

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00am: Chair ZUMBA 11:00am: Slam the Scam: Phone Scams 1:00pm: Stonehenge Secrets Revealed 2:00pm: Silver Sneakers stretch	2 10:00am: Pilates 11:00am: Swiss Alps 1:00pm: Silver Sneakers Dance Workout 2:00pm: Mojo Parker, Delta roots & soulful rock	3 10:00am: Guided Meditation 11:00am: Cannons and Castles 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	4 10:00am: Senior Strength with Kaiser 11:00am: Biography: Michelangelo 1:00pm: Yoga for seniors 2:00pm: The Day Atlanta Stood Still
7 10:00am: Chair Yoga 11:00am: The Lost Cities of the Amazon 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Soups of the Season	8 10:00am: Chair ZUMBA 11:00am: The Importance of Sleep 1:00pm: Island Feast 2:00pm: Silver Sneakers Walk at Home	9 10:00am: Tai Chi 11:00am: Helen Sung Quartet 1:00pm: Silver Sneakers Tabata 2:00pm: The Teaching Kitchen: Craving Busters	10 10:00am: Yoga for arthritis 11:00am: Salsa dance 1:00pm: Silver Sneakers Tension Tamer 2:00pm: Momma Molasses concert	11 10:00am: Senior Strength with Kaiser 11:00am: Diabetes: Nutrition and Meal Planning 1:00pm: Silver Sneakers Chair Yoga 2:00pm: Costa Rica
14 10:00am: Chair Yoga 11:00am: Aging Matters: Disparities & Health Equity 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Festive Fall Baking	15 10:00am: Chair ZUMBA 11:00am: George Winston - Autumn 1:00pm: Jackfruit carnitas demo 2:00pm: Silver Sneakers stretch	16 10:00am: Pilates 11:00am: How to Grow a Food Forest 1:00pm: Silver Sneakers Dance Workout 2:00pm: Herbie Hancock concert	17 10:00am: Guided Meditation 11:00am: Martha Stewart Thanksgiving 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	18 10:00am: Senior Strength with Kaiser 11:00am: Sicily 1:00pm: Yoga for seniors 2:00pm: Big Al and the Heavyweights concert
21 10:00am: Chair Yoga 11:00am: Biography: Dalai Lama 1:00pm: Chair ZUMBA 2:00pm: The Teaching Kitchen: Plant-Based Soups and Stews	22 10:00am: Chair ZUMBA 11:00am: Kaiser: How to Lower Your Blood Pressure 1:00pm: Island Vet 2:00pm: Kaiser: senior stretch	23 10:00am: Tai Chi 11:00am: The Road to Civil Rights 1:00pm: Silver Sneakers cardio 2:00pm: Tiny Desk Meets AFROPUNK concert	24 10:00am: Guided Meditation 11:00am: Georgia Originals 1:00pm: Secrets of the Queen's Kitchen 2:00pm: Yoga for Arthritis	25 10:00am: Senior Strength with Kaiser 11:00am: ReDream 1:00pm: Silver Sneakers Chair Yoga 2:00pm: Introduction to Alzheimer's and Dementia
28 10:00am: Chair Yoga 11:00am: Vanguard Jazz Orchestra 1:00pm: Chair ZUMBA 2:00pm: H-E-B virtual cooking class: Thanksgiving Leftovers Three Ways	29 10:00am: Chair ZUMBA 11:00am: Aging Matters: Opioids & Addiction 1:00pm: Chinese Tea 2:00pm: Silver Sneakers stretch	30 10:00am: Pilates 11:00am: Cooking for the Fall Season 1:00pm: Silver Sneakers Dance Workout 2:00pm: Growing Up Poor in America		