



# FALL 2021 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

## **Tuesdays**

New watch & learn or Lecture videos

## **Wednesdays**

New Virtual Tour link

## **Thursdays**

New game, craft or creative activity link