



NEVER ANY SESSIONS ON WED

Open Gym: TU/TH/FR 9:00 AM – 3:00 PM, INDIVIDUAL EXERCISE/VITALS TAKEN

Group SESSIONS –

TAI CHI (W/ DAVID) MON, TUE, THU, FRI (30 min x2)	ZOOM ID# 897 520 111
9:00 AM, Full version Short COURSE	9:30 AM F INTRODUCTORY MOVES
EXERCISE SESSIONS (W/LINDA, STRETCH/BALANCE/RESISTANCE)	
GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES	ZOOM ID # 881 9363 5013
GROUP RESISTANCE → TUE/THU 11:10 AM, 20 MIN	ZOOM ID #889 3266 7307
CIRCUITS → MON, TUE, THU, FRI @ 1:15 PM, 60 MINUTES	ZOOM ID #505 510 964
CHAIR EXERCISE → MON, TUES, THU @ 2:30 PM, 45 MINUTES	ZOOM ID # 950 2893 0586
BALANCE ACTIVITIES FRI, @ 2:30 PM, 45 MINUTES	ZOOM ID# 865 7400 3755
INSTRUCTIONAL MAHJONGG, FRI, 9:30-11:30 AM	IN PERSON ONLY

EDUCATION SESSIONS:

TUES/THURS/FRI @ 11:45 AM	ZOOM ID# 916 5375 9408
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GUEST SPEAKERS

Tue, Feb 4 th	11:45 am	Nutrition and Aging	Debbie Lucas, RD
Thu, Feb 6 th	11:45 am	Self-Compassion	Sharon Myers, RN
	5:30 pm	OA/Gero Student Zoom Interaction	Zoom ID# 850 1994 0025
Fri, Feb 7 th	11am - 1 pm	Matter of Balance class	pre-signup required
Tue, Feb 11 th	11:45 am	Nursing Update	Cari Shulkin, RN
Thu, Feb 13 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Feb 14 th	11am - 1 pm	Matter of Balance class	pre-signup required
Tue, Feb 18 th	11:45 am	Cooking Demo – Foods that Lower Cholesterol	Debbie & John
Thu, Feb 20 th	11:45 am	Group Art Project	Lizbeth Cruz, gero intern
	5:30 pm	OA/Gero Student Zoom Interaction	Zoom ID# 850 1994 0025
Fri, Feb 21 st	11am - 1 pm	Matter of Balance class	pre-signup required
	5-7 pm	Heartfelt Thanks Event	evening social—see flyer
Tue, Feb 25 th	11:45 am	Exercise & Aging	Linda Paumer, MA
Thu, Feb 27 th	11:45 am	Q & A	Javier Lopez, MD
Fri, Feb 28 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
	11am - 1 pm	Matter of Balance class	pre-signup required