

SENIOR ADULT

FEBRUARY 21 - MARCH 5

ONLINE EXERCISE AND PROGRAMS

SUN

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

MON

22

10 AM
Light Cardio
& Pilates
w/Mandi

1 PM
Watercolor
Purim Cards

2:30 PM
Gentle
Movements

ALL DAY
Sand Art

TUES

23

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
Online Tour:
Double Take:
The Uncanny

Online Tour:
First Ladies

WED

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

THUR

25

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

7 PM
The Megillah
In Yiddish

FRI

26

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

28

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
St. Vincent

1

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
Hidden Layers
of Painting

ART BREAK
How to Arm
Knit a Blanket

2

10 AM
Chair Exercise
w/Hava

7 PM
Live Webinar:
Daniel
Libeskind

ALL DAY
Fashion in the
19th Century

Concert Band
Instrument
Demonstration

3

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
A Colorful
Collection
of Bird
Photographs

How to Break
a Bad Habit

Classic TV
Bloopers

4

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

6:30 PM
Beyond the
Exodus: The
Haggadah's
Lesson for Life

5

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi