

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am: Kaiser: senior stretch 11:00am: Can't We All Just Get Along? 1:00pm: Silver Sneakers: Cardio 2:00pm: D.C. in Bloom	2 10:00am: Tai Chi for Balance 11:00am: The Healing Power of Plants 1:00pm: Dance for Life 2:00pm: Nutrition Basics 101
5 10:00am: Simply Fit 11:00am: What Lies Beneath 1:00pm: Silver Sneakers stretch 2:00pm: Bollywood Dancing and Brain Health, Session 1	6 10:00am: Chair yoga 11:00am: Diabetes Foot Health 101 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Cooking with Uncommon Grains	7 10:00am: Pilates for Arthritis 11:00am: Polar 1:00pm: Chair Exercise 2:00pm: Body Treatments for Pain Management	8 10:00am: Flexibility with Diane 11:00am: Bayou Bartholomew 1:00pm: Exercise in Motion 2:00pm: The Truth About Fats	9 10:00am: Stretch for Energy 11:00am: Super Bowl Snacks 1:00pm: Creative Movement with Diane 2:00pm: Healthy Habits for Your Brain
12 10:00am: Chair yoga 11:00am: Spices in the Kitchen 1:00pm: Creative Movement with Diane 2:00pm: Bollywood Dancing and Brain Health, Session 2	13 10:00am: Seated Tai Chi 11:00am: Desert Nomads 1:00pm: Forever Strong 2:00pm: How to Humor Your Stress	14 10:00am: Chair yoga with Diane 11:00am: King Tut's Treasures 1:00pm: Chair ZUMBA 2:00pm: A New Generation of Activists	15 10:00am: AARP – Strength & balance 11:00am: Black in Space 1:00pm: Silver Sneakers: Dance 2:00pm: Remarkable Root Vegetables	16 10:00am: QiGong: Refresh and Recharge 11:00am: Mindful Eating 1:00pm: Sit & Fit 2:00pm: Discover Your African American Roots
19 10:00am: Senior Strength with Kaiser 11:00am: Exploring Green Burials 1:00pm: Exercise in Motion 2:00pm: Bollywood Dancing and Brain Health, Session 3	20 10:00am: Qi Gong 11:00am: Animal Babies 1:00pm: Seated Disco Workout 2:00pm: Conversations to Reduce Heart Disease and Stroke Risk	21 10:00am: Seated Tai Chi 11:00am: Meet the Author: Sharony Green 1:00pm: Simply Fit 2:00pm: Plant-Based Diets: Small Changes, Big Impacts	22 10:00am: Flexibility with Diane 11:00am: Easy Meal Prep Recipes 1:00pm: HASFit Chair Exercise 2:00pm: Natural Hair - Celebrating the Journey	23 10:00am: Stretch for Energy 11:00am: Beyond Piggly Wiggly 1:00pm: Forever Strong 2:00pm: The Quiltmakers of Gee's Bend
26 10:00am: Qi Gong 11:00am: Dirt 1:00pm: Chair ZUMBA 2:00pm: Maintaining Independence and Managing Safety Risks	27 10:00am: Chair yoga 11:00am: Nashville Freedom Riders 1:00pm: SEAT Fitness 2:00pm: Heart Healthy Cooking with Nuts	28 10:00am: Stretch for Energy 11:00am: Unhoused 1:00pm: Fitness Trivia 2:00pm: Exploring Latine Women Authors	29 10:00am: Seated Tai Chi 11:00am: Island Feast 1:00pm: Forever Strong 2:00pm: Healthy Sleep	