

SENIOR ADULT

JANUARY 24 - FEBRUARY 5

ONLINE EXERCISE AND PROGRAMS

SUN

24

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**SUDOKU
BREAK**

**MOVIE
NIGHT**
Catch Me If
You Can

MON

25

10 AM
Light Cardio
and Pilates
w/Mandi

ALL DAY
Perspective
Drawing

How a "Flying
Pickup Truck"
Survived Pearl
Harbor

Music & Sleep

TUES

26

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

WED

27

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

THUR

28

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

FRI

29

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

31

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
What Lies
Beneath

1

10 AM
Light Cardio
and Pilates
w/Mandi

ALL DAY
The Hidden
Beauty of
Mathematics

Art: Painting
the NHS

Apollo
Orchestra

2

10 AM
Chair Exercise
w/Hava

2 PM
"My Name Is
Sara" Screening
& Discussion

4 PM
Afternoon
Stretch

**PUZZLE
BREAK**
Ombra River

3

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Journey
Through
Peru's
Incredible
Sights in 6
Minutes

Online Tour:
First Ladies

4

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Musical: Bye
Bye Birdie

5

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi