

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am: Chair yoga 11:00am: Author Talk with Daniel Black 1:00pm: 4500 Steps! 2:00pm: Pollination Nation! The Great Southeast Pollinator Census	2 10:00am: Morning Stretch 11:00am: Anchored on Ossabaw 1:00pm: Seated Disco Workout 2:00pm: Bird Brain	3 10:00am: Silver Sneakers stretch 11:00am: Untamed 1:00pm: Sit and Fit 2:00pm: Improve Your Grocery Management Skills to Reduce Food Waste	4 10:00am: Mindful Movement 11:00am: Dinner & A Book: Life is Meals 1:00pm: Forever Strong 2:00pm: How Healthy is Your Refrigerator?	5 10:00am: QiGong: Refresh and Recharge 11:00am: All About Camellias! 1:00pm: Silver Sneakers: Cardio 2:00pm: 90 Years of Social Security
8 10:00am: Ballet Fitness 11:00am: Avoiding Tech Support Scams 1:00pm: Balance Matters 2:00pm: Introduction to Intuitive Eating	9 10:00am: Balance Exercises 11:00am: How Does Anxiety Affect Sleep? 1:00pm: SEAT Fitness 2:00pm: Author Talk with LaDarrion Williams	10 10:00am: Tai Chi for Arthritis 11:00am: Building a Healthy Charcuterie Board 1:00pm: Sit and Fit 2:00pm: Outsmarting Scammers	11 10:00am: Flexibility with Diane 11:00am: Beaver Believers 1:00pm: Chair Exercise 2:00pm: Tech Support Scams	12 10:00am: Exercises for Chronic Pain 11:00am: Mountain Grown 1:00pm: 4500 Steps! 2:00pm: Maximizing Your Social Security
15 10:00am: Stretch for Energy 11:00am: Flavors Without Borders 1:00pm: Feeling Fit Club 2:00pm: Tips for Safety When Living Alone	16 10:00am: Tai Chi for Balance 11:00am: How Can I Help? Saving Nature with Your Yard 1:00pm: Simply Fit 2:00pm: What’s Trending in the Dairy Aisle?	17 10:00am: Chair yoga 11:00am: Author Talk with Omar Tyree 1:00pm: Exercise in Motion 2:00pm: Art Journaling: Notan Cutouts	18 10:00am: Pilates for Seniors 11:00am: Fraud and Cognitive Decline 1:00pm: Creative Movement with Diane 2:00pm: Alaskan Dinosaurs	19 10:00am: Ready, Steady, Balance! 11:00am: Backyard Berries 1:00pm: Silver Sneakers: Dance 2:00pm: What to Know about UTIs as We Age
22 10:00am: Tai Chi 11:00am: The Art of Nature 1:00pm: Sit and Fit 2:00pm: Dynamic Grandparenting: Connections of the Heart	23 10:00am: Senior Strength with Kaiser 11:00am: Move More, Age Stronger 1:00pm: Walking Workout 2:00pm: Preventing Identity Theft	24 10:00am: Seated Qigong 11:00am: Social Security Scams 1:00pm: Silver Sneakers: Dance 2:00pm: Snow and Flow	25 10:00am: Pilates for Arthritis 11:00am: Movement with Arthritis 1:00pm: HASFit 2:00pm: Art Journaling: DIY Stickers	26 10:00am: Exercises for Chronic Pain 11:00am: Rest and Renewal 1:00pm: Dance 4 Life 2:00pm: Small Space and Straw Bale Gardening
29 10:00am: Chair yoga 11:00am: Fraud Watch: Text and Email Links 1:00pm: 4500 Steps! 2:00pm: Author Talk with Katherine Scott Crawford	30 10:00am: Seated Tai Chi 11:00am: Cooking for Two with Ozzie Smith 1:00pm: Chair ZUMBA 2:00pm: Disaster Preparedness: After a Storm	27	28	29