



Orange County Department on Aging Virtual Activity Calendar December 2020

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

		<p style="text-align: right; color: red; font-weight: bold;">1</p> <p>8:00am - 10:00am Soap Making Pre-Recorded</p> <p>8:00am - 8:00pm Passmore Pandemic Sequel Pre-Recorded</p> <p>10:00am - 11:00am Tap Dance Virtual</p> <p>10:15am - 11:15am Dementia -Let's Talk About It Virtual</p> <p>11:00am - 12:00pm Chair Yoga Virtual</p> <p>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>2:00pm - 3:45pm Memory Cafe Virtual</p> <p>4:30pm - 5:45pm LGBTQ & World AIDS Day A Virtual</p>	<p style="text-align: right; color: red; font-weight: bold;">2</p> <p>8:00am - 10:00am Container Gardening for Beg Pre-Recorded</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:30am Arts - The Impact in Orange Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p>	<p style="text-align: right; color: red; font-weight: bold;">3</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:30pm Caregivers' Support Virtual</p> <p>2:00pm - 3:00pm Essential Oils-Intro Virtual</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p>	<p style="text-align: right; color: red; font-weight: bold;">4</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>10:00am - 11:30am Philosophy Discussion Grou Virtual</p> <p>10:30am - 12:00pm Caregivers' Support Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Spanish Chat Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p>	<p style="text-align: right; color: red; font-weight: bold;">5</p> <p>1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p>
6	7	8	9	10	11	12
	<p>9:30am - 10:30am Spanish Level 1 Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p>	<p>8:00am - 10:00am Pressed Flower Canvas Pre-Recorded</p> <p>10:00am - 11:00am Tap Dance Virtual</p>	<p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p>	<p>8:00am - 10:00am Passmore Pandemic Perfor Pre-Recorded</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p>	<p>8:00am - 10:00am Intarsia Woodcarving Pre-Recorded</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p>	<p>1:00pm - 2:00pm Concert-IG Silver Music Con Virtual</p> <p>1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p>

Pre-recorded programs may be viewed any time by going to: <http://www.orangecountync.gov/236/Senior-Center-Programs> Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 or the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes. Thank you.

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December 2020 (Continued)

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Saturday

<p><i>(Continued)</i></p>	<p style="text-align: right; color: red;">6</p> <p><i>(Continued)</i></p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 12:00pm Quilting at Home with Friend Virtual</p> <p>10:45am - 11:45am Spanish Level 2 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 1:45pm Line Dance Beginners Virtual</p> <p>1:30pm - 2:30pm Caregivers Education Series Virtual</p> <p>2:00pm - 3:30pm Line Dance Virtual</p> <p>2:30pm - 3:30pm Caring For Ourselves - Supp Virtual</p> <p>3:30pm - 4:30pm Al-Anon Moving Forward Virtual</p> <p>6:15pm - 8:45pm Shakespeare Outloud Book Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p style="text-align: right; color: red;">7</p> <p><i>(Continued)</i></p> <p>10:00am - 10:30am Home Safety Chat Virtual</p> <p>11:00am - 12:00pm Chair Yoga Virtual</p> <p>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p>	<p style="text-align: right; color: red;">8</p> <p><i>(Continued)</i></p> <p>10:00am - 10:30am Home Safety Chat Virtual</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 3:00pm Intro to the iPhone Virtual</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p>	<p style="text-align: right; color: red;">9</p> <p><i>(Continued)</i></p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 3:00pm Intro to the iPhone Virtual</p>	<p style="text-align: right; color: red;">10</p> <p><i>(Continued)</i></p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 3:00pm Intro to the iPhone Virtual</p> <p>4:00pm - 5:30pm Korner's Folly-Virtual Tour Virtual</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p>	<p style="text-align: right; color: red;">11</p> <p><i>(Continued)</i></p> <p>9:30am - 10:30am Spanish, Lev 3- Virtual Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Spanish Chat Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 3:00pm Intro to the iPhone Virtual</p> <p>1:30pm - 2:30pm Reminiscing with Google Ma Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p>	<p style="text-align: right; color: red;">12</p> <p><i>(Continued)</i></p>
13	14	15	16	17	18	19	

