October 2020 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	**2**	**3**
				10:30 am – MAC Group	11 am – French Group	
4	**5**	**6**	**7**	**8**	**9**	**10**
	Mayor Barnett YouTube 9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	11 am – Computer Club 1 pm – Chair Yoga	9 am – Body Balance 10:30 am – Spanish Group	10:30 am – Managing Isolation 1 pm – Chair Yoga	11 am – French Group	
11	**12**	**13**	**14**	**15**	**16**	**17**
	9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	11 am – Computer Club 1 pm – Chair Yoga	9 am – Body Balance 10:30 am – Spanish Group	10:30 am – MAC Group 1 pm – Brain Basics / Work that Body 1 pm – Chair Yoga	11 am – French Group	
18	**19**	**20**	**21**	**22**	**23**	**24**
	9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	11 am – Computer Club 1 pm – Chair Yoga 2:30 pm – Laugh-In Hour	9 am – Body Balance 10 am – Savvy Seniors 10:30 am – Spanish Group	8:30 am – Preserving Dignity 1 pm – Chair Yoga	11 am – French Group 1 pm – Movie Critic	
25	**26**	**27**	**28**	**29**	**30**	**31**
	9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	11 am – Computer Club 1 pm – Chair Yoga 1 pm – Book Club	9 am – Body Balance 10:30 am – Spanish Group 1 pm – Ask the Doc 2:30 pm – Managing Grief	1 pm – Chair Yoga	11 am – French Group	

Information and links to register for these programs are available on the Homepage under Featured Virtual Programs - *Please register in advance!*