

SENIOR ADULT

MARCH 21 - APRIL 2

ONLINE EXERCISE AND PROGRAMS

SUN

21

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

1 PM
Online
Concert: The
Spirit of
Sepharad

ALL DAY
Live Recorded
Performance:
Macbeth

MON

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

TUES

23

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
Online Tour:
The Beck
Collection

Sudoku
Break

WED

24

11 AM
Low Impact
Aerobics with
Marissa

1 PM
Live Virtual
Performance
w/Joyce Tawil

7:30 PM
Relaxation
Class

ALL DAY
8 Yoga Poses
for Better
Digestion

THUR

25

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

FRI

26

10 AM
Light Cardio
and Pilates
with Mandi

12:30 PM
Tai Chi

28

29



30

10 AM
Chair Exercise
w/Hava

4 PM
Afternoon
Stretch

ALL DAY
Art Tutorial:
Drawing
Portraits

Art Spotlight

31

11 AM
Low Impact
Aerobics with
Marissa

**MUSIC
BREAK**
Beautiful &
Relaxing Piano
Pieces

Instruments
from Around
the World

1

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Why Do We
Dream?

2

10 AM
Light Cardio
and Pilates
with Mandi