

# Monday, November 16



## Senior Strength Exercise DVD

Monday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Chair Yoga New Routine

Monday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



### **Talk and Tour**

**Monday | 1:00 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 84412312031**

**Passcode: 481501**

**The Heart of Hawaii**



### **Spanish**

**Monday | 2:30 pm**

**Lesson 14**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 89940443294**

**Passcode: 70442**

Learn Spanish using the Great Courses. Each week the lesson will be shown twice on Mondays and Fridays.

**[Printable Handout: Lesson 14](#)**

# Tuesday, November 17



## Senior Stretch Exercise DVD

Tuesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Exercise for Life w/ Linda Fetzer

Tuesday | 9:45 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 82359535322

Passcode: 161415

30 minutes- Low impact exercises for strength, flexibility and range of motion.

15 minutes - Breathing and other somatic exercises to RELAX and CALM (seated)

30 minutes- Simple, gentle and flowing tai chi movements.

Enter your day refreshed!



### **Ladies Time**

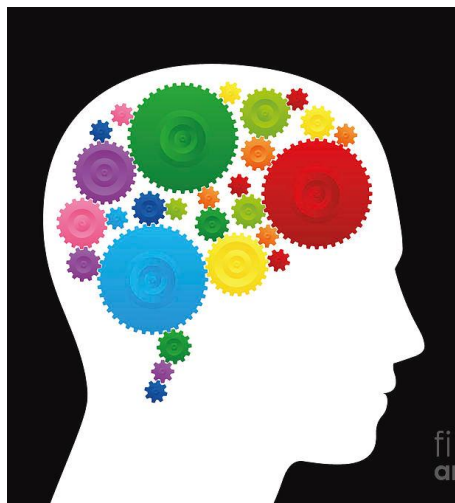
**Tuesday | 11:00 am**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 82338542244**

**Passcode: 569554**

A chance to chat with friends!



### **Lecture Series**

**Tuesday | 1:00 pm**

#### ***The Aging Brain***

Neuroscientist and award-winning professor, Thad Polk, explains what you can do to prolong your health and keep your mind sharp.

Lecture 6: Emotional Aging?

Lecture 7: Strategies for an Aging Memory?

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 84238663942**

**Passcode: 333860**



### Artistic Expressions with Jackie Morelisse

Tuesday | 1:00 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 86473920560

Passcode: 684865

## Wednesday, November 18



### Senior Strength Exercise DVD

Wednesday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



### Chair Yoga Old Routine

Wednesday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



### **Connect**

**Wednesday | 1:00 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 86990294490**

**Passcode: 858085**



### **Live Guitar Music**

**Wednesday | 2:00 – 2:30 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 85034369844**

**Passcode: 066785**

Pete Hirschtall, plays guitar and sings songs you all know. He takes requests.



### **HUGS – Happy Ukulele Group**

**Wednesday | 3:00 pm**

**Join Zoom Meeting: [Click HERE](#)**

**Meeting #: 84797926296**

**Passcode: 030318**

# Thursday, November 19



## Exercise for Life w/ Linda

Thursday | 9:45 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195

30 minutes- Low impact exercises for strength, flexibility and range of motion.

15 minutes - Breathing and other somatic exercises to RELAX and CALM (seated)

30 minutes- Simple, gentle and flowing tai chi movements.

Enter your day refreshed!



## Guy Time

Thursday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 81925089016

Passcode: 415477





### Mixed Bag of Entertainment

Thursday | 11:00 am

Crafts w/ Bridget

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85120482269

Passcode: 320049



### This and That

Thursday | 1:00 pm

Dogs: Man's Best Friends

Join Zoom Meeting: [Click HERE](#)

Meeting #: 85196133165

Passcode: 096079



### Line Dancing

Thursday | 2:00 – 3:30 pm

Join Zoom Meeting: [Click HERE](#)

Meeting #: 84619319753

Passcode: 370824

We will be using the DVD made by Bonita, our senior center dance teacher, for this class.



# Friday, November 20



## Senior Strength Exercise DVD

Friday | 10:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 89681807508

Passcode: 633195



## Spanish

Friday | 10:00 am

Lesson 14 Repeat

Join Zoom Meeting: [Click HERE](#)

Meeting #: 87569998654

Passcode: 460727

[Printable Handout: Lesson 14](#)



## Chair Yoga New Routine

Friday | 11:00 am

Join Zoom Meeting: [Click HERE](#)

Meeting #: 88963623171

Passcode: 650585



### History Talk

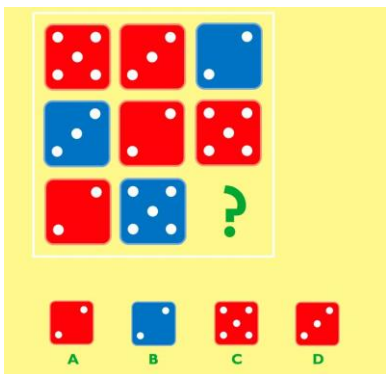
**Fridays | 1:00 pm**

The Vibrant Sun King: Louis XIV

**Join Zoom Meeting:** [click HERE](#)

**Meeting #: 86840818729**

**Passcode: 113034**



### Brain Teasers

**Fridays | 2:30 – 3:30 pm**

Word puzzles, picture puzzles and mysteries to solve.

**Join Zoom Meeting:** [click HERE](#)

**Meeting # 571773**

**Passcode: 113034**