

SENIOR ADULT

JANUARY 10-22

ONLINE EXERCISE AND PROGRAMS

SUN

10

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The Illusionist

MON

11

10 AM
Light Cardio
and Pilates
with Mandi

ALL DAY
Online Tour:
The Language
of Flowers

What Music
Conductors
Are Really
Doing

TUES

12

10 AM
Chair Exercise
w/Hava

12 PM
Workshop:
Inner Strength

**MUSIC
BREAK**
Orchestra:
Bologne +
Mozart

WED

13

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Riverdance:
Live

Online Tour:
Between
Leaves and
Shapes:
Araceae

THUR

14

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
The Dick Van
Dyke Show

FRI

15

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

17

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
Gravity

18

10 AM
Light Cardio
and Pilates
with Mandi

1 PM
Master
Artisans:
Family Photo
Collage

ALL DAY
Online Tour:
Astounding
Sights at
Saturn

**MUSIC
BREAK**
Rameau,
Castor et
Pollux Opera
Suite

19

10 AM
Chair Exercise
w/Hava

ALL DAY
Online Tour:
The Tower of
Babel

ART BREAK
Finger Weave
a Winter
Headband

20

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Explore J.
Pierpont
Morgan's
Library

**PUZZLE
BREAK**
Digital Puzzle
of Orlik
Castle in the
Czech
Republic

21

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

2 PM
Research Your
Family History
in Israel

ALL DAY
Documentary:
The Last Man
on the Moon

22

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi



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