

# Virtual Program Descriptions

## MONDAYS

**11:00 am Zumba:** Join us each Monday for an exciting and upbeat Zumba class. From the comfort of your home, get ready to move and dance along to fun Zumba music. Our Zumba instructor will take the group through exercises to get us moving to the music!

**1:30 pm Bingo:** Participants will come together for afternoon bingo! The bingo numbers will be called by our in-person facilitators for all participants to play along with. Virtual Participants will receive bingo cards prior to the session start dates.

**3:00 pm Exploring Music:** Join us each week as we learn and discuss all things music. Each week we will explore a new music-based topic such as music through the decades, the life stories behind beloved artists, the different genres of music and so much more!

## TUESDAYS

**10:30 am Inclusive Yoga and Meditation:** Join us each Tuesday for a morning of movement, mindfulness, and meditation. This program will focus on the movement of the body while calming the mind. All yoga poses and exercises will be adapted to be accessible for anyone who wishes to participate.

**1:00 pm Jam with Dan:** Come and Jam with Dan--Our resident musician. Dan will be playing a sing-a-long group where he will be playing all the classics; filling your afternoon with music and with fun.

**3:00 Friendship Circle:** Welcome to Friendship Circle! This is a participant-led program in which we will spend an hour building connections, interacting in a fun social setting, and sharing and discussing topics of interest while building friendships among participants.

## WEDNESDAYS

**10:30 am Yoga:** Join us on Wednesday mornings for yoga and meditation to start your day. This yoga class will center around stretching and gentle movements with a guided meditation at the end of the program.

**1:30 pm Body Alive Fitness:** Get ready to move and groove with Body Alive Fitness! Follow along for an hour of exercise to upbeat music. This program will give participants a full-body workout to get their muscles moving. All exercises will be adapted to meet all fitness levels.

**2:30 pm Spilling the Tea Social Group:** Welcome to Spilling the Tea Social Group, where we gather weekly to share stories, discuss trending topics, and enjoy lively conversations. Virtual and in-person participants will join together to connect, unwind, and spill the tea on everything happening in our lives and in our communities.

## THURSDAYS

**10:30 am Story Circle:** Join us every Thursday as we explore all things literature. We will hear and discuss stories, poetry, books, articles and everything in between. This program is perfect for any participants who love to read or listen along!

**1:30 pm Bingo:** For this program, both in-person and virtual participants will come together for Thursday afternoon bingo. The bingo numbers will be called by our in-person facilitators for all participants to play along. Virtual Participants will receive bingo cards prior to the session start dates.

**2:30 pm Around the World:** Get ready to learn our way around the world. During this program, we will discuss and share about all different parts of the world. We will explore different countries and learn about different cultures, traditions, celebrations, environments and so much more.

## FRIDAYS

**10:30 am Beautiful Baking:** Calling all bakers! Each Friday morning, we will bake a delicious new recipe while learning about baking and kitchen skills. Perfect for any participant who is interested in learning new skills or has a love for baking.

**1:30 Karaoke and Dance:** Join us every Friday afternoon at 1:30 for karaoke and dance. Virtual participants will join the in-person participants for an hour of singing and dancing. We encourage participants to sing their favorite songs and cheer on other participants for an upbeat and fun afternoon.

**3:00 pm Curiosity Chronicles:** Join us every Friday as we dive into a new and exciting topic. We will learn about a new topic each week such as animals, health and the human body, famous inventors, and monumental historical events. Get your thinking cap on and get ready to learn!