

SURREY

FREE Virtual Activities (with Zoom links included)

December 6 -December 10

MON

6

10:00-11:00 am

Monday Morning Stretch with Connie

Kick-start your week as Connie guides you through gentle stretching and breathing exercises.

Zoom link: <https://us02web.zoom.us/j/83745565726>

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/j/85259352049?pwd=RE9EMzZXa3c3VG1KY0h1SDhBM2hmdz09>

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/j/85261102020?pwd=ZUFUbDduYXJLWGc1bGlaZHJNTmE3UT09>

TUE

7

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/j/89081922841?pwd=UldLRTlWa2JTYUdDcXNDUDlVb3g3QT09>

10:30-11:30 am

Crafting, Knitting, Crocheting

Learn something new with crafting, knitting and crocheting!

Zoom link: <https://us02web.zoom.us/j/82127468675>

2:00-3:00 pm

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/j/87330163147?pwd=NExoNmVxRU0rek9ycmpPZ0FieE5vdz09>

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/j/84726401510>

3:00-4:00 pm

Group Crossword Puzzle

Try your hand at crossword puzzles and enjoy great company with your friends.

Zoom link: <https://us02web.zoom.us/j/82591373146>

WED

8

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.

Zoom link: <https://us02web.zoom.us/j/89655673440>

10:30-11:30 am

Pinochle Group

We make it fun and easy! To join the group and for more informationc

11:00-11:45 am

Strength and Stretch with Darlene and Leslie

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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/j/85261102020?pwd=ZUFUbDduYXJLWGc1bGlaZHJNTmE3UT09>

2:00-3:00 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/j/88160015672?pwd=cU41a0N0OVVfVml5N3FNVXBiRDg3QT09>

THU

9

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/j/89081922841?pwd=UldLRTlWa2JTYUdDcXNDUDlVb3g3QT09>

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/j/87089909573>

11:15 am-12:00 pm

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/j/83899381879?pwd=bmVOSjIhZnZTMmhTaUJqYVYva2IMUT09>

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/j/89255489097>

FRI

10

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/j/87379990642>

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/j/81243308136?pwd=dIN4SkgzVlIduZ0NQQ0NlazzBQ05JUT09>