

SENIOR VIRTUAL LEARNING ENVIRONMENT SCHEDULE

September 7 - October 15

Host	Day	Time	Instructor	Class	Zoom ID
	MONDAYS				
Gloria Daniel		9:00-9:50am	Lorna Lindsay	ADVANCED YOGA	(GD) 838 4586 9821
Mary McCray		9:00-10:50am	Tracie Hawkins	Computer BASICS I	(JH) 878 3531 5309
Tyrone Bailey		9:00-9:50am	Tyrone Bailey	MARTIAL ARTS	(TB) 830 7736 9579
Jackie Carter		10:00-11:20am	Rochelle Evans	MELLOW MOMENTS	(DW) 846 0928 0561
Tyrone Bailey		10:00-10:50 am	Tyrone Bailey	SELF DEFENSE	(TB) 816 1156 5092
T'Mara K. Rozier		10:00-10:50am	Renee Burwell-Billie	ZUMBA TONING (CLASS STARTS 9/20)	(TR) 893 8347 5955
Cynthia Donnell		11:00-1:00pm	Victor Thomas	ADV. SECRETS OF YOUR CELL PHONE CAMERA	(CD) 821 3941 3705
Reyzury Jackson-Rogers		11:00-11:50am	Jan Martin	EASY LINE DANCE	(RJR) 871 8023 6975
Mary McCray		11:00-12:30pm	Agnes Harper	BRIDGE	(JH) 896 7521 7403
Gloria Daniel		12:00-12:50pm	Hertencer Shephard	TAI CHI ARTHRITIS FOUNDATION	(GD) 835 3679 2025
Gabriel Murphy		1:00-3:00pm	Charleen Knox	DRAMA CLUB	(GM) 859 1070 6764
Bridgette Thompson		1:00-2:20pm	John Shultz	DRAWING	(BT) 812 6086 0042
Reyzury Jackson-Rogers		1:30-2:20pm	Jan Martin	REAL TALK	(RJR) 864 7626 5995
Cynthia Donnell		2:30-3:50pm	Victor Thomas	DIGITAL TECHNOLOGY MANAGEMENT - PT. 1	(CD) 816 1110 6340
Dawn West		3:00-3:50pm	Ellen Mintzmyer	SILVER SNEAKERS	(DW) 871 4639 7868

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Mary McCray	TUESDAYS	8:00-8:50am	Gabrielle Carty	(CHAIR AEROBICS)	(JH) 823 2489 0677
Cynthia Donnell		9:00-10:50am	Tracie Hawkins	FREE YOUR MIND	(CD) 861 5380 6257
Gloria Daniel		9:00-9:50am	Gloria Daniel	WHAT'S THE TEA AT LWSC	(GD) 845 7360 1990
Gabriel Murphy		9:00-9:50am	Ellen Mintzmyer	SILVER SNEAKERS (CLASS STARTS 9/14)	(GM) 841 9273 4678
Antilik Black		10:00-10:50am	Antilik Black	HAIR CARE 101	(AB) 865 3019 0040
Reyzury Jackson-Rogers		10:00-10:50am	Warren St. James	TAI CHI	(RJR) 894 9150 5593
T'Mara K. Rozier		10:00-10:50am	Renee Burwell-Billie	CHAIR FITNESS WITH RENEE (CLASS STARTS 9/21)	(TR) 861 9253 1420
Dawn West		10:00-10:50am	Karen Drake	PILATES	(DW) 862 8619 0522
Mary McCray		11:00-11:50am	Rose Merry Brock	LINE DANCING	(KS) 876 2615 5822
Tyrone Bailey		11:00-11:50am	Tyrone Bailey	LIMITED MOBILITY CHAIR AEROBICS	(TB) 834 5280 5970
Gertha Lowe-Ward		11:00-11:50am	Jan Martin	JUST FOR FUN	(GLW) 814 9503 9400
Cynthia Donnell		11:00-11:50am	Karen Drake	STRENGTH TRAINING	(CD) 893 5307 9736
Tyrone Bailey		1:00-1:50pm	Karen Drake	BEGINNING YOGA	(TB) 872 8921 9936
Gabriel Murphy		1:00-1:50pm	Bob Ayers	PRO POOL 101	(GM) 833 9010 3995
James Simon		1:00-1:50pm	Orrin Hudson	GET IN THE GAME (CHESS)	(JS) 891 4202 0042
Mary Kinney		1:00-2:20pm	Anita Clay	WRITING	(JH) 850 0873 9619
Gloria Daniel		2:00-2:50pm	Bob Ayers	GUITAR I	(GD) 885 9410 6233

