

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: Mother of Lions 1:00pm: Chair ZUMBA 2:00pm: Long Term Care – Know Your Options	2 10:00am: Chair ZUMBA 11:00am: Plant ImPRESSions demo 1:00pm: Rooting for the Romans 2:00pm: Silver Sneakers stretch	3 10:00am: Pilates 11:00am: Healthy Breakfasts 1:00pm: Silver Sneakers Dance Workout 2:00pm: Aging with Pride	4 10:00am: Guided Meditation 11:00am: Mountains 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	5 10:00am: Senior Strength with Kaiser 11:00am: Breath 1:00pm: Yoga for seniors 2:00pm: Boosters, Vaccines & Your Health
8 10:00am: Chair Yoga 11:00am: Cooking with lemon and tamarind 1:00pm: Chair ZUMBA 2:00pm: Our Planet: From Desert to Grasslands	9 10:00am: Chair ZUMBA 11:00am: The Art of Life 1:00pm: Buzz Aldrin 2:00pm: Silver Sneakers Walk at Home	10 10:00am: Tai Chi 11:00am: AARP: Stress Management 1:00pm: How to Sketch & Draw Trees 2:00pm: Norway: Land of Fjords, Islands and Vikings	11 10:00am: Yoga for arthritis 11:00am: Save the Titanic 1:00pm: Silver Sneakers Tension Tamer 2:00pm: Diabetes 101	12 10:00am: Senior Strength with Kaiser 11:00am: Mexico by IMAX 1:00pm: Silver Sneakers Chair Yoga 2:00pm: Healthy Dinners
15 10:00am: Chair Yoga 11:00am: Keeping Your Heart Healthy 1:00pm: Chair ZUMBA 2:00pm: Six Minutes Under the Ocean's Surface	16 10:00am: Chair ZUMBA 11:00am: AARP: Healthy Sleep 1:00pm: H-E-B virtual cooking class: Vegan Recipes 2:00pm: Silver Sneakers stretch	17 10:00am: Pilates 11:00am: AARP: Avoiding Isolation 1:00pm: Silver Sneakers Dance Workout 2:00pm: Amazing Ocean Moments	18 10:00am: Guided Meditation 11:00am: Senior Matters 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	19 10:00am: Senior Strength with Kaiser 11:00am: Hunting for Mammoth 1:00pm: Yoga for seniors 2:00pm: Relaxing Water Worlds
22 10:00am: Chair Yoga 11:00am: Welcome to Madagascar 1:00pm: Chair ZUMBA 2:00pm: Living with Alzheimer's and Dementia	23 10:00am: Chair ZUMBA 11:00am: Angkor Wat 1:00pm: Eco-Printing with Flowers 2:00pm: Kaiser: senior stretch	24 10:00am: Tai Chi 11:00am: Diabetes and Foot Care 1:00pm: Survival of the Weirdest 2:00pm: Silver Sneakers cardio	25 10:00am: Guided Meditation 11:00am: H-E-B virtual cooking class: grilling 1:00pm: Wild Chile 2:00pm: Yoga for Arthritis	26 10:00am: Senior Strength with Kaiser 11:00am: Jungles 1:00pm: Silver Sneakers Chair Yoga 2:00pm: A Man Among Orcas
29 10:00am: Chair Yoga 11:00am: Bob Ross: The Happy Painter 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Seafood Boil	30 10:00am: Silver Sneakers cardio 11:00am: Power of Plants 1:00pm: Red Sea Reefs 2:00pm: Silver Sneakers stretch	31 10:00am: Pilates 11:00am: Snacks with SAM 1:00pm: Silver Sneakers Tabata 2:00pm: Our Planet: Frozen Worlds		