Welcome to SNAP’s Online Community Program

Here is the schedule for the week of **Monday, April 20th – Friday, April 24th**, along with a few things you need to know:

- An email containing the new schedule will be sent weekly. Look for it before Monday morning so you know what’s coming up.
- Please keep your name true to who you are. We want to get to know you as we see who attends our classes.
- Each class has its own meeting ID number (ex: you cannot use the ID # for the women’s discussion group to join the reminiscence class).
- That meeting ID number will remain the same for the next few weeks. We will notify you of any changes.
- Every class requires a password to enter.
- The password for Exercise with Tommy is: **SNAP8045**
- The password for all other classes is: **SNAP**
- All classes have enabled a waiting room for security purposes. Please wait patiently for the host to admit you.
- Reminders will **no** longer go out the night before class.
- A special “Movie Night” email will go out before Friday so you can see what will be playing.
- At any time, for any class, you may visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.
- The schedule below includes a “quick link” and the meeting ID# for every class.
**MONDAY SCHEDULE**

**Mindfulness Workshop**  
*(Only in Spanish)*  
*Every Monday at 10:00 AM*

3 Ways to Join Workshop:

1. Visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.  
   **Meeting ID:** 388 562 613  
   **Password:** SNAP

2. Link to join workshop in one click:  
   [https://zoom.us/j/388562613?pwd=dU1PeXRORlBH2xNbe5HRHIdXpTz09](https://zoom.us/j/388562613?pwd=dU1PeXRORlBH2xNbe5HRHIdXpTz09)

3. If unable to join by video, then call in to participate:  
   (646) 876-9923 (US - New York)  
   **Meeting ID:** 388 562 613

---

**Women’s Discussion Group w/Mindy**  
*Every Monday at 11:00 AM*

3 Ways to Join Workshop:

1. Visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.  
   **Meeting ID:** 544 510 034  
   **Password:** SNAP

2. Link to join workshop in one click:  
   [https://us02web.zoom.us/j/544510034?pwd=eGFzOE00cXF0eXIqazRzSGQwOHcwUT09](https://us02web.zoom.us/j/544510034?pwd=eGFzOE00cXF0eXIqazRzSGQwOHcwUT09)

3. If unable to join by video, then call in to participate:  
   (929) 205-6099 (US - New York)  
   **Meeting ID:** 544 510 034  
   **Password:** 426577
Tai Chi for Arthritis w/Cathy
Every Monday at 1:00 PM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 969 7594 6495
   Password: SNAP

2. Link to join workshop in one click:
   https://zoom.us/j/96975946495?pwd=NlJPZXh6Y1c1UTdYZz09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US -New York)
   Meeting ID: 969 7594 6495
   Password: 712764
TUESDAY SCHEDULE

Music w/Stan
(Lost in the 50’s)
Every Tuesday at 10:00 AM

3 Ways to Join Workshop:
1. Visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.
   Meeting ID: 517 027 166
   Password: SNAP

2. Link to join workshop in one click:
   [https://us02web.zoom.us/j/517027166?pwd=MXkyYSTWV2hyaEYweFZBTWtzWWErzd09](https://us02web.zoom.us/j/517027166?pwd=MXkyYSTWV2hyaEYweFZBTWtzWWErzd09)

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US -New York)
   Meeting ID: 517 027 166
   Password: 415259

Reminiscence Group w/Mindy
Every Tuesday at 11:00 AM

3 Ways to Join Workshop:
1. Visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.
   Meeting ID: 258 470 587
   Password: SNAP

2. Link to join workshop in one click:
   [https://us02web.zoom.us/j/258470587?pwd=SVA3dzVPaG91TS92YjUU2dTYTJxdz09](https://us02web.zoom.us/j/258470587?pwd=SVA3dzVPaG91TS92YjUU2dTYTJxdz09)

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US -New York)
   Meeting ID: 258 470 587
   Password: 879044
Exercise with Tommy
Every Tuesday at 1:00 PM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   
   Meeting ID: 778 728 333
   Password: SNAP8045

2. Link to join workshop in one click:
   https://zoom.us/j/778728333?pwd=MXp2OWp3RlduQjB2bGZNRFdYM1U3UT09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US -New York)
   Meeting ID: 778 728 333
   Password: 414173

---

Cardio Dance w/Doreen
Every Tuesday at 2:00 PM
(30 Minute Class)

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   
   Meeting ID: 967 1349 0389
   Password: SNAP

2. Link to join workshop in one click:
   https://zoom.us/j/96713490389?pwd=RmVVTkQ0VkJ8c3NJYWl4ZDldJnJZz09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US -New York)
   Meeting ID: 967 1349 0389
   Password: 900501
WEDNESDAY SCHEDULE

ZUMBA w/Suzanne
Every Wednesday at 10:00 AM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 412 044 669
   Password: SNAP

2. Link to join workshop in one click:
   https://us02web.zoom.us/j/412044669?pwd=T0NkaVdRdzgzU2ImVnJTbDVQNmRjZz09

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US -New York)
   Meeting ID: 412 044 669
   Password: 378012

