

SENIOR ADULT

FEBRUARY 14-26

ONLINE EXERCISE AND PROGRAMS

SUN

14

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
Rescue Dawn

MON

15

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
The Historical
Legacy of
Juneteenth

Norman
Rockwell
Museum

TUES

16

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

**MUSIC
BREAK**
Vivaldi Winter

ALL DAY
Fred Schiffer:
Lives in Photos

WED

17

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
How the Food
You Eat
Affects Your
Gut

Online Tour:
First Ladies

THUR

18

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Turning Sound
Into Music—
Why Do We
Do It?

FRI

19

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

21

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

ALL DAY
Outstanding
African
American
Women in
History

**MOVIE
NIGHT**
Boynton
Beach Club

22

10 AM
Light Cardio
& Pilates
w/Mandi

1 PM
Watercolor
Purim Cards

2:30 PM
Gentle
Movements

ALL DAY
Sand Art

23

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
Online Tour:
Double Take:
The Uncanny

Online Tour:
First Ladies

24

11 AM
Low Impact
Aerobics with
Marissa

8 PM
Learn to Cure
Lower Back &
Neck Pain

ALL DAY
How to Read
Body
Language

Vital Voices:
World
Changing
Women

25

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

7 PM
The Megillah
In Yiddish

26

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi



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