

SENIOR ADULT

MAY 16 - 28 EXERCISE & PROGRAMS

SUN

16

11:00 AM
Chair Yoga
with Diana

12:15 PM
Low Impact
Aerobics

**MOVIE
BREAK**
Little Miss
Sunshine

MON

17



TUES

18

WED

19

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

2 PM
Historical
Trauma and
Cultural
Healing In
2021

THUR

20

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

FRI

21

10 AM
Light Cardio
and Pilates
with Mandi

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.

23

11:00 AM
Chair Yoga
with Diana
(pre-recorded)

12:15 PM
Low Impact
Aerobics

**MOVIE
BREAK**
Paris,
Je T'aime

24

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

1:30 PM
Master
Artisans:
Learning
Macrame

ALL DAY
Paris' Musée
D'Orsay

25

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

26

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

1:30 PM
The Art of
Public
Speaking

8 PM
Treat and
Prevent Lower
Body Joint
Injuries

27

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

**MUSIC
BREAK**
Mozart:
Clarinet
Concerto

28

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**