

## TABLE TALKERS

Join in the fun of an upbeat discussion LIVE at the Beachwood Community Center or virtually in the comfort of your own home. Topics like: What book would you recommend to your friends? If you could only eat one thing for the rest of your life what would it be? and some things in between.

**Date:** Friday July 10\*  
Friday July 24  
Friday August 14  
Friday August 28

**Time:** 10:00 - 11:00 AM

**Place:** Beachwood Community Center  
(LIVE in-person)

**Cost:** FREE

Registration Deadline is Wednesday prior to desired date.

Call Community Services – 216.595.3733.

\* July 10 will be an in-person class only.



## WHAT IS WEBEX- VIRTUAL PROGRAMS?

We will be providing virtual Webex programming like exercise, book discussion, art walk or creative writing using Webex. Before we begin, we are offering “how to” classes. This on-site program teaches how to use Webex, a virtual program allowing you to meet with people or take virtual classes without leaving the comfort of your own home.

**Date:** Tuesday July 14  
Thursday July 16  
Monday July 20  
Wednesday July 22

**Time:** 11:30 AM - 12:30 PM

**Place:** Beachwood Community Center  
(LIVE in-person)

**Cost:** FREE

Class held at the Beachwood Community Center and will be limited to 3 people per class. Please bring your laptop, iPad or smartphone for hands-on training.

Registration Deadline is two days prior to desired date.

Call Community Services – 216.595.3733.



## SOUP CAN STRETCHING

Can't get to the gym? Don't have weights? Join Lindsey Zalack from Menorah Park for a presentation on an at home exercise with canned food found in your pantry and towels from your linen closet. Bring 2 cans of food and a hand towel and try the exercises!

Classes offered LIVE with Lindsey at the Community Center or virtually via Webex (similar to Zoom) on your computer or smartphone.

**Date:** Friday, July 17

**Time:** 1:00 - 2:00 PM

**Place:** Beachwood Community Center  
(LIVE in-person OR Virtual)

**Cost:** FREE

Registration is required to participate regardless of how you take the class (LIVE OR Virtually). Participants will be provided with (virtual) link upon registration.

Registration Deadline: July 14.

Call Community Services – 216.595.3733.



## BOOK CLUB - “THE DUTCH HOUSE”

Join Margaret Reardon live in the Community Center or in the comfort of your own home via Webex for a book discussion of:

“The Dutch House” by Ann Patchett

At the end of the WWII, Cyril Conroy combines luck and a single canny investment to begin an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves.

**Date:** Tuesday, July 21

**Time:** 11:30 AM - 12:30 PM

**Place:** Beachwood Community Center  
(LIVE in-person OR Virtual)

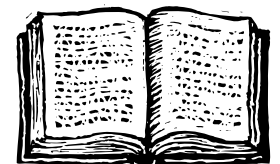
**Cost:** FREE

Registration is required, space is limited.

Participants will be provided with (virtual) link upon registration of program.

Registration Deadline: July 16.

Call Community Services – 216.595.3733.



## HEALTH & WELLNESS "FIT-START" BY PRIMEFITT

Have you been sitting around too long? Want to get yourself feeling better? Tim Carney, ACE Certified Personal Trainer will take you through the paces of a FUNCTIONALLY based invigorating exercise routine from head to toe in a structured progressive manner.

Class will be LIVE at the Community Center or virtually via Webex (similar to Zoom) on your computer or smartphone.

**Date:** Tuesdays, August 4 - 25  
(4 classes)

**Time:** 11:30 AM - 12:30 PM

**Place:** Beachwood Community Center  
(LIVE in-person OR Virtual)

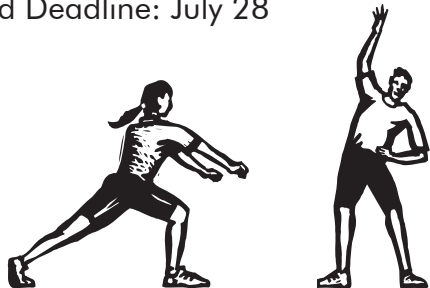
**Cost:** \$20 (Space is limited)

\$20 Registration and payment is required regardless of how you take the class (LIVE or Virtually). Participants will be provided with (virtual) link upon registration of program.

Registration Deadline: July 31

Call Community Services – 216.595.3733.

Refund Deadline: July 28



## LET'S WRITE ABOUT IT!

Frances Kluter, devotee of creative writing, will guide you through an opportunity to express yourself via the written word. Class will be conducted via a conference call, just call-in from the comfort of your cozy chair to be a part of this audio experience.

**Date:** Friday, August 7 & 21

**Time:** 10:30 - 11:30 AM

**Place:** Phone-in conference style

**Cost:** \$10

Registration is required.

Registration Deadline is August 4 –The "call in" phone number will be shared upon registration and payment.

Refund Deadline date: August 3



## BOOK CLUB "THE NIGHT WATCHMAN"

Join Margaret Reardon live in the Community Center or in the comfort of your home via Webex for a discussion of:

*"The Night Watchman"* by Louise Erdrich

National Book Award-winning author, Louise Erdrich's grandfather worked as a night watchman and carried the fight against native dispossession from rural North Dakota all the way to Washington, D.C. This powerful novel explores themes of love and death with lightness and gravity, sly humor and depth of feeling of a master craftsman.

**Date:** Tuesday, August 18

**Time:** 11:30 AM - 12:30 PM

**Place:** Beachwood Community Center  
(LIVE in-person OR Virtual)

**Cost:** FREE



Registration is required, space is limited.

Participants will be provided with (virtual) link upon registration.

Registration Deadline: August 13.

Call Community Services – 216.595.3733.



# the upper classmen

MINI BROCHURE OF EVENTS FOR ADULTS

JULY/AUGUST 2020



Join us in-person or virtually  
(by phone or computer)

Questions? Call 216.595.3733

### ALL PARTICIPANTS TO:

- Wear a face mask upon entering and exiting the building
- Have temperature taken
- Sign-in
- Face masks can be removed during class as long as social distance requirements are met

CITY OF  
*Beachwood*  
WWW.BEACHWOODOHIO.COM