

SENIOR ADULT

MARCH 14-26

ONLINE EXERCISE AND PROGRAMS

SUN

14

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana
(pre-recorded)

ALL DAY
Live Recorded
Performance:
The Sound of
Music

MON

15

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
Women
Botanical
Artists

How to Spot
a Liar

TUES

16

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

7 PM
Live
Webinar:
Heroines
Of The
Holocaust

WED

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

THUR

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

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
Live Recorded
Performance:
Macbeth

22

10 AM
Light Cardio
& Pilates
w/Mandi

2:30 PM
Gentle
Movements

ALL DAY
Temptation
of Flowers

Why Some
People Can
Tolerate Cold
Weather

23

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
Online Tour:
The Beck
Collection

Sudoku
Break

24

11 AM
Low Impact
Aerobics with
Marissa

1 PM
Musical
Extravaganza:
Live
Performance
by Joyce Tawil

ALL DAY
8 Yoga Poses
for Better
Digestion

25

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

26

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi