

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am: AARP – strength & balance 11:00am: Swap Your Fats 1:00pm: Chair ZUMBA 2:00pm: Author Talk: The Many Lives of Mama Love	2 10:00am: QiGong: Refresh and Recharge 11:00am: Plastic Pollution 1:00pm: Silver Sneakers: Cardio 2:00pm: Sleep Hygiene
5 10:00am: Pilates for Arthritis 11:00am: Fragrant Gardening 1:00pm: Chair Exercise 2:00pm: Make Your Grains Whole – Label Reading	6 10:00am: Kaiser: Senior Stretch 11:00am: Cooking for Caregivers 1:00pm: Exercise in Motion 2:00pm: Movement That Supports Brain and Body	7 10:00am: Simply Fit 11:00am: Wonderful World of Herbs 1:00pm: Silver Sneakers stretch 2:00pm: Connecting the Dots Between Diabetes and Kidney Disease	8 10:00am: Flexibility with Diane 11:00am: Get in Touch with Your Foundation 1:00pm: Exercise in Motion 2:00pm: AARP: Traveling on a Budget	9 10:00am: Balance Exercises 11:00am: Author Talk: Bitter and Sweet 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Demystifying Dementia
12 10:00am: Exercises for Chronic Pain 11:00am: Totally Tomatoes 1:00pm: Chair ZUMBA 2:00pm: Mindful Meditation: Serenity Within	13 10:00am: Seated Tai Chi 11:00am: Hip Hop: Health, Wellness and Culture – Part 1 1:00pm: Forever Strong 2:00pm: Brain Health	14 10:00am: Morning Stretch 11:00am: Show Me the Money! 1:00pm: Silver Sneakers: Dance 2:00pm: Summer Picnic cooking class	15 10:00am: AARP – strength & balance 11:00am: Racial Hurt, Racial Healing 1:00pm: Chair ZUMBA 2:00pm: Hip Hop: Health, Wellness and Culture, Part 2	16 10:00am: Tai Chi for Balance 11:00am: Growing Microgreens 1:00pm: Forever Strong 2:00pm: Rethink Your Sweets
19 10:00am: Senior Strength with Kaiser 11:00am: Define Your Legacy 1:00pm: Dance 4 Life 2:00pm: Gluten Free Asian Weeknight Meals	20 10:00am: Chair yoga 11:00am: Managing Caregiver Stress 1:00pm: Seated Disco Workout 2:00pm: Fighting Arthritis Brain Fog and Fatigue	21 10:00am: Seated Qigong 11:00am: Staying Hydrated 1:00pm: Simply Fit 2:00pm: Hip Hop: Health, Wellness and Culture, Part 3	22 10:00am: Flexibility with Diane 11:00am: Growing and Growing 1:00pm: HASFit chair exercise 2:00pm: Physical Activity for Everyone	23 10:00am: Stretch for Energy 11:00am: Sounds of Safety: Smoke Alarms 1:00pm: Feeling Fit Club 2:00pm: Pantry Round-up
26 10:00am: Qi Gong 11:00am: Plant-Based Nutrition for Women’s Heart Health 1:00pm: Creative Movement with Diane 2:00pm: Sapelo Island	27 10:00am: Chair yoga 11:00am: Eat The Rainbow 1:00pm: Sit & Fit 2:00pm: Virtual Tour: American Jazz Museum	28 10:00am: Morning Stretch 11:00am: Blue Ridge Parkway, Part 1 1:00pm: SEAT Fitness 2:00pm: Ayurveda Cooking Demo	29 10:00am: Simply Fit 11:00am: Plants as Liberation 1:00pm: Forever Strong 2:00pm: Soul Music’s Gospel Origins	30 10:00am: Pilates for Seniors 11:00am: Blue Ridge Parkway, Part 2 1:00pm: Dance 4 Life 2:00pm: Plant-Based One Pot Meals