



# Hundreds of Ways to Find Your Flex

Active Aging Week is a celebration of all the amazing things older adults can do! All month long, local cities in Santa Clara County are partnering to provide FREE classes that will help you focus on staying active - physically, emotionally and in your social life.

**To Register** for any of the below classes, please sign up through Eventbrite and search for “Active Aging Month Bay Area” or click [HERE](#).

**For Questions**, call 408-730-7360

Program schedule is below, check out the class details on the reverse side of the page.

## Week 1

Date/Time	Class
Mon. 10/5, 10:00 a.m.	Introduction to Hosting on Zoom
Tues. 10/6, 1:00 p.m.	Mindfulness Meditation
Thurs. 10/8, 3:30 p.m.	Introduction to Pilates

## Week 2

Date/Time	Class
Tues. 10/13, 10:00 a.m.	Protecting Your Personal Information Online
Wed. 10/14, 10:00 a.m.	Intro to Line Dancing
Thurs. 10/15, 3:30 p.m.	Zooming Around Drawing

## Week 3

Date/Time	Class
Tues. 10/20, 10:00 a.m.	Podcasts
Wed. 10/21, 10:30 a.m.	Quarantine Cooking
Fri. 10/22, 3 p.m.	Seated Fitness

## Week 4

Date/Time	Class
Tue. 10/27, 2 p.m.	Qi Gong
Wed. 10/28, 10:30 a.m.	Zumba Gold



Class	Lead By	Description
Introduction to Hosting on Zoom	Senior Planet @ Avenidas	Join this program for orientation and Q&A on using Zoom videoconferencing software.
Mindfulness Meditation	City of Mountain View	Learn the ancient practice of mindfulness in your daily life and mindfulness meditation.
Introduction to Pilates	City of Sunnyvale	Learn about 5 key components that are critical to Pilates practice and engage your body in fundamental exercises that will improve posture, core strength and overall wellness.
Protecting Your Personal Information Online	Senior Planet @ Avenidas	This presentation will cover the ins and outs of how to protect your personal information online.
Line Dancing	City of Campbell	Line Dance is a fun way to exercise both the body and mind, learn some easy dances to different types of music.
Zooming Around Drawing	City of Sunnyvale	Learn to draw something new using a standard pencil and/or pen.
Podcasts	Senior Planet @ Avenidas	Podcasts are a popular form of entertainment and a great source of information on all kinds of topics, learn why people listen to them, where you can find them and what the most popular ones are.
Quarantine Cooking	City of San Jose	Cook with items that you may have in your pantry, with Chef Mario!
Zumba Gold	City of Cupertino	Dance your way to better health with Zumba Gold®.
Qi Gong	City of San Jose	Come learn about this mind-body-spirit practice that helps improve one's mental and physical health by integrating posture, movement, breathing technique and sound.
Seated Fitness	City of Sunnyvale	This seated fitness class incorporates lively choreographed aerobic routines with traditional strength training and stretching.