

## SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00am: <a href="#">Tai Chi for Balance</a>  11:00am: <a href="#">Khachapuri Cooking Demo</a>  1:00pm: <a href="#">Dance for Life</a>  2:00pm: <a href="#">Walking a Loved One Home</a>
4 10:00am: <a href="#">Simply Fit</a>  11:00am: <a href="#">Sleep and Fatigue Strategies for Arthritis</a>  1:00pm: <a href="#">Chair ZUMBA</a>  2:00pm: <a href="#">How to Start an Exercise Program</a>	5 10:00am: <a href="#">Chair Yoga</a>  11:00am: <a href="#">Build Your Balance House</a>  1:00pm: <a href="#">Silver Sneakers - Walk at Home</a>  2:00pm: <a href="#">Plant-based Eating – Part 1</a>	6 10:00am: <a href="#">Pilates for Arthritis</a>  11:00am: <a href="#">FFA Music</a>  1:00pm: <a href="#">Chair Exercise</a>  2:00pm: <a href="#">Plant-based Cooking – Vegan Cornbread and Greens</a>	7 10:00am: <a href="#">Flexibility with Diane</a>  11:00am: <a href="#">Arthritis and Mental Health</a>  1:00pm: <a href="#">Exercise in Motion</a>  2:00pm: <a href="#">Plant-based Eating - Part 2</a>	8 10:00am: <a href="#">Stretch for Energy</a>  11:00am: <a href="#">Growing and Using Medicinal Herbs</a>  1:00pm: <a href="#">Creative Movement with Diane</a>  2:00pm: <a href="#">Kwando</a>
11 10:00am: <a href="#">Stretch for Energy</a>  11:00am: <a href="#">Oysters at Home</a>  1:00pm: <a href="#">Creative Movement with Diane</a>  2:00pm: <a href="#">Changing the Conversation on Aging</a>	12 10:00am: <a href="#">Seated Tai Chi</a>  11:00am: <a href="#">Gwinnett County 55 Years After Dr. King</a>  1:00pm: <a href="#">Forever Strong</a>  2:00pm: <a href="#">Plant-based Eating – Part 3</a>	13 10:00am: <a href="#">Chair Yoga with Diane</a>  11:00am: <a href="#">Picturing the South</a>  1:00pm: <a href="#">Silver Sneakers stretch</a>  2:00pm: <a href="#">Gwinnett’s African American Historic Preservation</a>	14 10:00am: <a href="#">Kaiser: senior stretch</a>  11:00am: <a href="#">Peace of Mind – Next Door Neighbors</a>  1:00pm: <a href="#">Silver Sneakers: Cardio</a>  2:00pm: <a href="#">Plant-based Eating – Part 4</a>	15 10:00am: <a href="#">QiGong: Refresh and Recharge</a>  11:00am: <a href="#">Keep the Memories, Lose the Stuff</a>  1:00pm: <a href="#">Sit &amp; Fit</a>  2:00pm: <a href="#">H-E-B cooking class - Hearty Whole Grains</a>
18 10:00am: <a href="#">Senior Strength with Kaiser</a>  11:00am: <a href="#">Daily Ways to Save</a>  1:00pm: <a href="#">Exercise in Motion</a>  2:00pm: <a href="#">Daily Ways to Save, Part 2</a>	19 10:00am: <a href="#">Chair Yoga</a>  11:00am: <a href="#">Historic Recipe for Social Change, Episode 2</a>  1:00pm: <a href="#">Silver Sneakers: Cardio</a>  2:00pm: <a href="#">Plant-based Eating – Part 5</a>	20 10:00am: <a href="#">Seated Tai Chi</a>  11:00am: <a href="#">Social Security 101</a>  1:00pm: <a href="#">Simply Fit</a>  2:00pm: <a href="#">The New Woman Behind the Camera</a>	21 10:00am: <a href="#">Flexibility with Diane</a>  11:00am: <a href="#">Diabetes: Skills for Making Long Term Changes</a>  1:00pm: <a href="#">Chair ZUMBA</a>  2:00pm: <a href="#">Plant-based Eating – Part 6</a>	22 10:00am: <a href="#">Stretch for Energy</a>  11:00am: <a href="#">Have Wok, Will Travel</a>  1:00pm: <a href="#">Forever Strong</a>  2:00pm: <a href="#">Vanishing Whales</a>
25 10:00am: <a href="#">Stretch for Energy</a>  11:00am: <a href="#">The Woman with the Cure</a>  1:00pm: <a href="#">Chair ZUMBA</a>  2:00pm: <a href="#">Sharks in Belize</a>	26 10:00am: <a href="#">Seated Tai Chi</a>  11:00am: <a href="#">Diabetes-friendly chili demo</a>  1:00pm: <a href="#">SEAT Fitness</a>  2:00pm: <a href="#">Eating Sustainably</a>	27 10:00am: <a href="#">Chair Yoga</a>  11:00am: <a href="#">ALZ Talks: Unconditional Care</a>  1:00pm: <a href="#">Dance for Life</a>  2:00pm: <a href="#">The Sound of Healing</a>	28 10:00am: <a href="#">Kaiser: senior stretch</a>  11:00am: <a href="#">The Flood</a>  1:00pm: <a href="#">Seated lower body workout</a>  2:00pm: <a href="#">Making New Friends as We Age</a>	29 10:00am: <a href="#">AARP – Strength &amp; Balance</a>  11:00am: <a href="#">Garden Delights: Spinach</a>  1:00pm: <a href="#">Silver Sneakers: Dance</a>  2:00pm: <a href="#">Canoeros</a>