

SENIOR ADULT

MAY 23 - JUNE 4 EXERCISE & PROGRAMS

SUN

23

11 AM
Chair Yoga
with Diana
(pre-recorded)

12:15 PM
Low Impact
Aerobics

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

MON

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

TUES

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

WED

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

THUR

27

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

**MUSIC
BREAK**
Mozart:
Clarinet
Concerto

FRI

28

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.

30

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
BREAK**
Lore

31

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks



1

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

2

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

12:30 PM
Virtual
Arthritis
Workshop

3

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Mediterranean
Diet

4

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**