

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00am: Tai Chi for Balance 11:00am: How to Make Tiramisu 1:00pm: Dance for Life 2:00pm: Family Food Safety
4 10:00am: Simply Fit 11:00am: Winter wreath demo 1:00pm: Silver Sneakers stretch 2:00pm: Teaching Kitchen: Fun with Frittatas	5 10:00am: Chair yoga 11:00am: Healthy Holiday Habits 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Nutrition and Meal Planning	6 10:00am: Pilates for Arthritis 11:00am: Dominica 1:00pm: Chair Exercise 2:00pm: H-E-B cooking class: Holiday Sides	7 10:00am: Flexibility with Diane 11:00am: Rick Steves Art of the Modern Age 1:00pm: Exercise in Motion 2:00pm: Chanukah music	8 10:00am: Stretch for Energy 11:00am: Look Ya 1:00pm: Creative Movement with Diane 2:00pm: Staying Healthy Through the Holidays
11 10:00am: Stretch for Energy 11:00am: Mindful Living for Arthritis 1:00pm: Creative Movement with Diane 2:00pm: The Survival of the Kangaroo	12 10:00am: Seated Tai Chi 11:00am: Navigating Holiday Stress 1:00pm: Forever Strong 2:00pm: Gardening with Children	13 10:00am: Chair yoga with Diane 11:00am: Servants of the Serpent Goddess 1:00pm: Chair ZUMBA 2:00pm: Herbs, Spices & Supplements for Arthritis	14 10:00am: Kaiser: senior stretch 11:00am: Raised in Rabun 1:00pm: Silver Sneakers: Cardio 2:00pm: Nutritious and Delicious	15 10:00am: QiGong: Refresh and Recharge 11:00am: Author Talk: Island Queen 1:00pm: Sit & Fit 2:00pm: Diabetes-Friendly Shrimp Creole demo
18 10:00am: Senior Strength with Kaiser 11:00am: Healthier Holiday Eating 1:00pm: Exercise in Motion 2:00pm: Rick Steves Art of Ancient Rome	19 10:00am: Chair yoga 11:00am: Garden Delights: Cabbage 1:00pm: Silver Sneakers: Cardio 2:00pm: Food to Support Longevity - Japan	20 10:00am: Seated Tai Chi 11:00am: We Cook 1:00pm: Simply Fit 2:00pm: Consciousness: (The Self) Experience of a Lifetime	21 10:00am: Flexibility with Diane 11:00am: Integrative Pet Care 1:00pm: Chair ZUMBA 2:00pm: All About Carbs, Low-Carb Diets and Arthritis	22 10:00am: Stretch for Energy 11:00am: DASH To Better Blood Pressure 1:00pm: Forever Strong 2:00pm: Garden Delights: Broccoli
25 10:00am: Qi Gong 11:00am: George Winston - December 1:00pm: Chair ZUMBA 2:00pm: Home for the Holidays presented by AARP Florida	26 10:00am: Seated Tai Chi 11:00am: History and Traditions of Kwanzaa 1:00pm: SEAT Fitness 2:00pm: Plant Based Cooking – Boudin Balls	27 10:00am: Stretch for Energy 11:00am: Cooking with Chef Jeff 1:00pm: Chair ZUMBA 2:00pm: Managing Stress for the Caregiver	28 10:00am: AARP – Strength & balance 11:00am: Pecans and Pine 1:00pm: Sit & Fit 2:00pm: Teaching Kitchen: Creative Cookie Workshop	29 10:00am: Chair yoga 11:00am: What's Cooking with AARP: Italian Gnocchi 1:00pm: Silver Sneakers: Dance 2:00pm: Watercolor for beginners demo

