

SENIOR VIRTUAL ACTIVITIES

Instructions: Click on the activity to launch the video and participate virtually.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	1	2	3
		10:00am: Stretch for Energy 11:00am: Eating From the Farmer's Market 1:00pm: Fitness Trivia 2:00pm: Health and Happiness: How is it Connected?	10:00am: Pilates for Seniors 11:00am: The Queen of Sugar Hill 1:00pm: HASfit chair exercise 2:00pm: The Blue Zones and Beyond	10:00am: Tai Chi for Balance 11:00am: Container Gardening 1:00pm: Feeling Fit Club 2:00pm: Nutrition Labels & Smart Swaps
6	7	8	9	10
10:00am: Simply Fit 11:00am: What is Healthy Eating? 1:00pm: Silver Sneakers stretch 2:00pm: Understanding Arthritis Fatigue	10:00am: Chair yoga 11:00am: Sensational Spring Suppers 1:00pm: Dance 4 Life 2:00pm: Unknown Heroes of the Underground Railroad	10:00am: Pilates for Arthritis 11:00am: The Macon Sound 1:00pm: Chair Exercise 2:00pm: Mood-Boosting Recipes	10:00am: Flexibility with Diane 11:00am: Spring Veggies and Herbs 1:00pm: Exercise in Motion 2:00pm: Mindful Movement: Posture	10:00am: Stretch for Energy 11:00am: Good Sleep Leads to Good Health 1:00pm: Silver Sneakers - Walk at Home 2:00pm: Art of Japan
13	14	15	16	17
10:00am: Chair yoga 11:00am: Hidden Figures 1:00pm: Creative Movement with Diane 2:00pm: Diabetes-Friendly Meatloaf and Mashed Potatoes	10:00am: Seated Tai Chi 11:00am: Ghost Town 1:00pm: Forever Strong 2:00pm: Create a Well-Being Path in Your Own Backyard	10:00am: Chair yoga 11:00am: Powered by Plants 1:00pm: Chair ZUMBA 2:00pm: Amazing Stories of Heroes at Arlington National Cemetery	10:00am: AARP – Strength & balance 11:00am: Mediterranean Plant-Based Meals 1:00pm: Silver Sneakers: Dance 2:00pm: Ocean Fresh	10:00am: QiGong: Refresh and Recharge 11:00am: Boone, NC 1:00pm: Silver Sneakers: Cardio 2:00pm: Joyful Movement: Easy on the Joints, Big on Fun
20	21	22	23	24
10:00am: Senior Strength with Kaiser 11:00am: Ghost City of the Pacific 1:00pm: Exercise in Motion 2:00pm: Georgia Grown Citrus	10:00am: Chair yoga 11:00am: Family Threads and Fiber 1:00pm: Seated Disco Workout 2:00pm: Obeah, Orisa and Religious Identity in Trinidad	10:00am: Seated Qigong 11:00am: Arthritis Kitchen Hacks 1:00pm: Simply Fit 2:00pm: Hidden Sugars & Alternative Sweeteners	10:00am: Flexibility with Diane 11:00am: To Save A Plant 1:00pm: HASFit chair exercise 2:00pm: The Basics of Managing Diabetes	10:00am: Stretch for Energy 11:00am: What's Cookin' with AARP? 1:00pm: Feeling Fit Club 2:00pm: Homegrown: Innovators
27	28	29	30	31
10:00am: Qi Gong 11:00am: Recipes for a Healthy Gut 1:00pm: Sit & Fit 2:00pm: How Our Thoughts and Experiences Shape our Brains	10:00am: Chair yoga 11:00am: How to Increase Balance and Reduce the Risk of Falling 1:00pm: Chair ZUMBA 2:00pm: Fish Four Ways	10:00am: Kaiser: Senior Stretch 11:00am: Arthritis & African Americans 1:00pm: SEAT Fitness 2:00pm: Diabetes-Friendly Beef Stroganoff	10:00am: Seated Tai Chi 11:00am: Georgia Connections 1:00pm: Forever Strong 2:00pm: History's Greatest Hoaxes	10:00am: Tai Chi for Balance 11:00am: Green Living 1:00pm: Dance 4 Life 2:00pm: Media Literacy for Older Adults