



SUMMER SESSION 2024

VIRTUAL PROGRAM

SCHEDULE

MONDAY

11:00 Zumba

1:30 Learn to Draw

3:00 Friendship circle

TUESDAY

10:30 Inclusive Yoga and Meditation

1:00 Jam with Dan

2:30 My Brain

WEDNESDAY

10:30 Yoga

1:30 Deep Dives

3:00 Exploring music

THURSDAY

10:30 Game Show

1:30 Bingo

2:30 Health and Well-Being

FRIDAY

10:30 Frosty Friday cooking
program

1:30 Karaoke and Dance

3:00 Building Your Leisure Toolkit

SATURDAY

10 AM Online Trips