Chair Yoga w/Irene
Every Wednesday at 11:00 AM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 809 327 718
   Password: SNAP

2. Link to join workshop in one click:
   https://zoom.us/j/809327718?pwd=MUM2UEFpdnV3M0VuZlBRMGITWjiYdz09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US -New York)
   Meeting ID: 809 327 718
   Password: 487117
Wellness w/Mindy

Every Other Wednesday at 1:00 PM
(4/22, 5/6, 5/20, 6/3, 6/17, 7/1)

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 143 874 830
   Password: SNAP

2. Link to join workshop in one click:
   https://us02web.zoom.us/j/143874830?pwd=bmgxZmMybkt5b3haUW80KytUQTLQQT09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US - New York)
   Meeting ID: 143 874 830
   Password: 109363


SNAP Open Chat

Every Wednesday at 7:00 PM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 876 9261 2422
   Password: SNAP

2. Link to join workshop in one click:
   https://us02web.zoom.us/j/87692612422?pwd=WEN3QjB4TmZKMIrlpPSGpUZIVdz09

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US - New York)
   Meeting ID: 876 9261 2422
   Password: 448070
THURSDAY SCHEDULE

Men’s Discussion Group
Every Thursday at 10:00 AM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 431 689 371
   Password: SNAP

2. Link to join workshop in one click:
   https://us02web.zoom.us/j/431689371?pwd=MUJ3bHRaTU4yZ2NveE9zUnEzVkVDZz09

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US -New York)
   Meeting ID: 431 689 371
   Password: 482020

Fall Prevention
Every Thursday at 11:00 AM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 781 533 957
   Password: SNAP

2. Link to join workshop in one click:
   https://us02web.zoom.us/j/781533957?pwd=RWI0ZS9QS21CMlg5M253dml2VFVWUT09

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US -New York)
   Meeting ID: 781 533 957
   Password: 961969
Sing-Along w/Stephanie
Every Thursday at 1:00 PM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 924 2142 7153
   Password: SNAP

2. Link to join workshop in one click:
   https://zoom.us/j/92421427153?pwd=UTdtRVINcHJNa0RLdIIyCEFLTjFxZz09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US -New York)
   Meeting ID: 924 2142 7153
   Password: 296182

Body Conditioning w/Doreen
Every Thursday at 2:00 PM
(30 Minute Class)

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 970 1718 8142
   Password: SNAP

2. Link to join workshop in one click:
   https://zoom.us/j/97017188142?pwd=djZtaXNZbXV4b3d4WDIlkditFWjFndz09

3. If unable to join by video, then call in to participate:
   (646’0 876-9923 (US -New York)
   Meeting ID: 970 1718 8142
   Password: 536114
FRIDAY SCHEDULE

Exercise with Tommy
Every Friday at 10:00 AM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 344 914 119
   Password: SNAP8045

2. Link to join workshop in one click:
   https://zoom.us/j/344914119?pwd=RHBpNGxCbDIWSDgoc8yNIRMoFCDz09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US - New York)
   Meeting ID: 344 914 119
   Password: 970569

Chair Yoga w/Doreen
Every Friday at 11:00 AM

3 Ways to Join Workshop:
1. Visit: https://zoom.us/join and enter the meeting ID# in the box.
   Meeting ID: 328 902 876
   Password: SNAP

2. Link to join workshop in one click:
   https://zoom.us/j/328902876?pwd=WUpwYkloZEdMbzNjNVUxV0dhSk9LQT09

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US - New York)
   Meeting ID: 328 902 876
   Password: 484251
**Current Events**

*Every Friday at 1:00 PM*

3 Ways to Join Workshop:
1. Visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.
   
   **Meeting ID:** 365 113 993
   
   **Password:** SNAP

2. Link to join workshop in one click:
   [https://us02web.zoom.us/j/365113993?pwd=T0NwL3pFZFRaUE85aGN2a0w2TytVUT09](https://us02web.zoom.us/j/365113993?pwd=T0NwL3pFZFRaUE85aGN2a0w2TytVUT09)

3. If unable to join by video, then call in to participate:
   (929) 205-6099 (US - New York)
   
   **Meeting ID:** 365 113 993
   
   **Password:** 378243

---

**Movie Night**

*Every Friday at 7:00 PM*

3 Ways to Join Workshop:
1. Visit: [https://zoom.us/join](https://zoom.us/join) and enter the meeting ID# in the box.
   
   **Meeting ID:** 938 2292 5298
   
   **Password:** SNAP

2. Link to join workshop in one click:
   [https://zoom.us/j/93822925298?pwd=MkdhME55c2NaZ1FENnZwWVJEKy9LZz09](https://zoom.us/j/93822925298?pwd=MkdhME55c2NaZ1FENnZwWVJEKy9LZz09)

3. If unable to join by video, then call in to participate:
   (646) 876-9923 (US - New York)
   
   **Meeting ID:** 938 2292 5298
   
   **Password:** 426957