

UACS Nights Fall Schedule: Oct. 10, 2020 – Dec. 22, 2020

UACS Nights is going Fall! UACS Nights provides fun evening activities for families. “Like” us on Facebook: UACSNights_NetterCenter. Register on Eventbrite: <https://www.eventbrite.com/e/uacs-nights-goes-fall-tickets-124333598139>

MONDAYS:

- **Mondays:** *Money-Making Mondays with Bridges to Wealth*
5 PM-6 PM

B2W is an innovative financial empowerment program focused on students, parents, and local community partners.” B2W’s goal is to increase the wealth-generating capabilities of families” and “to close the wealth gap.”

Meeting ID: 975 0995 2337

Password: Provided after Registration

Link: <https://zoom.us/j/97509952337?pwd=ZmFRbWFiNkp4ZEFYazRjN29OZVhwUT09>

- **Mondays:** *Quarantine Extreme: At Home Workouts with Wayne Shareef*
6 PM-8 PM

Turn your home into a gym! Join us for a full body work out, which includes cardio boxing and strength training. Equipment needed: yoga/training mat, comfortable exercise clothes and hydration. Please note that there are two sessions (6 PM, 7 PM).

Meeting ID: 912 9557 9169

Link: <https://upenn.zoom.us/j/91295579169>

TUESDAYS:

- **Tuesdays:** *Line Dancing with In The Dance LLC*
6 PM-8 PM

Learn choreographed line dancing such as the electric slide, the cupid shuffle, the wobble etc. to R&B and hip-hop music! Please note that there are two sessions (6 PM, 7 PM).

Meeting ID: 927 2878 0978

Link: <https://upenn.zoom.us/j/92728780978>

- **Tuesdays:** *Painting at Home with Latonia Brown*
6 PM- 8 PM

Through the medium of art, watch Instructor Latonia create masterpieces from her home. Feel free to join her by creating your own work of art!

Meeting ID: 997 1292 7466

Link: <https://upenn.zoom.us/j/99712927466>

THURSDAYS:

- **Thursdays:** *Cooking with Families with Chef Karima Roepel*
6 PM-8PM

Running out of meal ideas? Learn creative and quick meals that you can make using items that are likely found in your kitchen. We also provide resource lists for free/ low-cost food pantries.

Meeting ID: 923 1691 3058

Link: <https://upenn.zoom.us/j/92316913058>

- **Thursdays:** *Sassy Dance Fitness with Cheryl Chambers*
6 PM-8 PM

This dance class features the latest music in Hip Hop, Reggae, Soca, and Latin/Reggaeton. This is an all levels class. We ask that you bring water, high energy, and good vibes!!! Please note that there are two sessions (6 PM, 7 PM).

Meeting ID: 952 4362 5629

Link: <https://upenn.zoom.us/j/95243625629>

SATURDAYS:

- **Saturdays:** *Nature Hikes with Trap-n-Trail*
11 AM-1 PM

“Trap-n-Trail serves as a way to increase physical activity while still maintaining social distance.”