

SENIOR ADULT

JUNE 13-25 EXERCISE & PROGRAMS

SUN

13

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The American
President

MON

14

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Online Tour:
11 Secrets
from The
Palace of
Versailles

TUES

15

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

16

9:30 AM
DAY TRIP
Bartow-Pell
Mansion
Museum

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

ART BREAK:
Draw a 2-Pt
Perspective
Castle

THUR

17

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

5:30 PM
Live Webinar:
Awash in
Color:
Watercolors

FRI

18

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.

20

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The Pursuit
of Happiness

21

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Online Tour:
The Deep Sea

22

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

23

10:45 AM
DAY TRIP
Whale and
Dolphin
Adventure
Cruise

9:30 AM
Walking Club

11 AM
Low Impact
Aerobics

24

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

ALL DAY
Infections
Worsen
Alzheimer's

25

10 AM
Light Cardio
and Pilates
with Mandi

11:30 AM
Hand Yoga

12:30 PM
Tai Chi