

SENIOR ADULT

JANUARY 17-29

ONLINE EXERCISE AND PROGRAMS

SUN

17

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
Gravity

MON

18

10 AM
Light Cardio &
Pilates w/Mandi

1 PM
Family Photo
Collage

ALL DAY
Astounding
Sights at Saturn

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

TUES

19

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
The Tower of
Babel

ART BREAK
Finger Weave
a Headband

WED

20

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Explore J.
Pierpont
Morgan's
Library

**PUZZLE
BREAK**
Digital Puzzle
of Orlik
Castle

THUR

21

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

1:30 PM
Prevent Slips,
Trips & Falls

ALL DAY
Documentary:
The Last Man
on the Moon

FRI

22

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

23

11 AM
Chair Yoga
with Diana

**SUDOKU
BREAK**

**MOVIE
NIGHT**
Catch Me If
You Can

24

10 AM
Light Cardio &
Pilates w/Mandi

ALL DAY
Perspective
Drawing

How a "Flying
Pickup Truck"
Survived Pearl
Harbor

Music & Sleep

25

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

7 PM
Webinar:
Women
Inspiring
Women

ALL DAY
Unveiling the
Mysteries of
the King Cello

Art Inspired
Music: BACH

26

11 AM
Low Impact
Aerobics with
Marissa

3:30 PM
Virtual Bingo

ALL DAY
Surprises
From the
Vault: Worker
By Charles
White

Live
Recording:
RENT

27

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

4 PM
Behind the
Scenes of an
Exhibition:
Emile Bocian
in Chinatown

28

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi



ALL LINKS AT
[SCCLIVE.ORG/](https://www.scclive.org/)
SENIOR-CENTER