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December 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 13 4:00pm - 5:00pm Excerpts from "The Suffragis Virtual</p>	<p><i>(Continued)</i> 14 9:30am - 10:30am Spanish Level 1 Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 12:00pm Quilting at Home with Friend Virtual</p> <p>10:45am - 11:45am Spanish Level 2 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 1:45pm Line Dance Beginners Virtual</p> <p>2:00pm - 3:00pm Memory Cafe Virtual</p> <p>2:00pm - 3:30pm Line Dance Virtual</p> <p>2:00pm - 3:00pm Creative Crafts with Helen Virtual</p> <p>2:00pm - 3:00pm TED TALKS Virtual</p> <p>3:00pm - 4:00pm Elf Not on a Shelf Ornament- Virtual</p>	<p><i>(Continued)</i> 15 10:00am - 11:00am Tap Dance Virtual</p> <p>10:15am - 11:15am Dementia -Let's Talk About It Virtual</p> <p>11:00am - 12:00pm Chair Yoga Virtual</p> <p>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>2:00pm - 3:00pm TED Talks-Dec Virtual</p> <p>3:00pm - 4:00pm Bingo Virtual</p> <p>4:00pm - 5:00pm Sounds of the Season Virtual</p>	<p><i>(Continued)</i> 16 9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:00am LIS (Low Income Subsidy) E Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p> <p>2:00pm - 3:00pm Holiday Moments with Gideo Virtual</p> <p>2:00pm - 3:00pm Veterans Benefits Informatio Virtual</p> <p>6:00pm - 8:00pm Melt and Pour Candle-Virtual Virtual</p>	<p><i>(Continued)</i> 17 9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:30pm Caregivers' Support Virtual</p> <p>1:00pm - 2:00pm Lock Your Meds Virtual</p> <p>1:00pm - 3:00pm Apple Photos on the Mac Virtual</p> <p>2:00pm - 3:00pm What Have You Been Watchi Virtual</p> <p>2:30pm - 3:30pm Virtual Tour of the Historic C Virtual</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p>	<p><i>(Continued)</i> 18 9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>9:30am - 10:30am Spanish, Lev 3- Virtual Virtual</p> <p>10:00am - 11:30am Philosophy Discussion Grou Virtual</p> <p>10:30am - 12:00pm Caregivers' Support Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Spanish Chat Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 3:00pm Apple Photos on the Mac Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p>	<p><i>(Continued)</i> 19 1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p>

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(Continued) 13	(Continued) 14	(Continued) 15	(Continued) 16	(Continued) 17	(Continued) 18	(Continued) 19
<p>(Continued)</p>	<p>(Continued)</p> <p>3:30pm - 4:30pm Al-Anon Moving Forward Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p>(Continued)</p>	<p>(Continued)</p>	<p>(Continued)</p>	<p>(Continued)</p>	<p>(Continued)</p>
20	21	22	23	24	25	26
	<p>9:30am - 10:30am Spanish Level 1 Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 12:00pm Quilting at Home with Friend Virtual</p> <p>10:45am - 11:45am Spanish Level 2 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 1:45pm Line Dance Beginners Virtual</p> <p>2:00pm - 3:30pm Line Dance Virtual</p> <p>2:30pm - 3:30pm Caring For Ourselves - Supp Virtual</p>	<p>10:00am - 11:00am Tap Dance Virtual</p> <p>10:30am - 11:30am Book Club Virtual</p> <p>11:00am - 12:00pm Chair Yoga Virtual</p> <p>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p>	<p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p>	<p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p>	<p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>9:30am - 10:30am Spanish, Lev 3- Virtual Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Spanish Chat Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 20	(Continued) 21 3:30pm - 4:30pm Al-Anon Moving Forward Virtual 6:30pm - 7:30pm Zumba - Latina Virtual	(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26
27	28 9:30am - 10:30am Spanish Level 1 Virtual 10:00am - 11:00am Chinese Choir- Hong Yan Virtual 10:00am - 12:00pm Quilting at Home with Friend Virtual 10:45am - 11:45am Spanish Level 2 Virtual 2:00pm - 3:00pm Creative Crafts with Helen Virtual 6:30pm - 7:30pm Zumba - Latina Virtual	29 10:00am - 11:00am Tap Dance Virtual 11:00am - 12:00pm Chair Yoga Virtual 11:30am - 12:00pm Hello! Care Partners Virtual 1:00pm - 2:00pm Tune in Daily Virtual	30 8:00am - 10:00am Wholmmovies-Efland and Ce Pre-Recorded 9:30am - 10:00am Strengthen Your Core- Wedn Virtual 10:00am - 11:00am Charlie's Social Group Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 12:00pm Care Partners Collaborative Virtual 11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual	31 9:00am - 10:30am Let's Exercise - Spanish Virtual 10:00am - 11:00am Strong and Steady Virtual 1:00pm - 2:00pm Tune in Daily Virtual 6:30pm - 7:30pm Al-Anon Moving Forward Virtual		



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