

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00am: Stretch for Energy 11:00am: Medication Safety 1:00pm: Silver Sneakers: Dance 2:00pm: Spring Flowers in Watercolor	10:00am: Seated Tai Chi 11:00am: JSU Band Concert 1:00pm: Silver Sneakers: Cardio 2:00pm: Shade Gardens for Pollinators	10:00am: Disaster Preparedness 11:00am: Silver Sneakers - Tension Tamer 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Easter dinner party	10:00am: Chair Yoga 11:00am: Garden Delights - Broccoli 1:00pm: Silver Sneakers - Walk at Home 2:00pm: iRest Yoga Nidra	10:00am: Seated Tai Chi 11:00am: Coastal Cuisine 1:00pm: Dance for Life 2:00pm: Ancient Builders of the Amazon
10	11	12	13	14
10:00am: Senior Strength with Kaiser 11:00am: NMC Jazz Band virtual concert 1:00pm: Chair ZUMBA 2:00pm: Disaster Preparedness with Disabilities	10:00am: Chair Yoga 11:00am: New Eye on the Universe 1:00pm: Forever Strong 2:00pm: The Teaching Kitchen: Indian Cuisine	10:00am: Pilates for Arthritis 11:00am: The Pullman Mansion 1:00pm: Silver Sneakers - Tabata 2:00pm: Plant-based Diets and Diabetes	10:00am: Silver Sneakers - Tension Tamer 11:00am: Disaster Preparedness 1:00pm: Exercise in Motion 2:00pm: The Meat	10:00am: Stretch for Energy 11:00am: Soul in Jazz 1:00pm: Silver Sneakers: Cardio 2:00pm: Interview with Charlayne Hunter-Gault
17	18	19	20	21
10:00am: Stretch for Energy 11:00am: Buttermilk Magic 1:00pm: Silver Sneakers: Dance 2:00pm: AARP: How to Stay Physically Active as You Age	10:00am: Seated Tai Chi 11:00am: Lost Worlds of the Mediterranean 1:00pm: Silver Sneakers: Cardio 2:00pm: Technology for Medication Management	10:00am: Chair Yoga 11:00am: The History of Tea 1:00pm: Silver Sneakers stretch 2:00pm: Teaching Kitchen: Seafood Supper for Heart Health	10:00am: Kaiser: senior stretch 11:00am: A River Out of Time 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Native Plants for Pollinators	10:00am: QiGong: Refresh and Recharge 11:00am: Black Men and Mental Health 1:00pm: Dance for Life 2:00pm: Diabetes Association cooking class – shrimp creole
24	25	26	27	28
10:00am: Senior Strength with Kaiser 11:00am: Nutrition Basics 1:00pm: Exercise in Motion 2:00pm: Open Dialogues: Black Voices, Black Stories	10:00am: Chair Yoga 11:00am: Sweet Georgia Honey 1:00pm: Silver Sneakers Walk at Home 2:00pm: AARP: Building Meaningful Social Connections	10:00am: Seated Tai Chi 11:00am: Apples of My Eye 1:00pm: Silver Sneakers: Cardio 2:00pm: Mindfulness Meditation	10:00am: Pilates for Arthritis 11:00am: The Florida Keys 1:00pm: Chair ZUMBA 2:00pm: H-E-B cooking class: Spring tea party brunch	10:00am: Stretch for Energy 11:00am: History of Botanical Art 1:00pm: Forever Strong 2:00pm: Meditation for Love and Kindness