### FREE Virtual Activities (with Zoom links included)

**December 6 - December 10**

**Monday**

**10:00-11:00 am**

**Morning Monday Stretch with Connie**

Kick-start your week as Connie guides you through gentle stretching and breathing exercises.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**11:00-11:45 am**

**Strength and Stretch with Darlene and Leslie**

Join us for strength and stretch exercises to preserve your independence, lifestyle, and longevity.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**12:45-1:30 pm**

**Groovin' to the Oldies**

Enjoy a great exercise routine while groovin' to the classic beats and rhythms of the songs you love.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**Tuesday**

**10:00-10:45 am**

**SilverSneakers with Arlene**

Arlene will guide you through a fun and active SilverSneakers exercise program.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**10:30-11:30 am**

**Crafting, Knitting, Crocheting**

Learn something new with crafting, knitting and crocheting!  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**10:00-10:45 am**

**Alzheimer's and Dementia Caregiver Support Group**

Led by Krishna Evans and offered the first and third Tuesday of every month, from 2:00 to 3:00 pm.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

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**Wednesday**

**10:00-11:00 am**

**Wednesday Morning Stretch with Connie**

Begin your day with Connie as she guides you through gentle stretching and breathing exercises.  
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**10:30-11:30 am**

**Pinochle Group**

We make it fun and easy! To join the group and for more information:  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

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**12:45-1:30 pm**

**Tai Chi with Judy**

Participating in wellness programs like Tai Chi can help you achieve your wellness goals.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**1:00-2:00 pm**

**MOVE/Get Moving Workout**

Get moving with Connie as she guides you through a series of multi-muscle movements set to music.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

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**1:00-2:00 pm**

**Chair Yoga with Liz Wanner**

Class includes tapping for the immune system, the six movements of the spine, and balance exercises.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

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**1:00-2:00 pm**

**Qigong with Liz Wanner**

This Tai Chi-related class includes tapping for the immune system and the nine phases of Qi cultivation.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**1:00-2:00 pm**

**YogaStretch with Connie**

Feel great and manage stress through this class which is appropriate for all skill levels.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**10:00-11:00 am**

**Light Resistance and Weight Training**

Kick-start your day as Connie guides you through gentle stretching and breathing exercises.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**Better Back Yoga with Liz Wanner**

This floor-based gentle yoga class is designed to improve your overall back health and balance.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**11:15 am-12:00 pm**

**Friday**

**10:00-11:00 am**

**Friday Morning Stretch with Connie**

Kick-start your Friday as Connie guides you through gentle stretching and breathing exercises.  
Zoom link: [https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9](https://us02web.zoom.us/wjm8StU7y0UdX6NzUdV3p3Q0T9)

**1:00-2:00 pm**

**Qigong with Liz Wanner**

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