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Gabriel Murphy	WEDNESDAYS	8:00-8:50am	Gabrielle Carty	WALKING WEDNESDAYS (CHAIR AEROBICS)	(GM) 813 8147 9882
Mary McCray		9:00-10:50am	Tracie Hawkins	COMPUTER BASICS I	(JH) 878 3531 5309
Tyrone Bailey		9:00-9:50am	Tyrone Bailey	MARTIAL ARTS	(TB) 830 7736 9579
Bridgette Thompson		9:00-9:50am	Lorna Lindsay	ADVANCED YOGA	(BT) 865 7950 4240
Dawn West		10:00-11:50am	Rochelle Evans	ROMANCE FROM 50 TO FOREVER	(DW) 824 8314 8852
Antilik Black		10:00-10:50am	Antilik Black	HAIR CARE 101	(AB) 865 3019 0040
Reyzury Jackson-Rogers		10:00-10:50am	Warren St. James	TAI CHI	(RJR) 894 9150 5593
Tyrone Bailey		10:00-10:50am	Tyrone Bailey	SELF DEFENSE	(TB) 816 1156 5092
Dawn West		12:00-1:15pm	Charleen Knox	TOASTMASTERS	(DW) 826 3827 7893
Tyrone Bailey		1:00-2:20pm	Dr. Joy Scott	HEALTHY COOKING	(TB) 879 9008 6293
Mary McCray		1:00-2:20pm	John Shultz	DRAWING	(BT) 812 6086 0042
Gloria Daniel		1:30-3:30pm	Frances King	AFRICAN AMERICAN HISTORY	(GD) 839 7217 1776
Dawn West	2:00-2:50pm	Hertencer Sheppard	FAN TAI CHI	(DW) 861 1752 8339	
Gabriel Murphy	3:00-3:50pm	Ellen Mintzmyer	SILVER SNEAKERS (CLASS STARTS 9/15)	(GM) 886 5487 1718	

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Cynthia Donnell	THURSDAYS	8:00-8:50am	Gabrielle Carty	(CHAIR AEROBICS)	(CD) 854 3340 7497
Mary Kinney		9:00-10:50am	Tracie Hawkins	FREE YOUR MIND	(KS) 867 6569 3173
Gloria Daniel		9:00-9:50am	Gloria Daniel	WHAT'S THE TEA AT LWSC	(GD) 845 7360 1990
Antilik Black		10:00-10:50am	Antilik Black	HAIR CARE 101	(AB) 865 3019 0040
T'Mara K. Rozier		10:00-10:50am	Renee Burwell-Billie	CHAIR FITNESS WITH RENEE (CLASS STARTS 9/16)	(TR) 861 9253 1420
Tyrone Bailey		10:00-10:50 AM	Karen Drake	DYNAMIC ABS	(TB) 836 3713 4768
Gabriel Murphy		11:00-11:50am	Karen Drake	STRENGTH TRAINING	(GM) 889 3953 7084
Tyrone Bailey		11:00-11:50am	RoseMerry Brock	LINE DANCING	(TB) 832 3776 3121
Cynthia Donnell		11:00-1:00pm	Victor Thomas	INT/ADV SECRETS OF YOUR CELL PHONE CAM	(CD) 891 4720 1227
Debra Banks		11:00-11:50am	Lorraine Caribbean	ISOMETRIC STRETCH (ARTHRITIS FOUNDATION)	(DB) 871 5577 7230
Bridgette Thompson		12:00-12:50pm	Joycelyn Saunders Fields	BELOW THE WAIST	(BT) 830 1768 6018
James Simon		1:00-1:50pm	Orrin Hudson	GET IN THE GAME (CHESS)	(JS) 891 4202 0042
Tyrone Bailey		1:00-1:50pm	Karen Drake	BEGINNING YOGA	(TB) 872 8921 9936
Jackie Carter		1:30-2:50pm	Tracie Hawkins	SIMPLY SEWING	(JH) 882 9316 9649
Tyrone Bailey		2:00-2:50pm	Hertencer Sheppard	TAI CHI FOR ARTHRITIS	(TB) 864 8504 2579
Cynthia Donnell		2:30-3:50pm	Victor Thomas	DIGITAL TECHNOLOGY MANAGEMENT - PT. 1	(CD) 816 1110 6340

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Mary McCray	FRIDAYS	10:00-10:50am	Odillia Moore	SPANISH	(JH) 853 3964 3216
Reyzury Jackson-Rogers		10:00-10:50am	Warren St. James	TAI CHI	(RJR) 894 9150 5593
Gloria Daniel		10:00-11:20am	Tracie Hawkins	SEWING EMBELLISHMENTS	(GD) 881 6147 0939
Gertha Lowe-Ward		10:30-11:20am	Jan Martin	LINE DANCE PARTY	(GLW) 899 1892 6174
T'Mara K. Rozier		11:00-11:50am	Karin Zarin	AGELESS GRACE	(TR) 876 3301 2259
Dawn West		11:00-12:30pm	Agnes Harper	BRIDGE	(DW) 897 4710 0887
Gabriel Murphy		12:00 - 12:50 pm	Monciella Elder	PLAY & SING FOR GUITAR	(GM) 886 7125 7345
Gabriel Murphy		1:00-2:50pm	Larry Davis	THE ART OF MEDITATION	(GM) 822 8747 1309
Tyrone Bailey		1:00-1:50pm	Joycelyn Saunders Fields	COMBO WORKOUT	(TB) 864 9924 9464
Reyzury Jackson-Rogers		1:00-1:50pm	Jan Martin	REAL TALK	(RJR) 848 8416 6272
Dawn West		2:00-2:50pm	Ellen Mintzmyer	SILVER SNEAKERS (CLASS STARTS 9/17)	(DW) 884 7204 4705