

Summer 2022 Online Content



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

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[CHESTNUTHILLPRES.ORG/CENTER-ON-THE-HILL/PROGRAMS](https://chestnuthillpres.org/center-on-the-hill/programs)

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!