

SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	10:00am: Metro Music Therapy 1:00pm: Healthful living group 2:00pm: Kaiser: senior stretch	10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Strength and balance 2:00pm: Learn the Spanish alphabet	10:00am: Stress reduction practice 11:00am: Trivia with Melissa 1:00pm: Move with Mary 2:00pm: JSU Chamber Winds	10:00am: Senior Strength with Kaiser 11:00am: High blood pressure seminar 1:00pm: Move with Mary 2:00pm: UCA Percussion concert
10	11	12	13	14
10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Fresh Taste for Seniors cooking demo: black bean quesadilla	10:00am: Metro Music Therapy 11:00am: Becoming a healthier you 1:00pm: Healthful living group 2:00pm: Basic belly dance	10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Strength and balance 2:00pm: Learn to count in Spanish	10:00am: Stress reduction practice 11:00am: Metro Music Therapy 1:00pm: Move with Mary 2:00pm: Arthritis and diet	10:00am: Senior Strength with Kaiser 11:00am: Daily Habits to Reduce Stress 1:00pm: Move with Mary 2:00pm: JSU Chamber Singers
17	18	19	20	21
10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Fifteen Easy Freezer Meals	10:00am: Metro Music Therapy 11:00am: Trivia with Melissa 1:00pm: Healthful living group 2:00pm: Kaiser: senior stretch	10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Strength and balance 2:00pm: Learn colors in Spanish	10:00am: Stress reduction practice 11:00am: Senior Matters 1:00pm: Move with Mary 2:00pm: Yoga for Arthritis	10:00am: Senior Strength with Kaiser 11:00am: Snacks with SAM 1:00pm: Move with Mary 2:00pm: GSU brass concert
24	25	26	27	28
10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Fresh Taste for Seniors cooking demo: avocado spinach salad	10:00am: Metro Music Therapy 11:00am: Social Security information 1:00pm: Healthful living group 2:00pm: Basic belly dance	10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Strength and balance 2:00pm: Spanish pronouns	10:00am: Stress reduction practice 11:00am: Metro Music Therapy 1:00pm: Move with Mary 2:00pm: Virtual tour of the Titanic	10:00am: Senior Strength with Kaiser 11:00am: Virtual tour of Machu Picchu 1:00pm: Move with Mary 2:00pm: GSU jazz piano recital
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10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Sassy Sauces, Dressings & Condiments				