

# SENIOR ADULT

JANUARY 31 - FEBRUARY 12

## ONLINE EXERCISE AND PROGRAMS

SUN

31

**10 AM**  
Low Impact  
Aerobics

**11 AM**  
Chair Yoga  
with Diana

**MOVIE  
NIGHT**  
What Lies  
Beneath

MON

1

**10 AM**  
Light Cardio  
and Pilates  
w/Mandi

**ALL DAY**  
The Hidden  
Beauty of  
Mathematics

Art: Painting  
the NHS

**MUSIC  
BREAK**  
Apollo  
Orchestra

TUES

2

**10 AM**  
Chair Exercise  
w/Hava

**2 PM**  
"My Name Is  
Sara" Screening  
& Discussion

**4 PM**  
Afternoon  
Stretch

**PUZZLE  
BREAK**  
Ombra River

WED

3

**11 AM**  
Low Impact  
Aerobics with  
Marissa

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

Online Tour:  
First Ladies

THUR

4

**9:30 AM**  
Chair Exercise  
w/Hava

**11 AM**  
Gentle Floor  
Yoga w/Diana

**ALL DAY**  
Musical: Bye  
Bye Birdie

FRI

5

**10 AM**  
Light Cardio  
and Pilates  
with Mandi

**12:30 PM**  
Tai Chi

7

**10 AM**  
Low Impact  
Aerobics

**11 AM**  
Chair Yoga  
with Diana

**ALL DAY**  
Live  
Performance  
Recording:  
Only The  
Brave

8

**10 AM**  
Light Cardio  
and Pilates  
w/Mandi

**2:30 PM**  
Gentle  
Movements

**ALL DAY**  
How Playing  
an Instrument  
Benefits Your  
Brain

Online Tour:  
Inventive  
Women

9

**10 AM**  
Chair Exercise  
w/Hava

**11:30 AM**  
Live Webinar:  
Women  
Inspiring  
Women

**4 PM**  
Afternoon  
Stretch

10

**11 AM**  
Low Impact  
Aerobics with  
Marissa

**ART BREAK**  
Paper Treat  
Box

**ALL DAY**  
Art History  
Doc: Da Vinci's  
Lost Art

Online Tour:  
Musée  
d'Orsays

11

**9:30 AM**  
Chair Exercise  
w/Hava

**11 AM**  
Gentle Floor  
Yoga w/Diana

**2 PM**  
Screening &  
Discussion:  
The Garden of  
Finzi-Continis

12

**10 AM**  
Light Cardio  
and Pilates  
with Mandi

**12:30 PM**  
Tai Chi