

SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00am: Tai Chi 11:00am: The Chinese Kitchen Garden 1:00pm: Strength and balance 2:00pm: The Curse of the Bermuda Triangle	2 10:00am: Stress reduction practice 11:00am: Awesome Australia 1:00pm: Strength and balance 2:00pm: Yoga for arthritis	3 10:00am: Senior Strength with Kaiser 11:00am: The Making of Asian America 1:00pm: Yoga for seniors 2:00pm: Organize for the Unplanned
6 10:00am: Chair Yoga 11:00am: Sheriff's Department presentation 1:00pm: Chair ZUMBA 2:00pm: North American Brass Celebration	7 10:00am: Chair ZUMBA 11:00am: Food Safety 1:00pm: Lessons from Granny Mochi 2:00pm: Kaiser: senior stretch	8 10:00am: Tai Chi 11:00am: Davis Bradley concert 1:00pm: Strength and balance 2:00pm: Indian Dishes with Saund and Synder	9 10:00am: Chair ZUMBA 11:00am: Cobra Gypsies 1:00pm: Strength and balance 2:00pm: Yoga for arthritis	10 10:00am: Senior Strength with Kaiser 11:00am: Biography: Betty Boop 1:00pm: Yoga for seniors 2:00pm: Then Sings My Soul
13 10:00am: Chair Yoga 11:00am: Poverty in the US 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Upgraded Sandwiches	14 10:00am: Chair ZUMBA 11:00am: Nutrition with Jessi 1:00pm: Rome: Baroque Brilliance 2:00pm: Kaiser: senior stretch	15 10:00am: Tai Chi 11:00am: Recipes from the Globe 1:00pm: Strength and balance 2:00pm: Lost Highway: The Story of Country Music	16 10:00am: Stress reduction practice 11:00am: Senior Matters 1:00pm: Strength and balance 2:00pm: Yoga for Arthritis	17 10:00am: Senior Strength with Kaiser 11:00am: Sustainable Gardening 1:00pm: Yoga for seniors 2:00pm: Clutter to Catastrophe
20 Closed for Juneteenth	21 10:00am: Chair ZUMBA 11:00am: Dairy Alternatives 1:00pm: Nutrition with Jessi 2:00pm: Kaiser: senior stretch	22 10:00am: Tai Chi 11:00am: Easy Plant-Based Eats 1:00pm: Strength and balance 2:00pm: Silver Sneakers Dance Workout	23 10:00am: Stress reduction practice 11:00am: The Grand Canyon Explained 1:00pm: Strength and balance 2:00pm: Yoga for Arthritis	24 10:00am: Senior Strength with Kaiser 11:00am: Maple Sugaring 1:00pm: Yoga for seniors 2:00pm: Rick Steves' Egypt
27 10:00am: Chair Yoga 11:00am: The Lost Forest 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Pineapple Three Ways	28 10:00am: Chair ZUMBA 11:00am: James Bond's Gadgets 1:00pm: Summer Heat Safety 2:00pm: Kaiser: senior stretch	29 10:00am: Tai Chi 11:00am: Snacks with SAM 1:00pm: Strength and balance 2:00pm: Secrets of the Great Wall	30 10:00am: Stress reduction practice 11:00am: Indigo Dyeing 1:00pm: Strength and balance 2:00pm: Yoga for Arthritis	