



# FALL 2022 Online Content



**NEW CONTENT POSTED  
MONDAY-THURSDAY AT 12 NOON**

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OFTEN TO SEE THE LATEST!



Fitness activities, lectures, games, and much more, will keep you active and engaged. *This schedule is for reference, but is not limited to what is listed.*

## **Mondays**

**New Fitness videos-** *Yoga, Qigong, Stretching, Cardio, etc*

## **Tuesdays**

**New watch & learn or Lecture videos-** *History, Performances, etc*

## **Wednesdays**

**New Virtual Tour link-** *tours of locations at home and abroad.*

## **Thursdays**

**New game, craft or creative activity link-**  
*Cooking demos, online games, crafting ideas and more!*