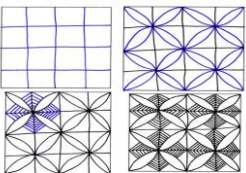




Senior Programs and Centers Weekly Recreation Calendar April 6-10, 2020

Monday April 6	Tuesday April 7	Wednesday April 8	Thursday April 9	Friday April 10
 Learn how to draw Zentangles @ 10:30 am with Carmel! This is a great way to... * Relieve stress * Promote Relaxation * Develop and Rehabilitate Fine Motor Skills * Have Fun & Create Something Beautiful!!! Log onto your email or https://www.facebook.com/CHMRSCC For the link and instructions	 Q & A Session with Adam the "IT" Guy @ 1pm! Questions About... Computer? E-Mail? Facebook? Log onto your email or https://www.facebook.com/CHMRSCC and ask any questions you may have!	 It's Workout Wednesday! Chair Exercises with our Senior Center Staff @ 10:30am Log onto your email or https://www.facebook.com/CHMRSCC For the link and instructions	 Cooking with Tedra @ 10:30am See what deliciousness she's cooking up! Log onto your email or https://www.facebook.com/CHMRSCC For the link and instructions	 Virtual Tour of Machu Picchu in Peru Log onto your email or https://www.facebook.com/CHMRSCC For the link and instructions
Weekly Challenge: E-mail us at mprdseniors@cityofmobile.org short clip of you dancing to your favorite song for us to post showing the world that coronavirus cannot stop the Mobile Seniors from having FUN!!! #MOBtownseniorsflatteningthecurveofCOVID19 City Updates: Even though we are closed to the public, we want to bring RECREATION to YOU!! We are still here by phone or email if you have any questions.				