

SENIOR ADULT

FEBRUARY 28 - MARCH 12

ONLINE EXERCISE AND PROGRAMS

SUN

28

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
St. Vincent

MON

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

TUES

2

10 AM
Chair Exercise
w/Hava

7 PM
Live Webinar:
Daniel
Libeskind

ALL DAY
Fashion in the
19th Century

Concert Band
Instrument
Demonstration

WED

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

THUR

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

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

**MOVIE
NIGHT**
The
Sapphires

8

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
So Ready for
Laughter: Bob
Hope and
World War 2

Translucent
Visions: A
Retrospective
in Watercolor

9

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
Online Tour:
One More Cup
of Coffee...

**MUSIC
BREAK**
Radio Garden

10

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Documentary:
How the
Beatles
Changed the
World

ART BREAK
Watercolor
Flowers

11

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

5:30 PM
Live Webinar:
Artist Talk

12

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi