



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

GUEST SPEAKERS

Table with 4 columns: Date, Time, Topic, and Speaker. Rows include sessions for Protein, Preventive Guidelines, Emergency Warning Signs, Coping Tools, Nursing Update, Meat Substitutes, Q & A, Students in the Kitchen, Fitness for Fall Prevention, Mindfulness Practice, and Monthly Potluck.