

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1			1
				10:00am: QiGong: Refresh and Recharge
				11:00am: Your Back and Arthritis
				1:00pm: Silver Sneakers: Cardio
				2:00pm: Accessibility Features in Android
4	5	6	7	8
10:00am: Ballet Fitness	10:00am: Balance Exercises	10:00am: Tai Chi for Arthritis	10:00am: Flexibility with Diane	10:00am: Exercises for Chronic Pain
11:00am: Introduction to Mindfulness	11:00am: Navigating Lung Cancer	11:00am: Keeping Tabs on Trees	11:00am: Unlock the Secrets of Memory	11:00am: AARP: Love, Money, and Fraud
1:00pm: Balance Matters	1:00pm: SEAT Fitness	1:00pm: Sit & Fit	1:00pm: Chair Exercise	1:00pm: 4500 Steps!
2:00pm: Author Talk with Karida L. Brown	2:00pm: Social Security for Widows and Widowers	2:00pm: What Science Says About Gut Health	2:00pm: Coffee and Cue	2:00pm: Outside Beyond the Lens: Scotland
11	12	13	14	15
10:00am: Stretch for Energy	10:00am: Tai Chi for Balance	10:00am: Ready, Steady, Balance!	10:00am: Pilates for Seniors	10:00am: Chair yoga
11:00am: High Potassium and Kidney Disease	11:00am: Forging a Feast	11:00am: Back Road Barns of Arkansas	11:00am: Seed Saving Made Easy!	11:00am: Author Talk with Joanna Choi Kalbus
1:00pm: Chair ZUMBA	1:00pm: Simply Fit	1:00pm: Exercise in Motion	1:00pm: Creative Movement with Diane	1:00pm: Silver Sneakers: Dance
2:00pm: Journey to Juneteenth	2:00pm: Fraud Talk Tuesday: Identity Theft	2:00pm: Diet’s Power to Promote GI Health	2:00pm: Where Food Meets Medicine	2:00pm: Accessibility Features in Apple
18	19	20	21	22
10:00am: Tai Chi	10:00am: Senior Strength with Kaiser	10:00am: Seated Qigong	10:00am: Pilates for Arthritis	10:00am: Exercises for Chronic Pain
11:00am: Social Security – Family Benefits	11:00am: Job Search Scams	11:00am: Brain Health with the Allen Institute	11:00am: Fall Vegetable Gardening	11:00am: Totally Terrific Tomatoes
1:00pm: Sit & Fit	1:00pm: Walking Workout	1:00pm: Silver Sneakers: Dance	1:00pm: HASFit	1:00pm: Dance 4 Life
2:00pm: Fab Four Foods: Easy and Nutritious Meals	2:00pm: Women’s Health and Arthritis	2:00pm: Author Talk with Kennedy Ryan	2:00pm: Outside Beyond the Lens: Desert Blooms	2:00pm: Unveiled: Daisy Bates and Johnny Cash
25	26	27	28	29
10:00am: Chair yoga	10:00am: Seated Tai Chi	10:00am: Silver Sneakers stretch	10:00am: Mindful Movement	10:00am: Morning Stretch
11:00am: Nutrition Tips for Cancer Treatment	11:00am: Civil Rights and Photography	11:00am: Digital Legacy Options	11:00am: Upping Your Gardening Game	11:00am: Intro to Breathing Practices
1:00pm: 4500 Steps!	1:00pm: Feeling Fit Club	1:00pm: Sit & Fit	1:00pm: Forever Strong	1:00pm: Seated Disco Workout
2:00pm: ALZ Talks: Advancements in Treatment	2:00pm: Explaining Personal Emergency Alert Devices	2:00pm: Cumberland Homesteads: Showplace of the New Deal	2:00pm: Foods to Support Energy	2:00pm: Health Check for People with Diabetes