

SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Line dance 2:00pm: Strength and balance	2 10:00am: Toys: Then and Now 11:00am: Feeling Full with Fruits and Vegetables 1:00pm: Family Feud 2:00pm: Healthful Living Group	3 10:00am: String art painting 11:00am: Fun Friday with DJ J.J. 1:00pm: Move with Mary 2:00pm: Fall trivia
6 CLOSED Happy Labor Day!	7 10:00am: Metro Music Therapy 11:00am: Mindful eating presentation 1:00pm: Line dance 2:00pm: Move with Mary	8 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Line dance 2:00pm: Strength and balance	9 10:00am: Grandparents' Day bookmark craft 11:00am: Metro Music Therapy 1:00pm: Pictionary 2:00pm: Healthful Living Group	10 10:00am: September trivia 11:00am: Fun Friday with DJ J.J. 1:00pm: Move with Mary 2:00pm: BINGO
13 10:00am: Wills and Probate Court presentation 11:00am: Chair Yoga 1:00pm – 3:00pm: A Matter of Balance	14 10:00am: Metro Music Therapy 11:00am: String pumpkin craft 1:00pm: Line dance 2:00pm: Move with Mary	15 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Line dance 2:00pm: Strength and balance	16 10:00am: Funny Photo Captions 11:00am: Stress-Less Meal Planning 1:00pm: Chalk mountains art activity 2:00pm: Healthful Living Group	17 10:00am – noon: Chronic Disease Self-Management Program (pre-registration required) 1:00pm: Move with Mary 2:00pm: Pictionary
20 10:00am: Bingo 11:00am: Chair Yoga 1:00pm – 3:00pm: A Matter of Balance	21 10:00am: Metro Music Therapy 11:00am: All about bran 1:00pm: Line dance 2:00pm: Move with Mary	22 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Line dance 2:00pm: Strength and balance	23 10:00am: Alcohol ink bottle lamp 11:00am: Metro Music Therapy 1:00pm: Family Feud 2:00pm: Healthful Living Group	24 10:00am – noon: Chronic Disease Self-Management Program (pre-registration required) 1:00pm: Move with Mary 2:00pm: Jeopardy
27 10:00am: Bingo 11:00am: Chair Yoga 1:00pm – 3:00pm: A Matter of Balance	28 10:00am: Metro Music Therapy 11:00am: Banned book trivia with GCPL 1:00pm: Line dance 2:00pm: Move with Mary	29 10:00am: American Sign Language 11:00am: Tai Chi 1:00pm: Line dance 2:00pm: Strength and balance	30 10:00am: Paper twilling 11:00am: String art painting 1:00pm: Logo guessing game 2:00pm: Healthful Living Group	