

# SENIOR ADULT

MARCH 30 - APRIL 9

## ONLINE EXERCISE AND PROGRAMS

SUN

28



**HAPPY PASSOVER**

MON

29

TUES

30

**10 AM**  
Chair Exercise  
w/Hava

**11:30 AM**  
Hand Yoga

**4 PM**  
Afternoon  
Stretch

**ALL DAY**  
Drawing  
Portraits

Art Break

WED

31

**11 AM**  
Low Impact  
Aerobics with  
Marissa

**MUSIC  
BREAK**  
Beautiful &  
Relaxing Piano  
Pieces

Instruments  
from Around  
the World

THUR

1

**9:30 AM**  
Chair Exercise  
w/Hava

**11 AM**  
Gentle Floor  
Yoga w/Diana

**ALL DAY**  
Why Do We  
Dream?

FRI

2

**10 AM**  
Light Cardio  
and Pilates  
with Mandi

**11:30 AM**  
Hand Yoga

**12:30 PM**  
Tai Chi

### SENIOR ADULT LOUNGE IS NOW OPEN! MON & WED, 12:30-4 PM

Bring your cards, games, Mahjong tiles, and friends. Open to Senior Adult members.

*Masks are required at all times and social distant guidelines will be adhered to.*

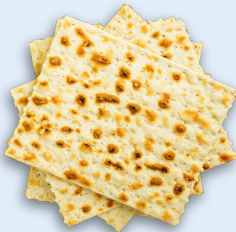
4

**10 AM**  
Light Cardio  
& Pilates  
w/Mandi

**11:30 AM**  
Women  
Inspiring  
Women with  
Mayim Bialik

**2:30 PM**  
Gentle  
Movements

**ALL DAY**  
Online Tour:  
Pearl Harbor



5

**10 AM**  
Chair Exercise  
w/Hava

**11:30 AM**  
Hand Yoga

**1 PM**  
Live  
Workshop:  
HEALTHY  
VISION

**4 PM**  
Afternoon  
Stretch

6

**11 AM**  
Low Impact  
Aerobics with  
Marissa

**ALL DAY**  
Inside the  
Mind of a  
Master  
Procrastinator

The  
Difference  
Between Male  
and Female  
Brains

7

8

**9:30 AM**  
Chair Exercise  
w/Hava

**11 AM**  
Gentle Floor  
Yoga w/Diana

9

**10 AM**  
Light Cardio  
and Pilates  
with Mandi

**11:30 AM**  
Hand Yoga

**12:30 PM**  
Tai Chi

**ALL LINKS AT  
SCCLIVE.ORG/  
SENIOR-CENTER**