

VIRTUAL SENIOR ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>10:00am: Tai chi</p> <p>11:00am: Cardio & strength</p> <p>1:00pm: Chair yoga</p> <p>2:00pm: Beginning American Sign Language</p>	<p>10:00am: The silent child/American Sign Language lessons</p> <p>11:00am: Move with Mary</p> <p>1:00pm: Ageless Grace – Timeless Fitness for the Body & Brain</p> <p>2:00pm: May the fourth be with you trivia</p>	<p>10:00am: Cardio & Strength</p> <p>11:00am: Chair yoga</p> <p>1:00pm: Tai chi</p> <p>2:00pm: Bingo</p>	<p>10:00am: Communities of strength</p> <p>1:00pm: Get savvy with social media</p> <p>2:00pm: Tai chi</p>	<p>10:00am: Gentle yoga</p> <p>11:00am: Fun Friday with DJ John Cox</p> <p>1:00pm: Line dancing</p> <p>2:00pm: Zumba</p>
10	11	12	13	14
<p>10:00am: Tai chi</p> <p>11:00am: Cardio & strength</p> <p>1:00pm: Chair yoga</p> <p>2:00pm: White House virtual tour</p>	<p>10:00am: American Sign Language lessons</p> <p>11:00am: Move with Mary</p> <p>1:00pm: Ageless Grace – Timeless Fitness for the Body & Brain</p> <p>2:00pm: Musical fun with Metro Music Therapy</p>	<p>10:00am: “Portion Distortion” presentation</p> <p>11:00am: Chair yoga</p> <p>1:00pm: Tai chi</p> <p>2:00pm: Bingo</p>	<p>10:00am: Gain your strength</p> <p>1:00pm: Jeopardy with Linda</p> <p>2:00pm: Tai chi</p>	<p>10:00am: Bingo</p> <p>11:00am: Fun Friday with DJ John Cox</p> <p>1:00pm: “Eating on a Budget” with Diabetes Association of Atlanta</p> <p>2:00pm: Zumba</p>
17	18	19	20	21
<p>10:00am: Tai chi</p> <p>11:00am: Cardio & strength</p> <p>1:00pm: Chair yoga</p> <p>2:00pm: Charades</p>	<p>10:00am: American Sign Language lessons</p> <p>11:00am: Move with Mary</p> <p>1:00pm: Ageless Grace – Timeless Fitness for the Body & Brain</p> <p>2:00pm: Musical fun with Metro Music Therapy</p>	<p>10:00am: Cardio & Strength</p> <p>11:00am: Chair yoga</p> <p>1:00pm: Tai chi</p> <p>2:00pm: Bingo</p>	<p>10:00am: Stories of strength</p> <p>1:00pm: Balanced meal demonstration</p> <p>2:00pm: Tai chi</p>	<p>10:00am: Bingo</p> <p>11:00am: Fun Friday with DJ John Cox</p> <p>1:00pm: Line dancing</p> <p>2:00pm: Cooking demonstration/recipe sharing</p>

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24	25	26	27	28
<p>10:00am: Tai chi</p> <p>11:00am: Cardio & strength</p> <p>1:00pm: Chair yoga</p> <p>2:00pm: Gwinnett seniors photo show</p>	<p>10:00am: American Sign Language lessons</p> <p>11:00am: Move with Mary</p> <p>1:00pm: Ageless Grace – Timeless Fitness for the Body & Brain</p> <p>2:00pm: Musical fun with Metro Music Therapy</p>	<p>10:00am: Cardio & Strength</p> <p>11:00am: Chair yoga</p> <p>1:00pm: Tai chi</p> <p>2:00pm: Bingo</p>	<p>10:00am: Collaborations of strength</p> <p>1:00pm: Scrapbook pages intro</p> <p>2:00pm: Tai chi</p>	<p>10:00am: Health program & party games</p> <p>11:00am: Fun Friday with DJ J.J.</p> <p>1:00pm: Line dancing</p> <p>2:00pm: Zumba</p>
<p style="text-align: right;">31</p> <p style="text-align: center;">CLOSED</p> <p>Happy Memorial Day!</p>				