

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
10:00am: Simply Fit 11:00am: Georgia Ginseng 1:00pm: Forever Strong 2:00pm: Arthritis Hacks and Joint Protection	10:00am: Chair yoga 11:00am: View Finders: Tallulah Gorge 1:00pm: Sit & Fit 2:00pm: Managing Gout So It Won't Manage You	10:00am: Morning Stretch 11:00am: McIntosh County Shouters 1:00pm: SEAT Fitness 2:00pm: The Importance of Self-Advocacy	10:00am: AARP – Strength & balance 11:00am: Organic Gardening 1:00pm: Chair ZUMBA 2:00pm: How Much is Too Much? Loneliness	10:00am: QiGong: Refresh and Recharge 11:00am: Eating Healthy on a Budget 1:00pm: Silver Sneakers: Cardio 2:00pm: Author Talk: Zenith Man
9	10	11	12	13
10:00am: Pilates for Arthritis 11:00am: Inca Island in the Sky 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Artist Talk: Behind the Mask	10:00am: Kaiser: Senior Stretch 11:00am: Diabetes: Don't Delay, Prepare Today! 1:00pm: Exercise in Motion 2:00pm: Intro to Canning	10:00am: Simply Fit 11:00am: Health Benefits of Herbs and Spices 1:00pm: Silver Sneakers stretch 2:00pm: Impact of Physical Health on Your Brain	10:00am: Flexibility with Diane 11:00am: Apps for Mindfulness and Meditation 1:00pm: Exercise in Motion 2:00pm: Diabetes-Friendly Taquitos	10:00am: Balance Exercises 11:00am: Nutrition As We Age 1:00pm: Chair Exercise 2:00pm: Author Talk: The Finlay Donovan Series
16	17	18	19	20
10:00am: Exercises for Chronic Pain 11:00am: How Much is Too Much? Alcohol 1:00pm: Chair ZUMBA 2:00pm: Eat More Vegetables and Eat More Fruits	10:00am: Seated Tai Chi 11:00am: Intro to A.I. 1:00pm: Slow Jam 2:00pm: Virtual cooking class: Hispanic Heritage Month	10:00am: Morning Stretch 11:00am: Mobile Health Apps 1:00pm: Silver Sneakers: Dance 2:00pm: Sing to Nature	10:00am: Pilates for Seniors 11:00am: Simple Home Modifications 1:00pm: Chair ZUMBA 2:00pm: Home Gardening: Mushrooms	10:00am: Tai Chi for Balance 11:00am: Fall Gardening 1:00pm: Forever Strong 2:00pm: Mindful Eating
23	24	25	26	27
10:00am: Senior Strength with Kaiser 11:00am: Surface Expressions in Chalk 1:00pm: Dance 4 Life 2:00pm: Identity Theft and Data Breaches	10:00am: Chair yoga 11:00am: Wild Yosemite 1:00pm: Simply Fit 2:00pm: Power of Song in Community Building and Social Connection	10:00am: Seated Qigong 11:00am: How Much is Too Much? Clutter 1:00pm: Seated Disco Workout 2:00pm: Clotilda: Last American Slave Ship	10:00am: Flexibility with Diane 11:00am: Badlands 1:00pm: HASFIT chair exercise 2:00pm: Celebrating People of Color in Folk Music	10:00am: Stretch for Energy 11:00am: The Hooper Renwick School 1:00pm: Feeling Fit Club 2:00pm: The Blue Ridge Mountains
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10:00am: Qi Gong 11:00am: Diabetes: Fact or Fiction 1:00pm: Creative Movement with Diane 2:00pm: State of Trees				