

ACTIVE AGING WEEK 2020 FOLLOW-UP

MONDAY, OCTOBER 5TH

10:30 WELCOME TO ACTIVE AGING WEEK

Zoom Video Recording Available— email info@adaptivepevmc.org

11:00 LAUGHTER YOGA

Free Classes Weekly—More Information:

Raj Jindia email: wishwell200@yahoo.com

TUESDAY, OCTOBER 6TH

11:00 TIPS AND TRICKS FOR APPLE DEVICES

Zoom Video Recording Available— email info@adaptivepevmc.org

Free Newsletter—More Information:

Laurel S. Druce

laureldruce@gmail.com

Cell: 646 406-1213

1:00 INTRO. TO SEQUOIA VILLAGE & PREPARATION OF EMERGENCY GO BAG

Zoom Video Recording Available— email info@adaptivepevmc.org

More Information: villagesofsmc.org

2:00 VITAMINS, HERBS, AND MINERALS

Slideshow Available Here—

<https://www.adaptivepevmc.org/perch/resources/active-aging-supplements.pdf>

WEDNESDAY, OCTOBER 7TH

9:00 TAI CHI—SILK REELING EXERCISES FOR HEALTH

Zoom Video Recording Available— email info@adaptivepevmc.org

10:00 YOUR SPARE ROOM—HIP HOUSING

Zoom Video Recording Available— email info@adaptivepevmc.org

More Information:

Chris Sturken, Community Outreach Specialist

Off: (650) 348-6660 ext. 349 Cell: (650) 999 4156

HIHousing.org

11:00 GET STRONG WITH BANDS

Zoom Video Recording Available— email info@adaptivepevmc.org

YouTube Videos Available:

<https://www.youtube.com/watch?v=mjM6L-97R4Q&list=PLnh3UeDYCXMnj6gKGX0I7tp-qVBUZ-mp&index=12>

<https://www.youtube.com/watch?v=eS0j51yC0Pk&list=PLnh3UeDYCXMnj6gKGX0I7tp-qVBUZ-mp&index=9>

1:00 READY, STEADY, BALANCE—PREVENT FALLS IN 2020

Slideshow Available Here

<https://www.adaptivepevmc.org/perch/resources/ready-steady-balance-1.pdf>

2:30 FOR EVERYONE WITH HEARING LOSS!

Zoom Video Recording Available— email info@adaptivepevmc.org

More Information:

Elli Tehrani (408) 510-1941

Clearcaptions.com

THURSDAY, OCTOBER 8TH

10:00 ANEW VISTA PRESENTS GOOGLE MAPS

More Information: ericgee@anewvista.com

Eric Gee, Founder/CEO cell: (650) 995-4002

AnewVista Incorporated (dba www.upgreyd.com)

11:00 MASTER GARDENERS

Zoom Video Recording Available— email info@adaptivepevmc.org

More Information: Suzanne Redell, Master Gardener

mgsuzanner@gmail.com

3:30 SIMPLIFY YOUR LIFE—5 TECH SOLUTIONS FOR SENIORS AND CAREGIVERS

Zoom Video Recording Available-- email info@adaptivepevmc.org

Resource List Available Here

<https://www.adaptivepevmc.org/perch/resources/kathy-lee-resources-v2.pdf>

4:30 TAI CHI

More Information: Karen Roberts, at kr.taichi@gmail.com

FRIDAY, OCTOBER 9TH

9:30 BREATHWORK AND MEDITATION

Zoom Video Recording Available— email info@adaptivepevmc.org

11:00 EXERCISES FOR THE BED OR FLOOR

Zoom Video Recording Available— email info@adaptivepevmc.org

YouTube Video Available --Getting Up From the Floor:

<https://www.youtube.com/watch?v=dR1eHwOf7EE&list=PLnh3UeDYCXMnj6gKGX0I7tp-qVBUZ-mp&index=11>

1:00 BRUCE UTECHT --SENIOR CENTER UPDATES

Zoom Video Recording Available— email info@adaptivepevmc.org

2:00 DEALING WITH PANDEMIC STRESS WITH DR. GORDON, PRESENTED BY TRAVONDE

Zoom Video Recording Available— email info@adaptivepevmc.org

More Information: www.travonde.com. Contact tina@travonde.com