

CLICK ON UNDERLINED BLUE LINKS FOR WEBPAGES & VIDEOS

When participating in any exercise there is the possibility of physical injury. If you engage in the exercise on any of these websites you agree that you are voluntarily participating in these activities at your own risk.

MON

TUE

WED

THU

FRI

JULY 2020 SAFER AT HOME CALENDAR

JACKSON COUNTY
DEPARTMENT ON AGING
100 COUNTY SERVICES PARK
SYLVA, NC 28779
828-586-5494

1 Video:
[Core & Balance](#)

Virtual Classes:
[11am Stretch & Strengthen](#)

2:15pm Yoga for Seniors

2 Videos:
[Review Exercise Safety](#)

[Find Healing](#)

Virtual Class:
1pm AFEP



6 Videos:
[Falls Prevention](#)

[Culinary Arts: The Burrito Bowl](#)

Virtual Class:
11am Stretch & Strengthen

7 Read:
[Stretches to help body awareness](#)

Virtual Classes:
1pm AFEP

3:00pm Gentle Chair Yoga

8 Video:
[Sound Healing Session](#)

Virtual Classes:
11am Stretch & Strengthen

2:15pm Yoga for Seniors

9 Audio:
[Guided Meditation](#)

Read:
[8 Moves to Boost Back Resiliency](#)

Virtual Class:
1pm AFEP

10 Videos:
[Cardio Class](#)

[Feeling sore this morning? Try this short workout!](#)

13 Videos:
[20 Minute Workout](#)

[Beginner Latin Warm Up](#)

Virtual Class:
11am Stretch & Strengthen

14 Video:
[Low Impact Workout](#)

Virtual Classes:
1pm AFEP

3:00pm Gentle Chair Yoga

15 Video:
[Intro to Mindfulness](#)

Virtual Classes:
11am Stretch & Strengthen

2:15pm Yoga for Seniors

16 Videos:
[Senior Fitness Class](#)

[30 minute Latin Dance Fitness](#)

Virtual Class:
1pm AEFEP

17 Videos:
[Work Out for Beginners](#)

[Pilates Breath & Core Instruction](#)

[Pick Your Favorite Workout Video](#)

20 Video:
[One Hour Workout](#)

[3 Free Yoga Videos](#)

Virtual Class:
11am Stretch & Strengthen

21 Read:
[Gratitude at 6 feet apart](#)

Virtual Classes:
1pm AFEP

3:00pm Gentle Chair Yoga

22 Video:
[Standing Pilates](#)

Virtual Classes:
11am Stretch & Strengthen

2:15pm Yoga for Seniors

23 Videos:
[Senior Pilates](#)

[Downloading Apps for iPhone & iPad](#)

Virtual Class:
1pm AFEP

24 Videos:
[Senior Zumba](#)

[Ladder Cycling](#)

[5 minute Pound Workout for the Arms](#)

27 Videos:
[30 minute Cardio & Core](#)

[Yoga for Your Back](#)

Virtual Class:
11am Stretch & Strengthen

28 Video:
[Chair Yoga Class](#)

Virtual Classes:
1pm AFEP

3:00pm Gentle Chair Yoga

29 Video:
[Qigong Practice](#)

Virtual Classes:
11am Stretch & Strengthen

2:15pm Yoga for Seniors

30 Videos:
[Gentle Yoga](#)

[Downloading Apps for Android Devices](#)

Virtual Class:
1pm AFEP

31 Video:
[National Institute on Aging Class](#)

Read:
[Guide to Telemedicine](#)