

# SENIOR ADULT

## MAY 2-14 EXERCISE & PROGRAMS

SUN

2

**10 AM**  
Low Impact  
Aerobics

**11 AM**  
Chair Yoga  
with Diana

**MOVIE  
NIGHT**  
The Hunger  
Games

MON

3

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

**1:30 PM**  
Movement  
Speaks

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

TUES

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

WED

5

**9:30 AM**  
Walking Club

**11 AM**  
Low Impact  
Aerobics

**ALL DAY**  
Flavanol-rich  
Foods Protect  
Heart from  
Stress

THUR

6

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

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

**8 PM**  
Learn How to  
Treat and  
Prevent Joint  
Injuries

FRI

7

**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.*

9

**10 AM**  
Low Impact  
Aerobics  
(pre-recorded)

**11 AM**  
Chair Yoga  
with Diana

**12 PM**  
Online Tour:  
Greece aLIVE!

**MOVIE  
NIGHT**  
Romeo &  
Juliet

10

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

**12:30 PM**  
Dried Flower  
Arranging

**1:30 PM**  
Movement  
Speaks

**ALL DAY**  
How Stress  
Affects Your  
Brain

11

**10 AM**  
Chair Exercise  
w/Hava

**11:30 AM**  
Hand Yoga

**11:30 AM**  
Drum Exercise

**12:30 PM**  
Vocal Workshop

**4 PM**  
Afternoon  
Stretch

12

**9:30 AM**  
Walking Club

**11 AM**  
Low Impact  
Aerobics

**ALL DAY**  
Online Tour:  
Designing  
St. Paul's  
Cathedral

13

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

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

**ALL DAY**  
New Lyme  
Test Can ID  
Disease Early

14

**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**