



## Staying Physically Active



Body Moves for Better Health

Mon, Thurs & Fri | 10:00 AM

Cesar

Body Strong

Monday | 1:00 PM

Ann



Chair Pilates

Friday | 6:00 PM

Kala



Gentle Chair Yoga

Tues & Thursday | 6:00 PM

Ritu

Gentle Fit

Tuesday | 1:00 PM

Ann

Vital Moves

Wednesday | 1:00 PM

Maritza



Morning Yoga & Stretch

Monday & Friday | 9:00 AM

Yana

Mindful Movement

Monday & Wed. | 6:00 PM

Cristen

Body Fit w/ Weights & Elastic Bands

Thursday | 1:00 PM

Anne

Seated Strength & Stretch

Friday | 1:00 PM

Cristen

## Balance & Fall Prevention

Balance Training

Tuesday & Thurs | 9:00 AM

Yana

Body Balance

Wednesday | 10:00 AM

Penny



Steady Strides & Fall Prevention

Tuesday | 10:00 AM

Maritza

## Supporting Mental & Emotional Well-Being

### Conversation/Discussion



Coffee Chat

Everyday | 2:00 PM

Lindsay

Uniper Connect \*NEW MEMBERS ONLY\*

Tues | 7:00 PM

Lindsay

Wise Ties: Strengthening Bonds & Communication

Wednesday | 3:00 PM

Roxana

## Cognitive Health

### Games / Brain Health

Brain Teasers & Trivia

Mon, Wed & Fri | 4:00 PM

Courtney



Trivia Legends

Tuesday | 4:00 PM

Steve

Jeopardy

Thursday | 4:00 PM

Elizabeth

## Learning New Things

Tuesdays with Barry (Broadway Stars)

Tuesday | 11:00 AM

Barry

Lunch & Learn (Travel/Animals/Docs)

Weekdays | 12PM & 8 PM

Recorded Content

It's a celebration! (Music)



Monday | 5:00 PM

Kala

The Fascinating History & Science of Seashells

Thursday | 5:00 PM

Janine

The Stories Behind the Songs

Thursday 3:00 PM

Rob

Name that Tune and Trivia

Friday | 12:00 PM

Jon



Technology Made Easy

Monday | 3:00 PM

Roxana

## Learning About Health & Wellness

In the Kitchen: Cooking Demos

Friday | 3:00 PM

Jan

Nutrition Workshops

Tuesday | 5:00 PM

Justine

Battling Chronic Disease

Wednesday | 5:00 PM

Kimberly

Lunch & Learn (All About Your Health)

Weekdays | 11 AM & 7 PM

Recorded Content

Lunch & Learn (All About Your Health)

Weekdays | 9 PM

Recorded Content

## Relaxation

Aloha Friday: Mindfulness Meditations

Friday | 5:00 PM

Jeremy

Rise & Shine with Uniper

Everyday | 8:00 AM

Recorded Content

Wind Down with Uniper

Everyday | 9:00 PM

Recorded Content