

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00am: Chair yoga 11:00am: Weight Loss Myths Exposed 1:00pm: Silver Sneakers - Walk at Home 2:00pm: View Finders: Cumberland Island	2 10:00am: Morning Stretch 11:00am: Uprooted 1:00pm: SEAT Fitness 2:00pm: Understanding Your Social Security Benefits	3 10:00am: AARP – Strength & balance 11:00am: Arthritis Myth Busting 1:00pm: Chair ZUMBA 2:00pm: Cooking demo: Oktoberfest Pretzels and Dips	4 10:00am: QiGong: Refresh and Recharge 11:00am: Live with Dr. Jemar Tisby 1:00pm: Silver Sneakers: Cardio 2:00pm: Fabulous Fall Vegetable Gardening
7 10:00am: Pilates for Arthritis 11:00am: Decluttering 1:00pm: Sit & Fit 2:00pm: Southern Women Artists and Writers on Creative Aging	8 10:00am: Kaiser: Senior Stretch 11:00am: Social Media Scams 1:00pm: Exercise in Motion 2:00pm: Why the Arts Transform Our Brains	9 10:00am: Simply Fit 11:00am: Meditation for Greater Well-Being 1:00pm: Silver Sneakers stretch 2:00pm: Cybersecurity and Online Shopping	10 10:00am: Flexibility with Diane 11:00am: Dinner in a SNAP 1:00pm: Chair ZUMBA 2:00pm: Fall Vegetables in Containers	11 10:00am: Balance Exercises 11:00am: Big Bend 1:00pm: Chair Exercise 2:00pm: Moving from Food Apartheid to Food Justice
14 10:00am: Exercises for Chronic Pain 11:00am: Author Talk with Martha Boone 1:00pm: Chair ZUMBA 2:00pm: The Transformative Power of Daily Photo Practice	15 10:00am: Seated Tai Chi 11:00am: Online Banking Safety 1:00pm: Slow Jam 2:00pm: Black Women Leading Political Organizations	16 10:00am: Morning Stretch 11:00am: Meal Planning with Diabetes 1:00pm: Silver Sneakers: Dance 2:00pm: View Finders: Blood Mountain	17 10:00am: Pilates for Seniors 11:00am: Home Organization 1:00pm: Exercise in Motion 2:00pm: Gardening for Birds in Fall and Winter	18 10:00am: Tai Chi for Balance 11:00am: Meadow Gardening 1:00pm: Forever Strong 2:00pm: Blood Pressure Management
21 10:00am: Senior Strength with Kaiser 11:00am: How Tech Can Help Caregivers 1:00pm: Dance 4 Life 2:00pm: 14 Ways Art Benefits Your Mind and Body	22 10:00am: Chair yoga 11:00am: Turkey Taco Food Demo 1:00pm: Simply Fit 2:00pm: Understanding Spouse and Survivor Benefits	23 10:00am: Seated Qigong 11:00am: Fall is the Best Time to Plant 1:00pm: Seated Disco Workout 2:00pm: Is Your Home Age-Friendly?	24 10:00am: Flexibility with Diane 11:00am: Fall Wreaths 1:00pm: HASFit chair exercise 2:00pm: Maintaining a Healthy Brain	25 10:00am: Stretch for Energy 11:00am: Gardening As We Age 1:00pm: Feeling Fit Club 2:00pm: Life Underground
28 10:00am: Qi Gong 11:00am: Navigating Finances for Caregiving 1:00pm: Creative Movement with Diane 2:00pm: Line Dancing	29 10:00am: Chair yoga 11:00am: Fall Bulbs 1:00pm: Sit & Fit 2:00pm: Understanding and Preventing Diabetic Foot Ulcers	30 10:00am: Morning Stretch 11:00am: Realm of the Humpbacks 1:00pm: SEAT Fitness 2:00pm: An Evening of Poetry	31 10:00am: Simply Fit 11:00am: Queens of the Rainforest 1:00pm: Forever Strong 2:00pm: Author talk: The 1619 Project	