



NEVER ANY SESSIONS ON WED

Note: Linda Gone May 31st - Jun 5th

ACTIVITY 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/FRI 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

EDUCATION SESSIONS:

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

Thu, May 2 nd	11:45 am	Where Does Food Really Go?	Radhika Bukkapatnam, MD
Fri, May 3 rd	11:45 am	MahJongg Anyone?	Freddie & Judy
Tue, May 7 th	11:45 am	Eating & Breathing	Debbie Lucas, RD
Thu, May 9 th	11:45 am	Gero Student Presentations	Billal, Noah, Wendy
Fri, May 10 th	11:45 am	Students in the Kitchen+ More MahJongg	
Tue, May 14 th	11:45 am	Oral Health	Rob Mitchell, RN
Thu, May 16 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, May 17 th	11:45 am	Students in the Kitchen	
Tue, May 21 st	11:45 am	Cooking Demonstration	Debbie & John
Thu, May 23 rd	11:45 am	PEARLS/Society for the Blind	Dixie Nolasco
Fri, May 24 th	11:45 am	Group Potluck	Whole-Food, Plant-Based Eating
Tue, May 28 th	11:45 am	Successful Changing	Sharon Myers, RN
Thu, May 30 th	11:45 am	Mind Over Body	Radhika Bukkapatnam, MD
Fri, May 31 st	11:45 am	Students in the Kitchen	