



ACTIVE OLDER ADULT PROGRAMS

OCTOBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				11:30am-12:15pm AOA Strength 12:30-1:00pm AOA Chair Yoga	10:00-11:00am Healthy Aging Series Healthy Living for your Brain - Alzheimer's Assn.	
	12:00-12:45pm AOA Cardio & Balance	11:30am-12:15pm AOA Strength 1:00-2:00pm Community Cafe	4:30-5:30pm Virtual Cooking Class Building a Healthy Plate	11:30am-12:15pm AOA Strength 12:30-1:00pm AOA Chair Yoga	10:00-11:00am Healthy Aging Series Stroke 101 - Overlake Hospital	
	12:00-12:45pm AOA Cardio & Balance	11:30am-12:15pm AOA Strength 1:00-2:00pm Community Cafe	4:30-5:30pm Virtual Cooking Class Seasonal Eating: Fall	11:30am-12:15pm AOA Strength 12:30-1:00pm AOA Chair Yoga	10:00-11:00am Healthy Aging Series Try the Y's Tech Open House	
	12:00-12:45pm AOA Cardio & Balance	11:30am-12:15pm AOA Strength 1:00-2:00pm Community Cafe	4:30-5:30pm Virtual Cooking Class Dairy-Free Cheese Making	11:30am-12:15pm AOA Strength 12:30-1:00pm AOA Chair Yoga	10:00-11:00am Healthy Aging Series Hidden Titles	
	12:00-12:45pm AOA Cardio & Balance	11:30am-12:15pm AOA Strength 1:00-2:00pm Community Cafe	4:30-5:30pm Virtual Cooking Class Mediterranean Diet	11:30am-12:15pm AOA Strength 12:30-1:00pm AOA Chair Yoga	10:00-11:00am Healthy Aging Series Discover Your Inner Poet, Pt. 1	