

SENIOR ADULT

FEBRUARY 7-19

ONLINE EXERCISE AND PROGRAMS

SUN

7

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

ALL DAY
Live
Performance
Recording:
Only The
Brave

MON

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

TUES

9

10 AM
Chair Exercise
w/Hava

11:30 AM
Women
Inspiring
Women

2:30 PM
Building Trust
& Confidence
in COVID-19
Vaccinations

4 PM
Afternoon
Stretch

WED

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

THUR

11

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

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

FRI

12

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

14

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The Hours

15

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
Online Tour:
Norman
Rockwell
Museum

Drop-in
Drawing:
Postcards

16

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

**MUSIC
BREAK**
Vivaldi Winter

ALL DAY
Fred Schiffer:
Lives in Photos

17

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
How the Food
You Eat
Affects Your
Gut

Online Tour:
First Ladies

18

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

2 PM
Turning Sound
Into Music—
Why Do We
Do It?

19

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi