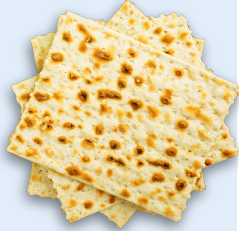


SENIOR ADULT

APRIL 5-16 EXERCISE & PROGRAMS

SUN

4



MON

5

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

TUES

6

10 AM
Chair Exercise
w/Hava

11:30 AM
Hand Yoga

1 PM
Live
Workshop:
HEALTHY
VISION

4 PM
Afternoon
Stretch

WED

7

11 AM
Low Impact
Aerobics with
Marissa

ALL DAY
Inside the
Mind of a
Master
Procrastinator

The
Difference
Between Male
and Female
Brains

THUR

8

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

3 PM
Yom Hashoah
Candle-lighting
Ceremony

FRI

9

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.

11

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

2 PM
Annual
Gathering of
Remembrance

**MOVIE
NIGHT**
Hiding Halina:
The Holocaust
Through
Innocent Eyes

12

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

6:30 PM
**MUSIC
BREAK**
Letters from
Home

ALL DAY
The
Destruction
of Pharaoh's
Host

13

10 AM
Chair Exercise
w/Hava

11 AM
Junk Free
Beauty

11:30 AM
Hand Yoga

4 PM
Afternoon
Stretch

14

11 AM
Low Impact
Aerobics with
Marissa

8 PM
How to
Prevent and
Treat Upper
Body Joint
Injuries

15

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Survival of the
Friendliest

16

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**