

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00am: Tai Chi for Balance 11:00am: Exploring Energy Medicine 1:00pm: Dance for Life 2:00pm: Meet the Author: Paige Watts
4 10:00am: Simply Fit 11:00am: Resiliency with Grief 1:00pm: Silver Sneakers stretch 2:00pm: Healthy Eating and Diabetes Prevention	5 10:00am: Chair yoga 11:00am: Petra's Hidden Origins 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Sugar and Spice	6 10:00am: Pilates for Arthritis 11:00am: Growing Orchids at Home 1:00pm: Chair Exercise 2:00pm: Plant-Based Eating	7 10:00am: Flexibility with Diane 11:00am: The Buzz About Bumblebees 1:00pm: Exercise in Motion 2:00pm: Soups of the Season cooking class	8 10:00am: Stretch for Energy 11:00am: The Fight for Peace 1:00pm: Feeling Fit Club 2:00pm: What is Haiku?
11 10:00am: Chair yoga 11:00am: The 4 Ss of Heart Health 1:00pm: Creative Movement with Diane 2:00pm: The African American Presence in American Quilts	12 10:00am: Seated Tai Chi 11:00am: The Power of Positivity 1:00pm: Forever Strong 2:00pm: Springtime Seafood	13 10:00am: Chair yoga with Diane 11:00am: Women You Wish You Had Known 1:00pm: Chair ZUMBA 2:00pm: Big Al and the Heavyweights concert	14 10:00am: AARP – Strength & balance 11:00am: Cooking 101 1:00pm: Silver Sneakers: Dance 2:00pm: Women of Valor	15 10:00am: QiGong: Refresh and Recharge 11:00am: Irish Origins 1:00pm: Sit & Fit 2:00pm: The Teaching Kitchen: Traditional Foods of Ireland
18 10:00am: Senior Strength with Kaiser 11:00am: Mountains 1:00pm: Exercise in Motion 2:00pm: The Woman Behind Project Mercury	19 10:00am: Qi Gong 11:00am: What You Need to Know About Gut Health 1:00pm: Seated Disco Workout 2:00pm: The Power of Us	20 10:00am: Seated Tai Chi 11:00am: Foods of the Caribbean 1:00pm: Simply Fit 2:00pm: Author Talk: The Souls of Jewish Folk	21 10:00am: Flexibility with Diane 11:00am: Embracing a Sustainable Diet 1:00pm: HASFit Chair Exercise 2:00pm: Natural Dyes at Home: The Basics	22 10:00am: Stretch for Energy 11:00am: Teaching Kitchen: Spring Green 1:00pm: Feeling Fit Club 2:00pm: Marcus Strickland Twi-Life
25 10:00am: Qi Gong 11:00am: Taking Charge of Your Brain Health 1:00pm: Chair ZUMBA 2:00pm: Meet the Author: Black Candle Women	26 10:00am: Chair yoga 11:00am: Cryptocurrency Scams 1:00pm: SEAT Fitness 2:00pm: Creating SMART Goals for Better Health	27 10:00am: Stretch for Energy 11:00am: Diabetes and Foot Care 1:00pm: Fitness Trivia 2:00pm: Visiting Historic Green Book Locations	28 10:00am: Seated Tai Chi 11:00am Food Fables 1:00pm: Forever Strong 2:00pm: Dietary Supplements for Resiliency	29 10:00am: Kaiser: Senior Stretch 11:00am: Ghost Ships of the Great Lakes 1:00pm: Silver Sneakers: Cardio 2:00pm: The Sauce and the Sea