

## 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="#">QiGong: Refresh and Recharge</a>  11:00am: <a href="#">Medicare and Open Enrollment</a>  1:00pm: <a href="#">Silver Sneakers: Cardio</a>  2:00pm: <a href="#">Bluegrass Music Experience</a>
4 10:00am: <a href="#">Pilates for Arthritis</a>  11:00am: <a href="#">AARP: Travel Tips and Benefits</a>  1:00pm: <a href="#">Sit &amp; Fit</a>  2:00pm: <a href="#">What Makes Orchids Great?</a>	5 10:00am: <a href="#">Kaiser: Senior Stretch</a>  11:00am: <a href="#">Fabulous Fairy Gardens</a>  1:00pm: <a href="#">Exercise in Motion</a>  2:00pm: <a href="#">View Finders: Savannah and Beyond</a>	6 10:00am: <a href="#">Simply Fit</a>  11:00am: <a href="#">Black America: East End London virtual tour</a>  1:00pm: <a href="#">Silver Sneakers stretch</a>  2:00pm: <a href="#">Cooking Pakaura</a>	7 10:00am: <a href="#">Flexibility with Diane</a>  11:00am: <a href="#">Shades of Arthritis</a>  1:00pm: <a href="#">Chair ZUMBA</a>  2:00pm: <a href="#">Fruits and Vegetables From Other Cultures– Part 1</a>	8 10:00am: <a href="#">Chair yoga</a>  11:00am: <a href="#">Sugar Shockers</a>  1:00pm: <a href="#">Chair Exercise</a>  2:00pm: <a href="#">Stump Scammers, Get Social Media Smart</a>
11 10:00am: <a href="#">Exercises for Chronic Pain</a>  11:00am: <a href="#">Plant-Based Cooking: Thai Coconut Soup</a>  1:00pm: <a href="#">Chair ZUMBA</a>  2:00pm: <a href="#">Combating Dementia Through Social Engagement</a>	12 10:00am: <a href="#">Seated Tai Chi</a>  11:00am: <a href="#">Navigating the Financial Challenges of Arthritis</a>  1:00pm: <a href="#">Slow Jam</a>  2:00pm: <a href="#">Georgia Outdoors: Elephant Sanctuary</a>	13 10:00am: <a href="#">Morning Stretch</a>  11:00am: <a href="#">Author Talk with Erin Bartels</a>  1:00pm: <a href="#">Silver Sneakers: Dance</a>  2:00pm: <a href="#">What's Cooking with AARP? Stuffed Shells!</a>	14 10:00am: <a href="#">Pilates for Seniors</a>  11:00am: <a href="#">Taming Medieval Nature</a>  1:00pm: <a href="#">Exercise in Motion</a>  2:00pm: <a href="#">Fruits and Vegetables From Other Cultures- Part 2</a>	15 10:00am: <a href="#">Tai Chi for Balance</a>  11:00am: <a href="#">Bach Sonata No. 2 in A Minor</a>  1:00pm: <a href="#">Sit &amp; Fit</a>  2:00pm: <a href="#">Getting Clear on Your Values &amp; Wishes</a>
18 10:00am: <a href="#">Senior Strength with Kaiser</a>  11:00am: <a href="#">Smart Eating on the Go</a>  1:00pm: <a href="#">Dance 4 Life</a>  2:00pm: <a href="#">Cherokee Ethnobotany: If Plants Could Talk</a>	19 10:00am: <a href="#">Chair yoga</a>  11:00am: <a href="#">Georgia Outdoors: Recovery Haven</a>  1:00pm: <a href="#">Simply Fit</a>  2:00pm: <a href="#">Author Talk with Honoree Fanonne Jeffers</a>	20 10:00am: <a href="#">Seated Qigong</a>  11:00am: <a href="#">High Protein Snacks</a>  1:00pm: <a href="#">Seated Disco Workout</a>  2:00pm: <a href="#">KSU Food Forest</a>	21 10:00am: <a href="#">AARP – Strength &amp; balance</a>  11:00am: <a href="#">Homemade Vegan Pasta</a>  1:00pm: <a href="#">HASFit chair exercise</a>  2:00pm: <a href="#">The Power of Positivity</a>	22 10:00am: <a href="#">Stretch for Energy</a>  11:00am: <a href="#">The Ancient Ways of the Cherokee</a>  1:00pm: <a href="#">Feeling Fit Club</a>  2:00pm: <a href="#">Plant-Based Cooking: Boudin Balls</a>
25 10:00am: <a href="#">Qi Gong</a>  11:00am: <a href="#">Line Dancing</a>  1:00pm: <a href="#">Creative Movement with Diane</a>  2:00pm: <a href="#">Winter Vegetable Planting</a>	26 10:00am: <a href="#">Balance Exercises</a>  11:00am: <a href="#">The Impact of Climate Change on Asthma</a>  1:00pm: <a href="#">Sit &amp; Fit</a>  2:00pm: <a href="#">Salsa Macha</a>	27 10:00am: <a href="#">Chair yoga</a>  11:00am: <a href="#">Dinner in a SNAP</a>  1:00pm: <a href="#">SEAT Fitness</a>  2:00pm: <a href="#">Artificial Intelligence Generated Scams</a>	28 10:00am: <a href="#">Simply Fit</a>  11:00am: <a href="#">Antarctica</a>  1:00pm: <a href="#">Forever Strong</a>  2:00pm: <a href="#">Cooking for Your Health: Stroke Awareness</a>	29 10:00am: <a href="#">AARP – Strength &amp; balance</a>  11:00am: <a href="#">Katmai</a>  1:00pm: <a href="#">Chair ZUMBA</a>  2:00pm: <a href="#">View Finders: Pisgah National Forest</a>