

## SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Line dance with Mary</a>	2 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">Finger fitness</a> 1:00pm: <a href="#">December trivia</a> 2:00pm: <a href="#">Healthful Living group</a>	3 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Diabetes education</a> 1:00pm: <a href="#">Move with Mary</a> 2:00pm: <a href="#">Atlanta Master Chorale mini concert</a>
6 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">Cardio Fun</a> 2:00pm: <a href="#">Winter Vegetarian Recipes to Keep You Warm</a>	7 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">Active with Low Mobility</a> 1:00pm: <a href="#">Holiday trivia</a> 2:00pm: <a href="#">Move with Mary</a>	8 10:00am: <a href="#">Social Security Update</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Metro Music Therapy</a> 2:00pm: <a href="#">Line dance with Mary</a>	9 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">Metro Music Therapy</a> 1:00pm: <a href="#">Holiday Pictionary</a> 2:00pm: <a href="#">Healthful Living group</a>	10 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">The British Museum virtual tour</a> 1:00pm: <a href="#">Move with Mary</a> 2:00pm: <a href="#">JSU Choirs concert</a>
13 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">Cardio Fun</a> 2:00pm: <a href="#">Kaiser healthy back program</a>	14 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">Food &amp; Drug Interactions</a> 1:00pm: <a href="#">Snowman game</a> 2:00pm: <a href="#">Move with Mary</a>	15 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Line dance with Mary</a>	16 10:00am: <a href="#">Stress reduction practice</a> 11:00am: Senior Matters 1:00pm: <a href="#">Social Security Update</a> 2:00pm: <a href="#">Healthful Living group</a>	17 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Fifty Cooking Tips</a> 1:00pm: <a href="#">Move with Mary</a> 2:00pm: <a href="#">Atlanta Master Chorale</a>
20 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">Cardio Fun</a> 2:00pm: <a href="#">Meal Prep for Winter</a>	21 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">Nutritional supplements</a> 1:00pm: <a href="#">Singalong</a> 2:00pm: <a href="#">Move with Mary</a>	22 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Metro Music Therapy</a> 2:00pm: <a href="#">Line dance with Mary</a>	23 <b>CLOSED</b> Merry Christmas!	24 <b>CLOSED</b> Merry Christmas!
27 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">Cardio Fun</a> 2:00pm: <a href="#">Kaiser healthy back program</a>	28 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">Making lifestyle changes</a> 1:00pm: <a href="#">Cookie bake</a> 2:00pm: <a href="#">Move with Mary</a>	29 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Strength and balance</a> 2:00pm: <a href="#">Line dance with Mary</a>	30 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">Finger fitness</a> 1:00pm: <a href="#">Winter riddles and Mad Libs</a> 2:00pm: <a href="#">Healthful Living group</a>	31 <b>CLOSED</b> Happy New Year!