

## SENIOR VIRTUAL ACTIVITIES

**Instructions:** Click on the activity to launch the video and participate virtually.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>10:00am:</b> <a href="#">Kaiser: Senior Stretch</a>  <b>11:00am:</b> <a href="#">Author Amanda Barratt: The Warsaw Sisters</a>  <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a>  <b>2:00pm:</b> <a href="#">Inflammation &amp; Nutrition</a>	2 <b>10:00am:</b> <a href="#">Seated Tai Chi</a>  <b>11:00am:</b> <a href="#">Life, Love, and the Blues</a>  <b>1:00pm:</b> <a href="#">Forever Strong</a>  <b>2:00pm:</b> <a href="#">Gardening for Pollinators in Spring</a>	3 <b>10:00am:</b> <a href="#">Stretch for Energy</a>  <b>11:00am:</b> <a href="#">Arthritis: Motion is Lotion</a>  <b>1:00pm:</b> <a href="#">Fitness Trivia</a>  <b>2:00pm:</b> <a href="#">Marcus Strickland Twi-Life live at Blue Note Jazz Club</a>	4 <b>10:00am:</b> <a href="#">Pilates for Seniors</a>  <b>11:00am:</b> <a href="#">The Fly Girls Revolt</a>  <b>1:00pm:</b> <a href="#">HASfit chair exercise</a>  <b>2:00pm:</b> <a href="#">Preventing Diabetes Complications</a>	5 <b>10:00am:</b> <a href="#">Tai Chi for Balance</a>  <b>11:00am:</b> <a href="#">Tour Roots101 African American Museum</a>  <b>1:00pm:</b> <a href="#">Feeling Fit Club</a>  <b>2:00pm:</b> <a href="#">Meet the Author: Paige Watts</a>
8 <b>10:00am:</b> <a href="#">Simply Fit</a>  <b>11:00am:</b> <a href="#">Mind. Body. Spirit. Cancer.</a>  <b>1:00pm:</b> <a href="#">Silver Sneakers stretch</a>  <b>2:00pm:</b> <a href="#">Healthy Eating Made Easy for Arthritis</a>	9 <b>10:00am:</b> <a href="#">Chair yoga</a>  <b>11:00am:</b> <a href="#">Diabetes and Your Heart</a>  <b>1:00pm:</b> <a href="#">Silver Sneakers - Walk at Home</a>  <b>2:00pm:</b> <a href="#">Pick, Cook, Keep</a>	10 <b>10:00am:</b> <a href="#">Pilates for Arthritis</a>  <b>11:00am:</b> <a href="#">Benefits of a Mediterranean Diet</a>  <b>1:00pm:</b> <a href="#">Chair Exercise</a>  <b>2:00pm:</b> <a href="#">Interview: Dottie Peoples</a>	11 <b>10:00am:</b> <a href="#">Prediabetes...Turn It Around!</a>  <b>11:00am:</b> <a href="#">Flexibility with Diane</a>  <b>1:00pm:</b> <a href="#">Disrupt Aging</a>  <b>2:00pm:</b> <a href="#">Exercise in Motion</a>	12 <b>10:00am:</b> <a href="#">Stretch for Energy</a>  <b>11:00am:</b> <a href="#">Spring Soup with Salsa Verde</a>  <b>1:00pm:</b> <a href="#">Feeling Fit Club</a>  <b>2:00pm:</b> <a href="#">Brass band concert</a>
15 <b>10:00am:</b> <a href="#">Chair yoga</a>  <b>11:00am:</b> <a href="#">Picturing America</a>  <b>1:00pm:</b> <a href="#">Creative Movement with Diane</a>  <b>2:00pm:</b> <a href="#">Reframing Arthritis to Build Better Habits</a>	16 <b>10:00am:</b> <a href="#">Seated Tai Chi</a>  <b>11:00am:</b> <a href="#">Herbal Medicine Making</a>  <b>1:00pm:</b> <a href="#">Forever Strong</a>  <b>2:00pm:</b> <a href="#">Grocery Shopping Tips</a>	17 <b>10:00am:</b> <a href="#">Chair yoga with Diane</a>  <b>11:00am:</b> <a href="#">Journey into Mindfulness</a>  <b>1:00pm:</b> <a href="#">Chair ZUMBA</a>  <b>2:00pm:</b> <a href="#">Smokey Robinson: Tiny Desk Concert</a>	18 <b>10:00am:</b> <a href="#">AARP – Strength &amp; balance</a>  <b>11:00am:</b>  <b>1:00pm:</b> <a href="#">Silver Sneakers: Dance</a>  <b>2:00pm:</b> <a href="#">Nate Smith + Kinfolk jazz concert</a>	19 <b>10:00am:</b> <a href="#">QiGong: Refresh and Recharge</a>  <b>11:00am:</b> <a href="#">Tell the Perfect Story</a>  <b>1:00pm:</b> <a href="#">Sit &amp; Fit</a>  <b>2:00pm:</b> <a href="#">Tips to Keep Your Brain Healthy</a>
22 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a>  <b>11:00am:</b> <a href="#">Windswept Landscape art social</a>  <b>1:00pm:</b> <a href="#">Exercise in Motion</a>	23 <b>10:00am:</b> <a href="#">Chair yoga</a>  <b>11:00am:</b>  <b>1:00pm:</b> <a href="#">Seated Disco Workout</a>  <b>2:00pm:</b> <a href="#">The T.I.G.E.R. Protocol for Autoimmune Diseases</a>	24 <b>10:00am:</b> <a href="#">Seated Tai Chi</a>  <b>11:00am:</b> <a href="#">How to Grow a Food Forest</a>  <b>1:00pm:</b> <a href="#">Simply Fit</a>  <b>2:00pm:</b> <a href="#">Removing Asthma Triggers in the Home</a>	25 <b>10:00am:</b> <a href="#">Flexibility with Diane</a>    <b>1:00pm:</b> <a href="#">HASFit chair exercise</a>	26 <b>10:00am:</b> <a href="#">Stretch for Energy</a>    <b>1:00pm:</b> <a href="#">Feeling Fit Club</a>
29 <b>10:00am:</b> <a href="#">Qi Gong</a>  <b>1:00pm:</b> <a href="#">Chair ZUMBA</a>  <b>2:00pm:</b> <a href="#">East-West Medicine: Body Treatments for Pain Management</a>	30 <b>10:00am:</b> <a href="#">Chair yoga</a>  <b>11:00am:</b> <a href="#">Ignite Your Vitality</a>  <b>1:00pm:</b> <a href="#">SEAT Fitness</a>  <b>2:00pm:</b> <a href="#">Vertical Farming and Hydroponics</a>			