

NEVER ANY SESSIONS ON WED

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 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 11:05 AM, 25 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 ZOOM ID# 865 7400 3755

EDUCATION SESSIONS:

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

GUEST SPEAKERS

Thu, Nov 2 nd	11:45 am	(no presentation)	
Fri, Nov 3 rd	11:45 am	Soup's On	Students in the Kitchen
Tue, Nov 7 th	11:45 am	Brain Food	Debbie Lucas, RD
Thu, Nov 9 th	11:45 am	Math Games	Students from Math 121
Fri, Nov 10 th	11:45 am	CLOSED	Veteran's Day Holiday
Tue, Nov 14 th	11:45 am	Psychology & Physiology of Gratitude	Rob Mitchell, R.N.
Thu, Nov 16 th	11:45 am	Mindfulness Practice	Linda Larsen, R.N.
Fri, Nov 17 th	11:45 am	Cultural Activity	Angel Lee
Tue, Nov 21 st	11:45 am	Holiday Eating	Debbie Lucas, RD
Thu, Nov 23 rd	}	CLOSED	Thanksgiving Holiday
Fri, Nov 24 th			
Tue, Nov 28 th	11:45 am	Intergenerational Activity	Naaz Anway
Thu, Nov 30 th	11:45 am	Atrial Fib	Radhika Bukkapatnam, MD

