

SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: How to Listen to Your Body	2 10:00am: Metro Music Therapy 11:00am: Planned Overs – Planning for Leftovers 1:00pm: Finger fitness 2:00pm: Move with Mary	3 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Medlink presentation 2:00pm: Strength and balance	4 10:00am: Stress reduction practice 11:00am: Metro Music Therapy 1:00pm: Fall Family Feud 2:00pm: Healthful Living group	5 10:00am: Chronic Disease Self-Management Program 1:00pm: Move with Mary 2:00pm: Yes2Life Jazz Trio
8 10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Mindful stretching	9 10:00am: Metro Music Therapy 11:00am: Fit as a Fiddle – Mind & Body 1:00pm: Armed Forces trivia 2:00pm: Move with Mary	10 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Metro Music Therapy 2:00pm: Strength and balance	11 CLOSED Happy Veterans Day!	12 10:00am: Amazon Fulfillment Center virtual tour 11:00am: Chair Yoga 1:00pm: Move with Mary 2:00pm: Apollo Orchestra concert
15 10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Resistance band workout	16 10:00am: Medlink Presentation 11:00am: Holiday Microwave Cooking 1:00pm: The Truth About Depression 2:00pm: Move with Mary	17 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Metro Music Therapy 2:00pm: Strength and balance	18 10:00am: Stress reduction practice 11:00am: Metro Music Therapy 1:00pm: Thanksgiving word games 2:00pm: Healthful Living group	19 10:00am: Senior Strength with Kaiser 11:00am: Diabetes education 1:00pm: Move with Mary 2:00pm: Morehouse Glee Club concert
22 10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Mindful stretching	23 10:00am: Metro Music Therapy 11:00am: Cyber safety 1:00pm: Finger fitness 2:00pm: Move with Mary	24 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Metro Music Therapy 2:00pm: Strength and balance	25 CLOSED Happy Thanksgiving!	26 CLOSED Happy Thanksgiving!
29 10:00am: Chair Yoga 11:00am: Bingo 1:00pm: Cardio Fun 2:00pm: Resistance band workout	30 10:00am: Metro Music Therapy 11:00am: Cutting Back on Sweet Treats 1:00pm: Fall trivia 2:00pm: Move with Mary			