lucchesi explores the history, the theory, and why it never dominated.

Zoom Meeting – To register call: 630-483-5600

5:00 pm - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/86454717807?>

Meeting ID: 864 5471 7807

Password: 650262

By phone: 312-626-6799

\$4.50 per class *please see Virtual Drop-In Exercise Class Payments Procedure above

Wednesday, October 21

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85430367284?pwd=K2hyTW8yK3E2bVI4MFpU2I4aEtqUT09>

Meeting ID: 854 3036 7284

Password: 638370

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

2:00 pm – Line Dancing with Janet Kruse

Join Zoom Meeting

<https://us02web.zoom.us/j/82271206058?pwd=UkJUYmpxei9qSIVqWDhZR3JDNndKdz09>

\$1.00 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

Thursday, October 22

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdvnN1RrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Friday, October 23

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor.

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Saturday, October 24

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Monday, October 26

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

2:30 pm – Virtual Java with Jamie · Donation: Free

This program gives you an opportunity to talk with the Program Manager and learn about the virtual program opportunities being offered to you. You can also call in to share your feedback and ideas or simply to just chat.

Zoom Meeting – To register call: 630-483-5600

Tuesday, October 27

9:30 am – Senior Exercise with instructor, Marti Spenk

Join Zoom Meeting

<https://us04web.zoom.us/j/544787848?pwd=YzdVNiRrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

10:30 am – Mingle with Mimi (Ceramics Chat)

Join Zoom Meeting

<https://zoom.us/j/98495085041?pwd=cVBFUTkrCmtN50d5K1RFYVBiVWY3QT09>

Meeting ID: 984 9508 5041

Passcode: 838041

By phone: 312-626-6799

Zoom Meeting – To register call: 630-483-5600

2:30 pm – Classic Monster Mash: • Donation: \$5

The Universal monster movies of the 1930's and 40's are some of the most influential and beautiful movies ever made. Was Jack Pierce the greatest makeup artist in film history? Is The Bride of Frankenstein even greater than Frankenstein? How did director James Whale use lighting and set design to help tell his stories of doom? We also see how children celebrated Halloween a century ago, and who knows?). Presented by Steven Frenzel from Marquee Movies.

Zoom Meeting – To register call: 630-483-5600

5:00 pm - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/86454717807?>

Meeting ID: 864 5471 7807

Password: 650262

By phone: 312-626-6799

\$4.50 per class *please see Virtual Drop-In Exercise Class Payments Procedure above

Wednesday, October 28

10:00 am - Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Join Zoom Meeting

<https://us02web.zoom.us/j/85430367284?pwd=K2hyTW8yK3E2bVI4MFpU2I4aEtqUT09>

Meeting ID: 854 3036 7284

Password: 638370

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

1:00 pm – Caregiver Support Group • Donation: Free

This virtual support group is a great opportunity to share with those facing similar challenges as well as offer support to others. Newcomers welcome!

Zoom Meeting – To register call: 630-483-5600

2:00 pm – Line Dancing with Janet Kruse

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/89354075471?pwd=NTVUeXhrMlFQSm8zMVJPbC84VUF0dz09>

\$1.00 per class

***please see Virtual Drop-In Exercise Class Payments Procedure Above**

Thursday, October 29

9:30 am – Senior Exercise with instructor, Marti Spenk

[Join Zoom Meeting](#)

<https://us04web.zoom.us/j/544787848?pwd=YzdVNiRrQ2UyYUtTNC81L0FiVjhWZz09>

Meeting ID: 544 787 848

Password: 137085

\$1.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

2:00 pm – Fun Facts About Mexico • Donation: Free

Join us virtually to learn some FUN facts about Mexico. Have the opportunity to learn and get familiar with their culture.

[Zoom Meeting](#) – To register call: 630-483-5600

Friday, October 30

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor.

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567

By phone: 312-626-6799

\$4.50 per class

***please see Virtual Drop-In Exercise Class Payments Procedure above**

Saturday, October 31

10:00 am – Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/85407617618?>

ID: 854 0761 7618

Password: 104567
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\$4.50 per class

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