

SENIOR ADULT

JUNE 20 - JULY 2 EXERCISE & PROGRAMS

SUN

20

10 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
The Pursuit
of Happiness

MON

21

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Online Tour:
The Deep Sea

TUES

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

WED

23

10:45 AM
DAY TRIP
Whale and
Dolphin
Adventure
Cruise

11 AM
Low Impact
Aerobics

ALL DAY
Infections
Worsen
Alzheimer's

THUR

24

8:30 AM
Walking Club

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

FRI

25

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.

27

10:15 AM
Low Impact
Aerobics

11 AM
Chair Yoga
with Diana

**MOVIE
NIGHT**
Air Force
One

28

10 AM
Light Cardio
& Pilates
w/Mandi

1:30 PM
Movement
Speaks

ALL DAY
Online Tour:
A World
Without
Trees

29

10 AM
Chair Exercise
w/Hava

11:15 AM
Light
Conditioning
w/Michael Berr

1:30 PM
DAY TRIP
Snug Harbor

2:30 PM
Hand Yoga

4 PM
Afternoon
Stretch

30

10 AM
Low Impact
Aerobics
w/Marissa

11:30 AM
Drum
Exercise

12:30 PM
Vocal
Workshop

ART BREAK
How to Draw
a Flower

1

8:30 AM
Walking Club

9:30 AM
Chair Exercise
w/Hava

11 AM
Gentle Floor
Yoga w/Diana

**SCIENCE
BREAK**
Higher
Incidence of
Breast Cancer
in Polluted
Urban Areas

2

10 AM
Light Cardio
and Pilates
with Mandi

11:30 AM
Hand Yoga

12:30 PM
Tai Chi