

## SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am: <a href="#">Chair yoga</a> 11:00am: <a href="#">Author Talk: Colleen Oakley</a> 1:00pm: <a href="#">Forever Strong</a> 2:00pm: <a href="#">Good Nutrition and Weight Management</a>	2 10:00am: <a href="#">QiGong: Refresh and Recharge</a> 11:00am: <a href="#">Women Warriors</a> 1:00pm: <a href="#">Silver Sneakers: Cardio</a> 2:00pm: <a href="#">Creating Terrariums</a>
5 10:00am: <a href="#">Ballet Fitness</a> 11:00am: <a href="#">Photos Through Time</a> 1:00pm: <a href="#">Balance Matters</a> 2:00pm: <a href="#">Online Relationship Scams and Cryptocurrency</a>	6 10:00am: <a href="#">Balance Exercises</a> 11:00am: <a href="#">Medical Disparities in the Black Community</a> 1:00pm: <a href="#">Feeling Fit Club</a> 2:00pm: <a href="#">View Finders: Grand Teton</a>	7 10:00am: <a href="#">Silver Sneakers stretch</a> 11:00am: <a href="#">Starting a Community Garden</a> 1:00pm: <a href="#">Walking Workout</a> 2:00pm: <a href="#">Conversation with Author S. A. Cosby</a>	8 10:00am: <a href="#">Flexibility with Diane</a> 11:00am: <a href="#">Robocalls, Phishing, Smishing and Vishing</a> 1:00pm: <a href="#">Chair Exercise</a> 2:00pm: <a href="#">Feeding Georgia</a>	9 10:00am: <a href="#">Exercises for Chronic Pain</a> 11:00am: <a href="#">Georgia Legends: Jimmy Carter/Steve Penley</a> 1:00pm: <a href="#">4500 Steps!</a> 2:00pm: <a href="#">Hidden Histories of the First Ladies</a>
12 10:00am: <a href="#">Exercises for Chronic Pain</a> 11:00am: <a href="#">The Stress Connection – Heart Health and Stress</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Healthy Eating on a Budget</a>	13 10:00am: <a href="#">Tai Chi for Balance</a> 11:00am: <a href="#">Instant Pot Meals</a> 1:00pm: <a href="#">Sit &amp; Fit</a> 2:00pm: <a href="#">How Stress Affects Your Mind and Body</a>	14 10:00am: <a href="#">Ready, Steady, Balance!</a> 11:00am: <a href="#">Southern cooking demo</a> 1:00pm: <a href="#">Simply Fit</a> 2:00pm: <a href="#">Understanding Social Security</a>	15 10:00am: <a href="#">Pilates for Seniors</a> 11:00am: <a href="#">Author Talk: Elaine Weiss</a> 1:00pm: <a href="#">Silver Sneakers: Dance</a> 2:00pm: <a href="#">Downsizing and Decluttering</a>	16 10:00am: <a href="#">Chair yoga</a> 11:00am: <a href="#">A.I. Imposter Scams</a> 1:00pm: <a href="#">Silver Sneakers: Dance</a> 2:00pm: <a href="#">Exodus Mysteries</a>
19 10:00am: <a href="#">Pilates for Arthritis</a> 11:00am: <a href="#">Women Suffragists</a> 1:00pm: <a href="#">Exercise in Motion</a> 2:00pm: <a href="#">Top Scams and Fraud Safety Tips</a>	20 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">The Effects of Depression</a> 1:00pm: <a href="#">Forever Strong</a> 2:00pm: <a href="#">Green Healthy Cooking</a>	21 10:00am: <a href="#">Seated Qigong</a> 11:00am: <a href="#">Passport to Whole Grains</a> 1:00pm: <a href="#">Creative Movement with Diane</a> 2:00pm: <a href="#">View Finders: Flaming Gorge</a>	22 10:00am: <a href="#">Tai Chi for Arthritis</a> 11:00am: <a href="#">Gardening 101</a> 1:00pm: <a href="#">HASFit</a> 2:00pm: <a href="#">Boost Your Brain to Support Health and Learning</a>	23 10:00am: <a href="#">Stretch for Energy</a> 11:00am: <a href="#">Spring Clean Your Diet</a> 1:00pm: <a href="#">Dance 4 Life</a> 2:00pm: <a href="#">Georgia Legends: Rosalynn Carter/Roy Barnes</a>
26 10:00am: <a href="#">Morning Stretch</a> 11:00am: <a href="#">Exploring Afro-Latino Heritage</a> 1:00pm: <a href="#">4500 Steps!</a> 2:00pm: <a href="#">Cooking demo: breakfast</a>	27 10:00am: <a href="#">Qi Gong</a> 11:00am: <a href="#">Rethinking Exercise as We Age</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Georgia Legends: Xerona Clayton/Robert Frost</a>	28 10:00am: <a href="#">Tai Chi</a> 11:00am: <a href="#">Ethel Percy Andrus</a> 1:00pm: <a href="#">Sit &amp; Fit</a> 2:00pm: <a href="#">Making Travel Easier with Technology</a>	29 10:00am: <a href="#">Morning Stretch</a> 11:00am: <a href="#">Trailblazing Women Artists</a> 1:00pm: <a href="#">Seated Disco Workout</a> 2:00pm: <a href="#">Pope Francis</a>	30 10:00am: <a href="#">Seated Tai Chi</a> 11:00am: <a href="#">No Taste Like Home: English</a> 1:00pm: <a href="#">SEAT Fitness</a> 2:00pm: <a href="#">Music on Our Minds</a>