

## SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">Plant-Based Meals for the New Year</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Dance</a> <b>2:00pm:</b> <a href="#">Maintaining New Year Resolutions</a>	3 <b>10:00am:</b> <a href="#">Tai Chi</a> <b>11:00am:</b> <a href="#">Journey Proud: Classical Dance of India</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">Finding Your Purpose to Unlock Your Best Life</a>	4 <b>10:00am:</b> <a href="#">Yoga for arthritis</a> <b>11:00am:</b> <a href="#">Organizing to Age in Place</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">H-E-B virtual cooking class: Taste of Asia</a>	5 <b>10:00am:</b> <a href="#">Gentle yoga</a> <b>11:00am:</b> <a href="#">Gifts from the Garden</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Walk at Home</a> <b>2:00pm:</b> <a href="#">Guided meditation</a>	6 <b>10:00am:</b> <a href="#">Pilates</a> <b>11:00am:</b> <a href="#">Power of Plants with Calabash Tea and Tonic</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">The Importance of Maintaining Mobility</a>
9 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">Emergency Readiness</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">H-E-B virtual cooking class: Texas Farms to Your Table</a>	10 <b>10:00am:</b> <a href="#">Chair Yoga</a> <b>11:00am:</b> <a href="#">Toy Talk with Grandparents</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Walk at Home</a> <b>2:00pm:</b> <a href="#">Tips for Good Sleep Hygiene</a>	11 <b>10:00am:</b> <a href="#">Pilates</a> <b>11:00am:</b> <a href="#">Teaching Kitchen: The Art of Zen Cooking</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Tabata</a> <b>2:00pm:</b> <a href="#">Dream Land</a>	12 <b>10:00am:</b> <a href="#">Silver Sneakers Tension Tamer</a> <b>11:00am:</b> <a href="#">Fighting Fraud &amp; Scams</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Technology for Hearing Loss</a>	13 <b>10:00am:</b> <a href="#">Chair Yoga</a> <b>11:00am:</b> <a href="#">Rabun Gap Ramble</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">How Martin Luther King, Jr. Changed the World</a>
16 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">Six Pillars of Brain Health</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Dance</a> <b>2:00pm:</b> <a href="#">In My Own Words: Regina Belle</a>	17 <b>10:00am:</b> <a href="#">Tai Chi</a> <b>11:00am:</b> <a href="#">Journey Proud: Mobile, AL Brass Bands</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">Winter Treats and Seasonal Delights</a>	18 <b>10:00am:</b> <a href="#">Chair Yoga</a> <b>11:00am:</b> <a href="#">Hometown Georgia: Clarkston</a> <b>1:00pm:</b> <a href="#">Silver Sneakers stretch</a> <b>2:00pm:</b> <a href="#">All the President's Gardens</a>	19 <b>10:00am:</b> <a href="#">Kaiser: senior stretch</a> <b>11:00am:</b> <a href="#">What's Cookin' with AARP? - Pad Thai</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Guided Meditation</a>	20 <b>10:00am:</b> <a href="#">Kaiser: Senior Stretch</a> <b>11:00am:</b> <a href="#">Missile to Moon</a> <b>1:00pm:</b> <a href="#">Silver Sneakers chair yoga</a> <b>2:00pm:</b> <a href="#">The Power of Music</a>
23 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">Drum Tao performance</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">H-E-B virtual cooking class: Air Fryer Meals</a>	24 <b>10:00am:</b> <a href="#">Chair Yoga</a> <b>11:00am:</b> <a href="#">Florida Eco-Stories</a> <b>1:00pm:</b> <a href="#">Silver Sneakers Walk at Home</a> <b>2:00pm:</b> <a href="#">A Night at Cat's Cradle</a>	25 <b>10:00am:</b> <a href="#">Yoga for Arthritis</a> <b>11:00am:</b> <a href="#">In My Own Words: Tina Lifford</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">Mindfulness Meditation</a>	26 <b>10:00am:</b> <a href="#">Silver Sneakers: stretch</a> <b>11:00am:</b> <a href="#">Indoor Gardening</a> <b>1:00pm:</b> <a href="#">Senior Strength with Kaiser</a> <b>2:00pm:</b> <a href="#">Plant-Based Cooking: Light Eats</a>	27 <b>10:00am:</b> <a href="#">Tai Chi</a> <b>11:00am:</b> <a href="#">Hometown Georgia: Blue Ridge</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Emily Dickinson's Gardening Life</a>
30 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">Spice It Up</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Dance</a> <b>2:00pm:</b> <a href="#">Georgia Traveler: BBQ Show</a>	31 <b>10:00am:</b> <a href="#">Tai Chi</a> <b>11:00am:</b> <a href="#">How to Grow a Food Forest</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">AARP: Herb Your Enthusiasm</a>			