

## 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="#">Exercises for Chronic Pain</a> 11:00am: <a href="#">Healthy Local and Seasonal Eating</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Downsizing and Decluttering</a>	2 10:00am: <a href="#">Seated Tai Chi</a> 11:00am: <a href="#">Artificial Intelligence</a> 1:00pm: <a href="#">Forever Strong</a> 2:00pm: <a href="#">Indigenous History and Rights</a>	3 10:00am: <a href="#">Morning Stretch</a> 11:00am: <a href="#">Rooftop Farming</a> 1:00pm: <a href="#">Silver Sneakers: Dance</a> 2:00pm: <a href="#">Becoming an Empowered Caregiver</a>	4 10:00am: <a href="#">AARP – Strength &amp; balance</a> 11:00am: <a href="#">Heroes of Every Stripe</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Author Terah Shelton Harris: Long After We Are Gone</a>	5 10:00am: <a href="#">QiGong: Refresh and Recharge</a> 11:00am: <a href="#">Advances in Arthritis Care</a> 1:00pm: <a href="#">Silver Sneakers: Cardio</a> 2:00pm: <a href="#">Less Stress Meal Planning</a>
8 10:00am: <a href="#">Pilates for Arthritis</a> 11:00am: <a href="#">The Galapagos</a> 1:00pm: <a href="#">Chair Exercise</a> 2:00pm: <a href="#">Tech Inventions That Changed the World</a>	9 10:00am: <a href="#">Kaiser: Senior Stretch</a> 11:00am: <a href="#">When the Gig Is Up</a> 1:00pm: <a href="#">Exercise in Motion</a> 2:00pm: <a href="#">The Role of Nutrition in Managing Diabetes</a>	10 10:00am: <a href="#">Simply Fit</a> 11:00am: <a href="#">Eating as We Age: How Much is Too Much?</a> 1:00pm: <a href="#">Silver Sneakers stretch</a> 2:00pm: <a href="#">Home Garden Harvest Tips and Techniques</a>	11 10:00am: <a href="#">Flexibility with Diane</a> 11:00am: <a href="#">Salt and Sodium</a> 1:00pm: <a href="#">Exercise in Motion</a> 2:00pm: <a href="#">History's Greatest Hoaxes, Part 1</a>	12 10:00am: <a href="#">Balance Exercises</a> 11:00am: <a href="#">Hank Had A Hammer</a> 1:00pm: <a href="#">Silver Sneakers - Walk at Home</a> 2:00pm: <a href="#">Spring Recipes Demo</a>
15 10:00am: <a href="#">Exercises for Chronic Pain</a> 11:00am: <a href="#">Volumetric Eating</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">Understanding Cybersecurity</a>	16 10:00am: <a href="#">Seated Tai Chi</a> 11:00am: <a href="#">Accessible Adventures</a> 1:00pm: <a href="#">Forever Strong</a> 2:00pm: <a href="#">Brain Healthy Cooking on a Budget</a>	17 10:00am: <a href="#">Morning Stretch</a> 11:00am: <a href="#">Introduction to Mindful Eating</a> 1:00pm: <a href="#">Silver Sneakers: Dance</a> 2:00pm: <a href="#">Home Composting</a>	18 10:00am: <a href="#">AARP – Strength &amp; balance</a> 11:00am: <a href="#">Rain Gardens</a> 1:00pm: <a href="#">Chair ZUMBA</a> 2:00pm: <a href="#">End of Life Planning: What to Prepare in Advance</a>	19 10:00am: <a href="#">Tai Chi for Balance</a> 11:00am: <a href="#">Orchids 101</a> 1:00pm: <a href="#">Silver Sneakers: Cardio</a> 2:00pm: <a href="#">Improving Shoulder and Hip Rotation</a>
22 10:00am: <a href="#">Senior Strength with Kaiser</a> 11:00am: <a href="#">A Survivor's Story</a> 1:00pm: <a href="#">Dance 4 Life</a> 2:00pm: <a href="#">Container Gardening: Ornamentals</a>	23 10:00am: <a href="#">Chair yoga</a> 11:00am: <a href="#">Stress Less, Live More</a> 1:00pm: <a href="#">Seated Disco Workout</a> 2:00pm: <a href="#">Sneaking in More Fruits and Vegetables</a>	24 10:00am: <a href="#">Seated Qigong</a> 11:00am: <a href="#">Change Your Protein</a> 1:00pm: <a href="#">Simply Fit</a> 2:00pm: <a href="#">Prediabetes: When Action is the Best Medicine</a>	25 10:00am: <a href="#">Flexibility with Diane</a> 11:00am: <a href="#">Navigating the Media Maze</a> 1:00pm: <a href="#">HASFit chair exercise</a> 2:00pm: <a href="#">Simply Delicious Chinese</a>	26 10:00am: <a href="#">Stretch for Energy</a> 11:00am: <a href="#">Eat Your Weeds!</a> 1:00pm: <a href="#">Feeling Fit Club</a> 2:00pm: <a href="#">Trees for Bees</a>
29 10:00am: <a href="#">Qi Gong</a> 11:00am: <a href="#">AARP: Interview with Martha Reeds</a> 1:00pm: <a href="#">Sit &amp; Fit</a> 2:00pm: <a href="#">Heavenly Hydrangeas</a>	30 10:00am: <a href="#">Chair yoga</a> 11:00am: <a href="#">Summer Vegan Dishes</a> 1:00pm: <a href="#">Creative Movement with Diane</a> 2:00pm: <a href="#">American Jazz Museum tour</a>	31 10:00am: <a href="#">Morning Stretch</a> 11:00am: <a href="#">Bluebirds</a> 1:00pm: <a href="#">SEAT Fitness</a> 2:00pm: <a href="#">Adapting and Transitioning As We Age</a>	27 10:00am: <a href="#">Exercises for Chronic Pain</a> 11:00am: <a href="#">Author Randy Cox: 715 at 50</a> 1:00pm: <a href="#">Forever Strong</a> 2:00pm: <a href="#">Africana Tea</a>	28 10:00am: <a href="#">Pilates for Seniors</a> 11:00am: <a href="#">Begonias</a> 1:00pm: <a href="#">Dance 4 Life</a> 2:00pm: <a href="#">History's Greatest Hoaxes, Part 2</a>