

# SENIOR ADULT

**MAY 9 - 21 EXERCISE & PROGRAMS**

**SUN**

9

**10 AM**  
Low Impact  
Aerobics

**11 AM**  
Chair Yoga  
with Diana

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

**MOVIE  
NIGHT**  
Romeo &  
Juliet

**MON**

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

**TUES**

11

**10 AM**  
Chair Exercise  
w/Hava

**11:30 AM**  
Drum Exercise

**12:30 PM**  
Vocal Workshop

**2:30 PM**  
Hand Yoga

**4 PM**  
Afternoon  
Stretch

**WED**

12

**9:30 AM**  
Walking Club

**11 AM**  
Low Impact  
Aerobics

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

**THUR**

13

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

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

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

**FRI**

14

**10 AM**  
Light Cardio  
and Pilates  
with Mandi  
(pre-recorded)

**11:30 AM**  
Hand Yoga

**12:30 PM**  
Tai Chi

**SENIOR ADULT LOUNGE IS OPEN! MON-THURS, 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.*

16

**11:00 AM**  
Chair Yoga  
with Diana

**12:15 PM**  
Low Impact  
Aerobics

**MOVIE  
BREAK**  
Little Miss  
Sunshine

17



18

**9:30 AM**  
Walking Club

**11 AM**  
Low Impact  
Aerobics

**2 PM**  
Historical  
Trauma and  
Cultural  
Healing In  
2021

19

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

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

**ALL DAY**  
The  
Instruments  
That Made It  
Possible to  
Understand  
the Universe

20

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

**11:30 AM**  
Hand Yoga

**12:30 PM**  
Tai Chi

21