

Older Americans Month



Virtual Celebration

May 6 - 27, 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”</p> <p style="text-align: right;"><i>- Henry Ford</i></p> | |  | <p>6 10 a.m. - <i>Time in Nature with Doug McConnell</i> 2 p.m. - <i>Mother's Day Dance Party</i></p> | <p>7 10 a.m. - <i>Brain Health Symposium</i> 11 a.m. - <i>Line Dance</i> 1:30 p.m. - <i>Cooking Class</i></p> |
| <p>10 10:30 a.m. - <i>Tai Chi</i></p> | <p>11 2 p.m. - <i>Tea & Trivia</i></p> | <p>12 10:30 a.m. - <i>Zumba Gold</i></p> | <p>13 2 p.m. - <i>Mindful Meditation</i></p> | <p>14 10 a.m. - <i>California Master Plan for Aging: How Does It Benefit You?</i></p> |
| <p>17 2 p.m. - <i>Balance & Brains</i></p> | <p>18 9:30 a.m. - <i>Go4Life Seniors Functional "Fitness Where You Are"</i> 1 p.m. - <i>Frauds & Scams</i></p> | <p>19 9:30 a.m. - <i>Music & Motion</i> 11 a.m. - <i>Gentle Mat Pilates</i></p> | <p>20 10 a.m. - <i>Fall Prevention Workshop</i> 10 a.m. - 2 p.m. - <i>Be Strong, Live Long Health & Wellness Fair</i></p> | <p>21 1 p.m. - <i>Virtual Concert by Virtual Companions</i></p> |
| <p>24 11 a.m. - <i>Be Healthy, Be Fit</i></p> | <p>25 1 p.m. - <i>Deer Hollow Farm Virtual Tour</i> 2:30 p.m. - <i>Zumba Party: All Ages</i></p> | <p>26 1 p.m. - <i>Universal Class Webinar</i> 3 p.m. - <i>"Surfing for Life" Screening and Q & A with Elder Surfers</i></p> | <p>27 2:30 p.m. - <i>Stretch & Dance for the Soul</i></p> | |

Sponsored by: Bay Area Older Adult Recreation Services (OARS)