

SENIOR ADULT

MAY 30 - JUNE 11 EXERCISE & PROGRAMS

SUN

30

11 AM
Chair Yoga
with Diana

12:15 PM
Low Impact
Aerobics with
Marissa

**MOVIE
NIGHT**
Lore

MON

31

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks



TUES

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

WED

2

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

12:30 PM
Virtual
Arthritis
Workshop

THUR

3

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Mediterranean
Diet

FRI

4

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.

6

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
Cast Away

7

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Online Tour:
Petra, Jordan

8

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

9

8 AM
DAY TRIP
Philadelphia
Flower Show

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

10

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

11

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**