

## SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>10:00am:</b> <a href="#">Morning Stretch</a> <b>11:00am:</b> <a href="#">Revamping Holiday Classics</a> <b>1:00pm:</b> <a href="#">Seated Disco Workout</a> <b>2:00pm:</b> <a href="#">Gardening to Attract Butterflies and Hummingbirds part 1</a>	2 <b>10:00am:</b> <a href="#">Chair yoga</a> <b>11:00am:</b> <a href="#">A Little DASH Will Do It!</a> <b>1:00pm:</b> <a href="#">Forever Strong</a> <b>2:00pm:</b> <a href="#">Questions and Considerations for Long Term Care Planning</a>	3 <b>10:00am:</b> <a href="#">QiGong: Refresh and Recharge</a> <b>11:00am:</b> <a href="#">Living Well with COPD</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">Money Smart for Older Adults Week 1</a>
6 <b>10:00am:</b> <a href="#">Pilates for Arthritis</a> <b>11:00am:</b> <a href="#">Virtual Walk: Great Hill Trail</a> <b>1:00pm:</b> <a href="#">Sit &amp; Fit</a> <b>2:00pm:</b> <a href="#">Gardening to Attract Butterflies and Hummingbirds part 2</a>	7 <b>10:00am:</b> <a href="#">Pilates for Seniors</a> <b>11:00am:</b> <a href="#">Aromatic Bangladeshi Kitchen</a> <b>1:00pm:</b> <a href="#">Feeling Fit Club</a> <b>2:00pm:</b> <a href="#">View Finders: Sapelo Island</a>	8 <b>10:00am:</b> <a href="#">Silver Sneakers stretch</a> <b>11:00am:</b> <a href="#">Guilt Free Desserts</a> <b>1:00pm:</b> <a href="#">Walking Workout</a> <b>2:00pm:</b> <a href="#">AARP: Pet Scams</a>	9 <b>10:00am:</b> <a href="#">Flexibility with Diane</a> <b>11:00am:</b> <a href="#">Container Gardening</a> <b>1:00pm:</b> <a href="#">4500 Steps!</a> <b>2:00pm:</b> <a href="#">Money Smart for Older Adults Week 2</a>	10 <b>10:00am:</b> <a href="#">Stretch for Energy</a> <b>11:00am:</b> <a href="#">Healthy Habits that Stick</a> <b>1:00pm:</b> <a href="#">Chair Exercise</a> <b>2:00pm:</b> <a href="#">Georgia Wine Country</a>
13 <b>10:00am:</b> <a href="#">Exercises for Chronic Pain</a> <b>11:00am:</b> <a href="#">AARP: Medicare 101</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Days in the Life of an Eastern Bluebird</a>	14 <b>10:00am:</b> <a href="#">Seated Tai Chi</a> <b>11:00am:</b> <a href="#">Biscayne National Park</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Dance</a> <b>2:00pm:</b> <a href="#">Beats and Botany</a>	15 <b>10:00am:</b> <a href="#">Morning Stretch</a> <b>11:00am:</b> <a href="#">Irrigation, Don't Get Hosed</a> <b>1:00pm:</b> <a href="#">Exercise in Motion</a> <b>2:00pm:</b> <a href="#">Line Dancing with AARP</a>	16 <b>10:00am:</b> <a href="#">Pilates for Seniors</a> <b>11:00am:</b> <a href="#">Critter Control</a> <b>1:00pm:</b> <a href="#">SEAT Fitness</a> <b>2:00pm:</b> <a href="#">Money Smart for Older Adults Week 3</a>	17 <b>10:00am:</b> <a href="#">Tai Chi for Balance</a> <b>11:00am:</b> <a href="#">Game Changers</a> <b>1:00pm:</b> <a href="#">Sit &amp; Fit</a> <b>2:00pm:</b> <a href="#">Salamanders, Mice and Men</a>
20 <b>10:00am:</b> <a href="#">Chair yoga</a> <b>11:00am:</b> <a href="#">King in the Wilderness</a> <b>1:00pm:</b> <a href="#">Exercise in Motion</a> <b>2:00pm:</b> <a href="#">MLK: Creative Maladjustment</a>	21 <b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">Yellowstone</a> <b>1:00pm:</b> <a href="#">Forever Strong</a> <b>2:00pm:</b> <a href="#">Living Well with Inflammatory Arthritis</a>	22 <b>10:00am:</b> <a href="#">Seated Qigong</a> <b>11:00am:</b> <a href="#">Gardening Myths Debunked</a> <b>1:00pm:</b> <a href="#">Sit &amp; Fit</a> <b>2:00pm:</b> <a href="#">View Finders: Southern Chattahoochee</a>	23 <b>10:00am:</b> <a href="#">Tai Chi for Arthritis</a> <b>11:00am:</b> <a href="#">Parkinson's 101</a> <b>1:00pm:</b> <a href="#">HASFit chair exercise</a> <b>2:00pm:</b> <a href="#">Listening to the Plants</a>	24 <b>10:00am:</b> <a href="#">Stretch for Energy</a> <b>11:00am:</b> <a href="#">Brain Fitness 101</a> <b>1:00pm:</b> <a href="#">Dance 4 Life</a> <b>2:00pm:</b> <a href="#">Money Smart for Older Adults Week 4</a>
27 <b>10:00am:</b> <a href="#">Qi Gong</a> <b>11:00am:</b> <a href="#">Trivia Fun</a> <b>1:00pm:</b> <a href="#">Creative Movement with Diane</a> <b>2:00pm:</b> <a href="#">Wish You Were Here!</a>	28 <b>10:00am:</b> <a href="#">Balance Exercises</a> <b>11:00am:</b> <a href="#">Six Pillars of Brain Health</a> <b>1:00pm:</b> <a href="#">Exercise in Motion</a> <b>2:00pm:</b> <a href="#">Grand Teton</a>	29 <b>10:00am:</b> <a href="#">Seated Tai Chi</a> <b>11:00am:</b> <a href="#">Old School</a> <b>1:00pm:</b> <a href="#">Simply Fit</a> <b>2:00pm:</b> <a href="#">Caregiver Connections: Journey of Hope</a>	30 <b>10:00am:</b> <a href="#">Exercises for Chronic Pain</a> <b>11:00am:</b> <a href="#">Nature's Canvas: Spinning Into Winter Wellness</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Best of BBQ</a>	31 <b>10:00am:</b> <a href="#">Tai Chi for Balance</a> <b>11:00am:</b> <a href="#">Passage</a> <b>1:00pm:</b> <a href="#">Sit &amp; Fit</a> <b>2:00pm:</b> <a href="#">Why Heirloom Gardening is Essential</a>