

SENIOR VIRTUAL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>10:00am: Exercises for Chronic Pain</p> <p>11:00am: What to Know About Medicare Open Enrollment</p> <p>1:00pm: Chair ZUMBA</p> <p>2:00pm: Fire Safety in the Kitchen</p>	<p>10:00am: Seated Tai Chi</p> <p>11:00am: Cutting Gardens</p> <p>1:00pm: Simply Fit</p> <p>2:00pm: The Link: Arthritis, Diabetes and Heart Disease</p>	<p>10:00am: Morning Stretch</p> <p>11:00am: End of Life Discussions</p> <p>1:00pm: SEAT Fitness</p> <p>2:00pm: MIND Diet: Foods to Feed Your Brain</p>	<p>10:00am: Pilates for Seniors</p> <p>11:00am: Coping with Grief During the Holidays</p> <p>1:00pm: 4500 Steps!</p> <p>2:00pm: View Finders: Okefenokee Swamp</p>	<p>10:00am: QiGong: Refresh and Recharge</p> <p>11:00am: Trees for Urban Landscape</p> <p>1:00pm: Silver Sneakers: Cardio</p> <p>2:00pm: Rethinking Exercise as We Age</p>
9	10	11	12	13
<p>10:00am: Pilates for Arthritis</p> <p>11:00am: Tree Pandemics</p> <p>1:00pm: Sit & Fit</p> <p>2:00pm: Amazing Stories of Heroes at Arlington National Cemetery</p>	<p>10:00am: Chair yoga</p> <p>11:00am: Living Well with Gout</p> <p>1:00pm: Feeling Fit Club</p> <p>2:00pm: Keeping Our Devices Protected from Fraudsters and Scammers</p>	<p>10:00am: Silver Sneakers stretch</p> <p>11:00am: Brain Matters: Get the Skinny on Diet and Exercise</p> <p>1:00pm: Walking Workout</p> <p>2:00pm: Rain Gardens</p>	<p>10:00am: Flexibility with Diane</p> <p>11:00am: Ways to Fight Misinformation</p> <p>1:00pm: Forever Strong</p> <p>2:00pm: Making Cents of Caregiving Costs</p>	<p>10:00am: Stretch for Energy</p> <p>11:00am: Dining on a Dime for Caregivers</p> <p>1:00pm: Chair Exercise</p> <p>2:00pm: Diet in Mental Health Treatment</p>
16	17	18	19	20
<p>10:00am: Exercises for Chronic Pain</p> <p>11:00am: Hamilton: Man and Musical</p> <p>1:00pm: Chair ZUMBA</p> <p>2:00pm: Can You Recognize a Text Message Scam?</p>	<p>10:00am: Seated Tai Chi</p> <p>11:00am: The Journey of Aging</p> <p>1:00pm: Exercise in Motion</p> <p>2:00pm: Author Talk with Vanessa Riley</p>	<p>10:00am: Morning Stretch</p> <p>11:00am: The Women in the Room</p> <p>1:00pm: Silver Sneakers: Dance</p> <p>2:00pm: Giants of the Deep</p>	<p>10:00am: Pilates for Seniors</p> <p>11:00am: The Chef and the Farmer</p> <p>1:00pm: Exercise in Motion</p> <p>2:00pm: Peach Jam TV: Mama Stone</p>	<p>10:00am: Tai Chi for Balance</p> <p>11:00am: The Heirloom Gardener: Traditional Plants and Skills</p> <p>1:00pm: Sit & Fit</p> <p>2:00pm: Asthma 101</p>
23	24	25	26	27
<p>10:00am: Senior Strength with Kaiser</p> <p>11:00am: Gardening Under Lights</p> <p>1:00pm: Exercise in Motion</p> <p>2:00pm: Dinner in a SNAP</p>	<p>10:00am: Chair yoga</p> <p>11:00am: Protecting Veterans from Fraud</p> <p>1:00pm: Forever Strong</p> <p>2:00pm: Geocaching: An Adventure Sport for Any Age</p>	<p>10:00am: Seated Qigong</p> <p>11:00am: Author Talk with Josh Malerman</p> <p>1:00pm: Seated Disco Workout</p> <p>2:00pm: View Finders: Cloudland Canyon</p>	<p>10:00am: Tai Chi for Arthritis</p> <p>11:00am: Georgia Cotton</p> <p>1:00pm: HASFit chair exercise</p> <p>2:00pm: Uncovering Secrets of Loch Ness</p>	<p>10:00am: Stretch for Energy</p> <p>11:00am: Caring for the Caregiver with Nature</p> <p>1:00pm: Dance 4 Life</p> <p>2:00pm: Secrets of the Octopus</p>
30	31			
<p>10:00am: Qi Gong</p> <p>11:00am: Fired Up</p> <p>1:00pm: Creative Movement with Diane</p> <p>2:00pm: Native Plants in the Urban Landscape</p>	<p>10:00am: Balance Exercises</p> <p>11:00am: Lost Giants</p> <p>1:00pm: Sit & Fit</p> <p>2:00pm: Peach Jam TV: Bellweather Station</p>			