

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00am: Silver Sneakers - Tension Tamer 11:00am: Hometown Georgia - Macon 1:00pm: Chair ZUMBA 2:00pm: Women in Jazz Town Hall	2 10:00am: Chair Yoga 11:00am: The History of Medicinal Plants 1:00pm: Silver Sneakers - Walk at Home 2:00pm: iRest Yoga Nidra	3 10:00am: Seated Tai Chi 11:00am: Plant-based cooking - Brunch 1:00pm: Dance for Life 2:00pm: Alabama Craft - Tradition
6 10:00am: Senior Strength with Kaiser 11:00am: Pay Attention to Fall Prevention 1:00pm: Chair ZUMBA 2:00pm: Scotland's Islands	7 10:00am: Chair Yoga 11:00am: Exposing Cyber Threats 1:00pm: Forever Strong 2:00pm: Actively Aging Through Activism and Art	8 10:00am: Pilates for Arthritis 11:00am: Early Bath 1:00pm: Silver Sneakers - Tabata 2:00pm: Teaching Kitchen: Meatless Mexican Meals	9 10:00am: Silver Sneakers - Tension Tamer 11:00am: Lady Wray 1:00pm: Exercise in Motion 2:00pm: Count Basie Orchestra	10 10:00am: Stretch for Energy 11:00am: Old Dixie Highway 1:00pm: Silver Sneakers: Cardio 2:00pm: Alabama Craft - Innovation
13 10:00am: Stretch for Energy 11:00am: Meditation 1:00pm: Silver Sneakers: Dance 2:00pm: Diabetes Food Hub – Chicken Stir Fry	14 10:00am: Seated Tai Chi 11:00am: Historic Tour of Georgia 1:00pm: Silver Sneakers: Cardio 2:00pm: Healthy Snacks	15 10:00am: Chair Yoga 11:00am: What's Cookin' with AARP – Breakfast Casserole 1:00pm: Silver Sneakers stretch 2:00pm: Saving Juliette	16 10:00am: Kaiser: senior stretch 11:00am: Rangoli 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Cabbage Love	17 10:00am: QiGong: Refresh and Recharge 11:00am: Brain Health 1:00pm: Dance for Life 2:00pm: Mary Frances Early – The Quiet Trailblazer
20 10:00am: Senior Strength with Kaiser 11:00am: Singin' Ella 1:00pm: Exercise in Motion 2:00pm: Protect Yourself From Medicare Scams	21 10:00am: Chair Yoga 11:00am: Jeremiah 1:00pm: Silver Sneakers Walk at Home 2:00pm: Teaching Kitchen: Traditional Foods of Ireland	22 10:00am: Seated Tai Chi 11:00am: Discover Women in Jazz 1:00pm: Silver Sneakers: Cardio 2:00pm: Mindfulness Meditation	23 10:00am: Pilates for Arthritis 11:00am: Vegan Greek Cuisine 1:00pm: Chair ZUMBA 2:00pm: Women Activists Reflect on the Road Traveled	24 10:00am: Stretch for Energy 11:00am: Journey Proud – Juke Joints 1:00pm: Forever Strong 2:00pm: H-E-B virtual cooking class - Italy
27 10:00am: Stretch for Energy 11:00am: The Wild Future of Our Food 1:00pm: Silver Sneakers: Dance 2:00pm: Cook with Chef Tiffany Derry	28 10:00am: Pilates for Arthritis 11:00am: Spring Fling cooking demo 1:00pm: Exercise in Motion 2:00pm: Reimagining Long Term Care	29 10:00am: QiGong: Refresh and Recharge 11:00am: Nutrition Awareness Month – Personalize Your Plate 1:00pm: Chair ZUMBA 2:00pm: Civil Women	30 10:00am: Kaiser: Senior Stretch 11:00am: Historic Recipe for Social Change 1:00pm: Dance for Parkinson's 2:00pm: North Wales	31 10:00am: Chair Yoga 11:00am: Meal Planning for Diabetes 1:00pm: Dance for Life 2:00pm: Understanding Dementia