

SENIOR VIRTUAL ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am: Writing group 11:00am: Nutrition presentation 1:00pm: Memory health 2:00pm: Chair yoga	2 10:00am: Health with Dr. Hogan 11:00am: Fun Friday with DJ J.J. 1:00pm: Move with Mary 2:00pm: Bingo
5 CLOSED Happy Independence Day!	6 10:00am: Metro Music Therapy 11:00am: Ageless Grace 1:00pm: Legume nutritional importance 2:00pm: Move with Mary	7 10:00am: American Sign Language 11:00am: Tai chi 1:00pm: Strength and balance 2:00pm: Tai chi	8 10:00am: Writing group 11:00am: Games and trivia 1:00pm: Bingo 2:00pm: Chair yoga	9 10:00am: Movie title guessing game 11:00am: Fun Friday with DJ J.J. 1:00pm: Move with Mary 2:00pm: Amish knot placemat craft
12 10:00am: Bingo 11:00am: Chair yoga 1:00pm: Button jewelry craft 2:00pm: Yoga	13 10:00am: Metro Music Therapy 11:00am: Ageless Grace 1:00pm: Health Jeopardy game 2:00pm: Move with Mary	14 10:00am: American Sign Language 11:00am: Tai chi 1:00pm: Crossing your midline 2:00pm: Tai chi	15 10:00am: Writing group 11:00am: Metro Music Therapy 1:00pm: Nutrition presentation 2:00pm: Yoga	16 10:00am: Get moving physical activity 11:00am: Fun Friday with DJ John Cox 1:00pm: Move with Mary 2:00pm: Self-defense
19 10:00am: Bingo 11:00am: Health with Lindsey Evans 1:00pm: Pop culture history trivia 2:00pm: Yoga	20 10:00am: Metro Music Therapy 11:00am: Ageless Grace 1:00pm: Upcycled keychain craft 2:00pm: Move with Mary	21 10:00am: American Sign Language 11:00am: Tai chi 1:00pm: "Sauces, Seasonings, and Sweets" 2:00pm: Tai chi	22 10:00am: Writing group 11:00am: "Stress Less, Live More!" 1:00pm: Hardware store game 2:00pm: Chair yoga	23 10:00am: A walk down memory lane 11:00am: Fun Friday with DJ J.J. 1:00pm: Move with Mary 2:00pm: Bingo
26 10:00am: Bingo 11:00am: Chair yoga 1:00pm: Bingo 2:00pm: Yoga	27 10:00am: Metro Music Therapy 11:00am: Ageless Grace 1:00pm: Games and trivia 2:00pm: Move with Mary	28 10:00am: American Sign Language 11:00am: Tai chi 1:00pm: Finger fitness 2:00pm: Tai chi	29 10:00am: Writing group 11:00am: Metro Music Therapy 1:00pm: Name 5 game 2:00pm: Yoga	30 10:00am: Health and Wellness Apps 11:00am: Fun Friday with DJ John Cox 1:00pm: Move with Mary 2:00pm: Self-defense