

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00am: Stretch for Energy 11:00am: Exploring Energy Medicine 1:00pm: Chair ZUMBA 2:00pm: Lifestyle Choices Matter: How to Quit Bad Habits	10:00am: AARP – Strength & Balance 11:00am: Crafting Comfort: Ergonomics 1:00pm: Silver Sneakers: Dance 2:00pm: Sushi Making for Beginners	10:00am: Chair yoga 11:00am: Spiders in Our Gardens 1:00pm: Sit & Fit 2:00pm: H-E-B cooking class: Hispanic Heritage Month	10:00am: Kaiser: senior stretch 11:00am: The History of Ice Cream 1:00pm: Seated lower body workout 2:00pm: Bermuda: Life at Ocean’s Edge	10:00am: Tai Chi for Balance 11:00am: Food, Elixir of Life 1:00pm: Dance for Life 2:00pm: Living Well with Gout
9	10	11	12	13
10:00am: Simply Fit 11:00am: How Lifestyle Can Impact Your Brain 1:00pm: Silver Sneakers stretch 2:00pm: Low Country to Hill Country	10:00am: Chair yoga 11:00am: Plant-Based Fall Dishes 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Journey Proud: Float Building	10:00am: Pilates for Arthritis 11:00am: The Caregiving 5 Wishes 1:00pm: Chair Exercise 2:00pm: Early Buddhist Art in India	10:00am: Flexibility with Diane 11:00am: Cooking demo: Fall Favorites 1:00pm: Exercise in Motion 2:00pm: Lower Body Joint Pain Solutions	10:00am: Stretch for Energy 11:00am: The History of Gwinnett County 1:00pm: Creative Movement with Diane 2:00pm: Discover Your Diet Personality
16	17	18	19	20
10:00am: Stretch for Energy 11:00am: Desert Nomads 1:00pm: Creative Movement with Diane 2:00pm: American Art: A Multiplicity of Voices	10:00am: Seated Tai Chi 11:00am: Horticulture as an Act of Conquest 1:00pm: Forever Strong 2:00pm: A Presentation to Put You to Sleep	10:00am: Chair yoga with Diane 11:00am: Stroke Prevention and Awareness 1:00pm: Chair ZUMBA 2:00pm: Teaching Kitchen: Quick Pickles and Ferments	10:00am: Kaiser: senior stretch 11:00am: AARP: Blue Zones 1:00pm: Silver Sneakers: Cardio 2:00pm: Virtual tour: National Museum of the US Army	10:00am: QiGong: Refresh and Recharge 11:00am: Philosophies of Tibetan Medicine 1:00pm: Sit & Fit 2:00pm: How to Make Diabetes-Friendly Taquitos
23	24	25	26	27
10:00am: Senior Strength with Kaiser 11:00am: Why Our Stories Matter 1:00pm: Exercise in Motion 2:00pm: Sounds Wild and Broken	10:00am: Chair Yoga 11:00am: Diabetes and Over the Counter Medication 1:00pm: Silver Sneakers: Cardio 2:00pm: Salad recipes demo	10:00am: Seated Tai Chi 11:00am: Bijayini Satpathy: Doha 1:00pm: Simply Fit 2:00pm: Plant-based cooking: Game Day Snacks	10:00am: Flexibility with Diane 11:00am: Life in the Dark: The Polar Night 1:00pm: Chair ZUMBA 2:00pm: H-E-B cooking class: Oktoberfest	10:00am: Stretch for Energy 11:00am: Exploring New Zealand 1:00pm: Forever Strong 2:00pm: Garden of the Chef
30	31			
10:00am: Qi Gong 11:00am: Mindfulness Apps 1:00pm: Chair ZUMBA 2:00pm: The Black Potters of Old Edgefield, SC	10:00am: Seated Tai Chi 11:00am: Men in Chronic Pain 1:00pm: SEAT Fitness 2:00pm: Healthy Treats for Halloween			