

## SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>10:00am:</b> <a href="#">Simply Fit</a> <b>11:00am:</b> <a href="#">Marines in the Cold War</a> <b>1:00pm:</b> <a href="#">Silver Sneakers stretch</a> <b>2:00pm:</b> <a href="#">Common Food Myths and Misconceptions</a>	<b>10:00am:</b> <a href="#">Chair yoga</a> <b>11:00am:</b> <a href="#">Project FIND Decluttering Workshop</a> <b>1:00pm:</b> <a href="#">Exercise in Motion</a> <b>2:00pm:</b> <a href="#">Saving Tennessee's Black Cemeteries</a>	<b>10:00am:</b> <a href="#">Pilates for Arthritis</a> <b>11:00am:</b> <a href="#">Fan-Favorite Social Media Apps</a> <b>1:00pm:</b> <a href="#">Chair Exercise</a> <b>2:00pm:</b> <a href="#">Rooted in Georgia</a>	<b>10:00am:</b> <a href="#">Flexibility with Diane</a> <b>11:00am:</b> <a href="#">Eating Better on a Budget</a> <b>1:00pm:</b> <a href="#">Exercise in Motion</a> <b>2:00pm:</b> <a href="#">Home Tomato Gardening</a>	<b>10:00am:</b> <a href="#">Balance Exercises</a> <b>11:00am:</b> <a href="#">Orchid exhibit virtual tour</a> <b>1:00pm:</b> <a href="#">Silver Sneakers - Walk at Home</a> <b>2:00pm:</b> <a href="#">Importance of Good Sleep</a>
10	11	12	13	14
<b>10:00am:</b> <a href="#">Exercises for Chronic Pain</a> <b>11:00am:</b> <a href="#">Brain Boosters</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Diabetes-Friendly Stir Fry Master Class</a>	<b>10:00am:</b> <a href="#">Seated Tai Chi</a> <b>11:00am:</b> <a href="#">Herb Gardening</a> <b>1:00pm:</b> <a href="#">Forever Strong</a> <b>2:00pm:</b> <a href="#">Summer Chillers</a>	<b>10:00am:</b> <a href="#">Morning Stretch</a> <b>11:00am:</b> <a href="#">Vegan Baking</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Dance</a> <b>2:00pm:</b> <a href="#">Author Kyla Zhao: Valley Verified</a>	<b>10:00am:</b> <a href="#">AARP – Strength &amp; balance</a> <b>11:00am:</b> <a href="#">Cotton in India</a> <b>1:00pm:</b> <a href="#">Chair ZUMBA</a> <b>2:00pm:</b> <a href="#">Low Maintenance Gardening</a>	<b>10:00am:</b> <a href="#">QiGong: Refresh and Recharge</a> <b>11:00am:</b> <a href="#">Heart Healthy Eating</a> <b>1:00pm:</b> <a href="#">Silver Sneakers: Cardio</a> <b>2:00pm:</b> <a href="#">Landscaping with Daylilies</a>
17	18	19	20	21
<b>10:00am:</b> <a href="#">Senior Strength with Kaiser</a> <b>11:00am:</b> <a href="#">All About Houseplants</a> <b>1:00pm:</b> <a href="#">Dance 4 Life</a> <b>2:00pm:</b> <a href="#">Bold, Advanced Medical Future</a>	<b>10:00am:</b> <a href="#">Chair yoga</a> <b>11:00am:</b> <a href="#">Mindful Movement – Back Pain</a> <b>1:00pm:</b> <a href="#">Seated Disco Workout</a> <b>2:00pm:</b> <a href="#">Diabetes-Friendly Pork Tacos</a>	<b>10:00am:</b> <a href="#">Seated Qigong</a> <b>11:00am:</b> <a href="#">Juneteenth 1865-2022</a> <b>1:00pm:</b> <a href="#">Simply Fit</a> <b>2:00pm:</b> <a href="#">Reaching Across the Racial Divide</a>	<b>10:00am:</b> <a href="#">Flexibility with Diane</a> <b>11:00am:</b> <a href="#">Atrial Fibrillation</a> <b>1:00pm:</b> <a href="#">HASFit chair exercise</a> <b>2:00pm:</b> <a href="#">Online Shopping Safety</a>	<b>10:00am:</b> <a href="#">Stretch for Energy</a> <b>11:00am:</b> <a href="#">The Artisans</a> <b>1:00pm:</b> <a href="#">Feeling Fit Club</a> <b>2:00pm:</b> <a href="#">Government Imposter Scams</a>
24	25	26	27	28
<b>10:00am:</b> <a href="#">Qi Gong</a> <b>11:00am:</b> <a href="#">Portion Distortion and Substitutions</a> <b>1:00pm:</b> <a href="#">Sit &amp; Fit</a> <b>2:00pm:</b> <a href="#">H-E-B cooking class: Father's Day grilling</a>	<b>10:00am:</b> <a href="#">Chair yoga</a> <b>11:00am:</b> <a href="#">No Thanks, I'm Sweet Enough</a> <b>1:00pm:</b> <a href="#">Creative Movement with Diane</a> <b>2:00pm:</b> <a href="#">Responses to Medication as We Age</a>	<b>10:00am:</b> <a href="#">Kaiser: Senior Stretch</a> <b>11:00am:</b> <a href="#">Aging with Pride</a> <b>1:00pm:</b> <a href="#">SEAT Fitness</a> <b>2:00pm:</b> <a href="#">Diabetes-Friendly Air Fried Chicken</a>	<b>10:00am:</b> <a href="#">Pilates for Seniors</a> <b>11:00am:</b> <a href="#">1950s Singalong</a> <b>1:00pm:</b> <a href="#">Forever Strong</a> <b>2:00pm:</b> <a href="#">Arthritis Kitchen Hacks</a>	<b>10:00am:</b> <a href="#">Tai Chi for Balance</a> <b>11:00am:</b> <a href="#">How to be a Proactive Healthcare Consumer</a> <b>1:00pm:</b> <a href="#">Dance 4 Life</a> <b>2:00pm:</b> <a href="#">Medicare Fraud 101</a>