

SENIOR ADULT

APRIL 25 - MAY 7 EXERCISE & PROGRAMS

SUN

25

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
Still Mine

MON

26

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

**6:30 PM
MUSIC
BREAK**
Plucked &
Bowed:
Orchestra of
St. Luke's

TUES

27

10 AM
Chair Exercise
w/Hava

11:30 AM
Hand Yoga

12:30 PM
The Older
Wiser Driver

4 PM
Afternoon
Stretch

WED

28

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

ALL DAY
Online Tour:
Swedish
Women
Artists

THUR

29

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

7:30 PM
Poetry & the
Creative Mind

FRI

30

10 AM
Light Cardio
and Pilates
with Mandi

11:30 AM
Hand Yoga

12:30 PM
Tai Chi

SENIOR ADULT LOUNGE IS OPEN! MON, TUES, 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.

2

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The Hunger
Games

3

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Online Tour:
5 Mysterious
Ancient Sites
Around the
World

4

10 AM
Chair Exercise
w/Hava

11:30 AM
Hand Yoga

11:30 AM
Drum Exercise

12:30 PM
Vocal Workshop

2:30 PM
Mother's Day
Paint Class

4 PM
Afternoon
Stretch

5

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

8 PM
Learn How to
Treat and
Prevent Joint
Injuries

6

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Flavanol-rich
Foods Protect
Heart from
Stress

7

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**