

SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am: Guided meditation 11:00am: All About Eggs 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	2 10:00am: Senior Strength with Kaiser 11:00am: Beary Tales 1:00pm: Yoga for seniors 2:00pm: AARP: Tips to Improve Brain Health
5 10:00am: Chair Yoga 11:00am: Teaching Kitchen: Seasonal One-Pan Dinner 1:00pm: Chair ZUMBA 2:00pm: AARP: Exercises to Improve Balance & Stability	6 10:00am: Chair ZUMBA 11:00am: Costa Rica 1:00pm: Growing Young 2:00pm: Silver Sneakers Walk at Home	7 10:00am: Tai Chi 11:00am: Fall Container Gardening 1:00pm: Silver Sneakers Tabata 2:00pm: Gorgeous Wildlife of the Mediterranean	8 10:00am: Yoga for arthritis 11:00am: Cheetahs 1:00pm: Silver Sneakers Tension Tamer 2:00pm: Cooking with Herbs 101	9 10:00am: Senior Strength with Kaiser 11:00am: Cooking demo: Comfort Foods 1:00pm: Silver Sneakers Chair Yoga 2:00pm: Drum, Music and Voice Jam
12 10:00am: Chair Yoga 11:00am: H-E-B cooking demo: A twist on tailgating 1:00pm: Chair ZUMBA 2:00pm: Freddy Parish and the Old Town String Band	13 10:00am: Chair ZUMBA 11:00am: Teaching Kitchen: Korean Cuisine 1:00pm: One Planet 2:00pm: Silver Sneakers stretch	14 10:00am: Pilates 11:00am: Peru's Pacific Coast 1:00pm: Silver Sneakers Dance Workout 2:00pm: Fall favorites cooking demo	15 10:00am: Guided meditation 11:00am: Senior Matters 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	16 10:00am: Senior Strength with Kaiser 11:00am: Growing in Gwinnett: Foot Care 1:00pm: Yoga for seniors 2:00pm: Healthy Eating on a Budget
19 10:00am: Chair Yoga 11:00am: Relax in nature 1:00pm: Chair ZUMBA 2:00pm: H-E-B cooking class: Small bites for the big game	20 10:00am: Chair ZUMBA 11:00am: The Nile 1:00pm: African Americans and high blood pressure 2:00pm: Kaiser: senior stretch	21 10:00am: Tai Chi 11:00am: Teaching Kitchen: Homemade Chili 1:00pm: Our Planet: Coastal Seas 2:00pm: Silver Sneakers cardio	22 10:00am: Guided meditation 11:00am: Bermuda 1:00pm: Nutrient Density: Getting the most from your food 2:00pm: Yoga for Arthritis	23 10:00am: Senior Strength with Kaiser 11:00am: Oahu 1:00pm: Silver Sneakers Chair Yoga 2:00pm: Stretches for neck, shoulder and upper back pain
26 10:00am: Chair Yoga 11:00am: Breathtaking Iceland 1:00pm: Chair ZUMBA 2:00pm: H-E-B cooking demo: Beef up your tailgate	27 10:00am: Silver Sneakers cardio 11:00am: On the Edge of an Empire 1:00pm: AARP: Tips to Boost Immunity 2:00pm: Silver Sneakers stretch	28 10:00am: Pilates 11:00am: Snacks with SAM 1:00pm: Silver Sneakers Tabata 2:00pm: Recital in brass	29 10:00am: Guided Meditation 11:00am: Growing in Gwinnett: Wellness 1:00pm: Silver Sneakers Walk at Home 2:00pm: Gentle Yoga	30 10:00am: Senior Strength with Kaiser 11:00am: Kaiser: Fall Prevention Tips 1:00pm: Yoga for seniors 2:00pm: All About Westminster Abbey