

## SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am: <a href="#">Guided Meditation</a> 11:00am: <a href="#">Vanishing Georgia</a> 1:00pm: <a href="#">Silver Sneakers Walk at Home</a> 2:00pm: <a href="#">Gentle Yoga</a>	2 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Holiday centerpiece demo</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">Winter Wonderland concert</a>
5 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Staying Healthy During the Holidays</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">H-E-B virtual cooking class: Gingerbread Houses</a>	6 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Rome: Eternally Engaging</a> 1:00pm: <a href="#">Croc Coast</a> 2:00pm: <a href="#">Silver Sneakers Walk at Home</a>	7 10:00am: <a href="#">Tai Chi</a> 11:00am: <a href="#">Winter wreath online demo</a> 1:00pm: <a href="#">Silver Sneakers: Tabata</a> 2:00pm: <a href="#">Alzheimer's: The Caregiver's Perspective</a>	8 10:00am: <a href="#">Yoga for arthritis</a> 11:00am: <a href="#">Swampwise</a> 1:00pm: <a href="#">Silver Sneakers Tension Tamer</a> 2:00pm: <a href="#">George Winston - December</a>	9 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Wild Italy</a> 1:00pm: <a href="#">Silver Sneakers Chair Yoga</a> 2:00pm: <a href="#">Construction of the Golden Gate Bridge</a>
12 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Peachtree Street – Take Another Look</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">H-E-B virtual cooking class: Christmas Dinner</a>	13 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">A Saintly Site</a> 1:00pm: <a href="#">USNA holiday concert</a> 2:00pm: <a href="#">Silver Sneakers stretch</a>	14 10:00am: <a href="#">Pilates</a> 11:00am: <a href="#">Tablet Weaving</a> 1:00pm: <a href="#">Silver Sneakers: Dance</a> 2:00pm: <a href="#">Jonathan Reynolds and Mali Music online concert</a>	15 10:00am: <a href="#">Guided Meditation</a> 11:00am: <a href="#">Biography: Margaret Mitchell</a> 1:00pm: <a href="#">Silver Sneakers Walk at Home</a> 2:00pm: <a href="#">Gentle Yoga</a>	16 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Living Into Your 90s</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">Seasonal music: Chelsey Green</a>
19 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Chanukah/World music concert</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">H-E-B virtual cooking class: Holiday Sides</a>	20 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Southern Vines</a> 1:00pm: <a href="#">Mindfulness Meditation</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>	21 10:00am: <a href="#">Tai Chi</a> 11:00am: <a href="#">Fall prevention tips</a> 1:00pm: <a href="#">Silver Sneakers: Cardio</a> 2:00pm: <a href="#">Plant-Based Meals with Mushrooms</a>	22 10:00am: <a href="#">Guided Meditation</a> 11:00am: <a href="#">Benefits &amp; Types of Meditation</a> 1:00pm: <a href="#">Real Food: Sicily</a> 2:00pm: <a href="#">Yoga for Arthritis</a>	23 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Christmas Piano</a> 1:00pm: <a href="#">Silver Sneakers Chair Yoga</a> 2:00pm: <a href="#">Rick Steves' European Christmas</a>
26 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Nia: A Kwanzaa Celebration</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">The Teaching Kitchen: Simple Anti-Inflammatory Meals</a>	27 10:00am: <a href="#">Chair ZUMBA</a> 11:00am: <a href="#">Real Food: Jersey Tomatoes</a> 1:00pm: <a href="#">Without a Roof</a> 2:00pm: <a href="#">Kaiser: senior stretch</a>	28 10:00am: <a href="#">Tai Chi</a> 11:00am: <a href="#">Mental Health – Know Science, No Stigma</a> 1:00pm: <a href="#">Silver Sneakers: Cardio</a> 2:00pm: <a href="#">Black in Space</a>	29 10:00am: <a href="#">Guided Meditation</a> 11:00am: <a href="#">Alzheimer's documentary</a> 1:00pm: <a href="#">Silver Sneakers Walk at Home</a> 2:00pm: <a href="#">Gentle Yoga</a>	30 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">Furnace in the Forest</a> 1:00pm: <a href="#">Yoga for seniors</a> 2:00pm: <a href="#">Soups, Stews and Stocks!</a>