

## SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Living Soil</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">H-E-B virtual cooking class: Mother's Day Breakfast</a>	3 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Biography: Ringling Brothers</a> 1:00pm: <a href="#">African Dishes with Afro91</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>	4 10:00am: <a href="#">Aging &amp; the Workplace</a> 11:00am: <a href="#">Summer Tomatoes demo</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Tai Chi Health</a>	5 10:00am: <a href="#">Stress reduction practice</a> 11:00am: Senior Matters 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Yoga for arthritis</a>	6 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Yosemite</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">The Clutter Fairy Weekly</a>
9 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">The Enchanted Cottage</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Aging Matters: Companionship &amp; Intimacy</a>	10 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Becoming an Eggs-pert</a> 1:00pm: <a href="#">Aging Matters: Dental Health</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>	11 10:00am: <a href="#">25 Recycling Hacks</a> 11:00am: <a href="#">Foothills Piano Festival</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Tai Chi Health</a>	12 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: Senior Matters 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Yoga for arthritis</a>	13 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Forest of the Golden Monkey</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">Spring Into Decluttering</a>
16 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Food Safety with Jessi</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">H-E-B virtual cooking class: Bacon Lovers</a>	17 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Nutrition with Jessi</a> 1:00pm: <a href="#">Mexican Dishes with Muchas Gracias</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>	18 10:00am: <a href="#">The New Old Age</a> 11:00am: <a href="#">H-E-B Cooking class: vegan recipes</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Tai Chi Health</a>	19 10:00am: <a href="#">Stress reduction practice</a> 11:00am: Senior Matters 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Yoga for Arthritis</a>	20 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Economics of Aging</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">Rethink Your Paper Filing</a>
23 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Biography: Vincent Van Gogh</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Vegan Baking with Sticky Fingers</a>	24 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Nutrition with Jessi</a> 1:00pm: <a href="#">Booktube: Barack Obama</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>	25 10:00am: <a href="#">The March of Freedom</a> 11:00am: <a href="#">Snacks with SAM</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Tai Chi Health</a>	26 10:00am: <a href="#">Stress reduction practice</a> 11:00am: Senior Matters 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Yoga for Arthritis</a>	27 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Jackson State band concert</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">Decluttering on a Budget</a>
30 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Biography: Sitting Bull of Lakota</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">H-E-B Cooking Class: Springtime Seafood</a>	31 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Preventing Osteoporosis</a> 1:00pm: <a href="#">D.C. in Bloom</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>			