

SENIOR ADULT

MARCH 7-19

ONLINE EXERCISE AND PROGRAMS

SUN

7

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The
Sapphires

MON

8

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
So Ready for
Laughter: Bob
Hope & WW2

Translucent
Visions: A
Retrospective
in Watercolor

TUES

9

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

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

**MUSIC
BREAK**
Radio Garden

WED

10

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Documentary:
How the
Beatles
Changed the
World

ART BREAK
Watercolor
Flowers

THUR

11

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

5:30 PM
Live Webinar:
Artist Talk

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
(pre-recorded)

ALL DAY
Live Recorded
Performance:
The Sound of
Music

15

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
Women
Botanical
Artists

How to Spot
a Liar

16

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

7 PM
Live
Webinar:
Heroines
Of The
Holocaust

17

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Top Foods
and Drinks for
Liver Health

ART BREAK
How to Make
a Paper Calla
Lily

18

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

6:30 PM
Live Webinar:
Remembering
Ruth Bader
Ginsburg with
Jeffery Rosen

19

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi