

SENIOR ADULT

JANUARY 3-15

ONLINE EXERCISE AND PROGRAMS

SUN

3

11 AM
Chair Yoga
with Diana

ALL DAY
Movie Night:
Guys and
Dolls

MON

4

10 AM
Light Cardio
and Pilates
with Mandi

2 PM
Educational
Workshop:
Aches, Pain,
and the
Weather

ALL DAY
Gracie
Mansion

TUES

5

10 AM
Chair Exercise
w/Hava

ALL DAY
Musical
Instruments
from Around
the World

Music Break:
Koolulam
presents
"One Day"

WED

6

11 AM
Low Impact
Aerobics
with Marissa

ALL DAY
Art Break:
Origami

Documentary:
Troupers

Virtual Tour
of the Art and
Decor of The
White House

THUR

7

9:30 AM
Chair
Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

2 PM
Live Webinar:
Stories
Survive:
Judith
Koeppel Steel

FRI

8

10 AM
Light Cardio
and Pilates
with Mandi

10

11 AM
Chair Yoga
with Diana

ALL DAY
Movie Night:
The Illusionist

11

10 AM
Light Cardio
and Pilates
with Mandi

1 ALL DAY
Online Tour:
The Language
of Flowers

What
Conductors
Really Do

12

10 AM
Chair Exercise
w/Hava

12 PM
Educational
Workshop:
Inner
Strength

ALL DAY
Music Break:
Orchestra of
St. Luke's:
Bologne +
Mozart

13

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Riverdance:
Live From
Geneva

Online Tour:
Between
Leaves and
Shapes

14

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
The Dick Van
Dyke Show

15

10 AM
Light Cardio
and Pilates
with Mandi