



Orange County Department on Aging Virtual Activity Calendar

December 2020

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		<p>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>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>12:30pm - 1:30pm Chair Yoga Virtual</p> <p>2:00pm - 3:45pm Memory Cafe Virtual</p> <p>4:30pm - 5:45pm LGBTQ & World AIDS Day A Virtual</p>	<p>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 - 11:00am Charlie's Social Group Virtual</p> <p>10:00am - 11:30am Arts - The Impact in Orange 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 Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual</p>	<p>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 - 2:30pm 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>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 Seated T'ai Chi Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise 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>	<p>5</p> <p>1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p>
<p>6</p>	<p>7</p> <p>9:30am - 10:30am Spanish Level 1 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>8</p> <p>8:00am - 10:00am Pressed Flower Canvas Pre-Recorded</p> <p>10:00am - 10:30am Home Safety Chat Virtual</p> <p>10:00am - 11:00am Tap Dance Virtual</p>	<p>9</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>10</p> <p>8:00am - 10:00am Passmore Pandemic Perfor Pre-Recorded</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p>	<p>11</p> <p>8:00am - 10:00am Intarsia Woodcarving Pre-Recorded</p> <p>9:30am - 10:30am Spanish, Lev 3- Virtual Virtual</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p>	<p>12</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.

Orange County Department on Aging Virtual Activity Calendar

December 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">6</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">7</p> <p>10:00am - 11:00am Strong and Steady 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 - 1:45pm Line Dance Beginners Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual</p> <p>1:30pm - 2:30pm Caregivers Education Series Virtual</p> <p>2:00pm - 3:00pm Holiday Treats with Meghan 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><i>(Continued)</i></p> <p style="text-align: right; color: red;">8</p> <p>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>12:30pm - 1:30pm Chair Yoga Virtual</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">9</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 Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual</p> <p>1:00pm - 3:00pm Intro to the iPhone Virtual</p> <p>2:00pm - 3:00pm Scattergories Holiday Edition Virtual</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">10</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><i>(Continued)</i></p> <p style="text-align: right; color: red;">11</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>12:00pm - 1:00pm Spanish Chat Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga 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><i>(Continued)</i></p> <p style="text-align: right; color: red;">12</p>
13	14	15	16	17	18	19

Orange County Department on Aging Virtual Activity Calendar

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 Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 12:00pm Quilting at Home with Friend Virtual</p> <p>10:00am - 11:00am Strong and Steady 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 - 1:45pm Line Dance Beginners Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual</p> <p>2:00pm - 3:00pm Creative Crafts with Helen Virtual</p> <p>2:00pm - 3:00pm TED TALKS Virtual</p> <p>2:00pm - 3:00pm Memory Cafe Virtual</p> <p>2:00pm - 3:30pm Line Dance 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>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>12:30pm - 1:30pm Chair Yoga 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 Charlie's Social Group Virtual</p> <p>10:00am - 11:00am LIS (Low Income Subsidy) E 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 Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves W 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 Lock Your Meds Virtual</p> <p>1:00pm - 3:00pm Apple Photos on the Mac Virtual</p> <p>1:00pm - 2:30pm Caregivers' Support 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 - 10:30am Spanish, Lev 3- Virtual Virtual</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 Seated T'ai Chi Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>12:00pm - 1:00pm Spanish Chat Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga 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>

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.

Orange County Department on Aging Virtual Activity Calendar

December 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

(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 Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 12:00pm Quilting at Home with Friend Virtual</p> <p>10:00am - 11:00am Strong and Steady 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 - 1:45pm Line Dance Beginners Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves 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>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>12:30pm - 1:30pm Chair Yoga 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 Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual</p>	<p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p>	<p>9:30am - 10:30am Spanish, Lev 3- Virtual Virtual</p> <p>9:30am - 10:00am Strengthen Your Core- Frida 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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December 2020 (Continued)

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<p>(Continued) 20</p>	<p>(Continued) 21</p> <p>3:30pm - 4:30pm Al-Anon Moving Forward Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p>(Continued) 22</p>	<p>(Continued) 23</p>	<p>(Continued) 24</p>	<p>(Continued) 25</p>	<p>(Continued) 26</p>
<p>27</p>	<p>28</p> <p>9:30am - 10:30am Spanish Level 1 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>1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual</p> <p>2:00pm - 3:00pm Creative Crafts with Helen Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p>29</p> <p>10:00am - 11:00am Tap Dance Virtual</p> <p>11:30am - 12:00pm Hello! Care Partners Virtual</p> <p>12:30pm - 1:30pm Chair Yoga Virtual</p>	<p>30</p> <p>8:00am - 10:00am Wholmmovies-Efland and Ce Pre-Recorded</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 Sun Style T'ai Chi for Health Virtual</p>	<p>31</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p>		

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