

## SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00am: <a href="#">Chronic Disease Self-Management Program</a>  1:00pm: <a href="#">Move with Mary</a>  2:00pm: <a href="#">Concentration</a>
4 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">A Matter of Balance</a>	5 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">Solid fats and sugars</a> 1:00pm: <a href="#">Line dance rehearsal</a> 2:00pm: <a href="#">Move with Mary</a>	6 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Line dance rehearsal</a> 2:00pm: <a href="#">Strength and balance</a>	7 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">"Earesistable" Trivia</a> 1:00pm: <a href="#">Senior Legal Hotline presentation</a> 2:00pm: <a href="#">Healthful Living group</a>	8 9:00am: Senior picnic at Pinckneyville Park at Medlock Pavilion
11 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">A Matter of Balance</a>	12 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">The Truth About Carbohydrates</a> 1:00pm: <a href="#">Finger fitness</a> 2:00pm: <a href="#">Move with Mary</a>	13 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Metro Music Therapy</a> 2:00pm: <a href="#">Strength and balance</a>	14 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">Metro Music Therapy</a> 1:00pm: <a href="#">Bingo</a> 2:00pm: <a href="#">Healthful Living group</a>	15 10:00am: <a href="#">Chronic Disease Self-Management Program</a> 1:00pm: <a href="#">Move with Mary</a> 2:00pm: <a href="#">Fall Riddles</a>
18 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">Cardio Fun</a> 2:00pm: <a href="#">Floral arranging demonstration</a>	19 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">VEGucate Yourself</a> 1:00pm: <a href="#">American Sign Language</a> 2:00pm: <a href="#">Move with Mary</a>	20 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Metro Music Therapy</a> 2:00pm: <a href="#">Strength and balance</a>	21 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">Fall dips and desserts</a> 1:00pm: <a href="#">Crossing your midline</a> 2:00pm: <a href="#">Healthful Living group</a>	22 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Fun Friday with DJ J.J.</a> 1:00pm: <a href="#">Move with Mary</a> 2:00pm: <a href="#">Cybersecurity awareness</a>
25 10:00am: <a href="#">Chair Yoga</a> 11:00am: <a href="#">Bingo</a> 1:00pm: <a href="#">Cardio Fun</a> 2:00pm: <a href="#">Fall movie trivia</a>	26 10:00am: <a href="#">Metro Music Therapy</a> 11:00am: <a href="#">Halloween STEM challenge</a> 1:00pm: <a href="#">Finger fitness</a> 2:00pm: <a href="#">Move with Mary</a>	27 10:00am: <a href="#">American Sign Language</a> 11:00am: <a href="#">Tai Chi</a> 1:00pm: <a href="#">Metro Music Therapy</a> 2:00pm: <a href="#">Strength and balance</a>	28 10:00am: <a href="#">Stress reduction practice</a> 11:00am: <a href="#">Metro Music Therapy</a> 1:00pm: <a href="#">Bingo</a> 2:00pm: <a href="#">Healthful Living group</a>	29 10:00am: <a href="#">Chronic Disease Self-Management Program</a> 1:00pm: <a href="#">Move with Mary</a> 2:00pm: <a href="#">Halloween trivia</a>