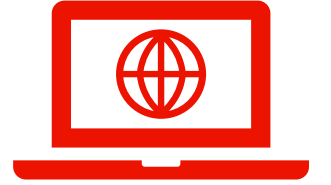


# Virtual Experience



## Live Programs

*Learn and connect with others in 65+ live programs each week*

## On-Demand Training

*Expand and enhance your learning - at your own pace*

## Senior Planet Community

Join interest groups, meet like-minded older adults, and engage in thought-provoking discussions

## Contact Center

*One-on-one support for all your Senior Planet and technology questions*

# Live Program Overview



## Lectures & Demos

- Same topics as in-person
- Demos = virtual workshops

65+  
programs  
per week!

## Discussion Groups

- Lunch & Learn
  - Open
  - Participant-Led
  - Wellness
  - Tech
  - Aging
- Pride
- WACI
- Holistic Wellness
- Creative Creations
- Spanish Club
- Finding Purpose, Wellness, & Community after 60
- Book Club
- Photography

## Special Programs

- Live virtual tours
- Good Morning Senior Planet
- Orientation
- Experts & Insights
- Music-based programs
  - Open Mic
  - Songwriting
  - Showcases
  - Drum Circle

*Coming soon:*

- Game night

## Fitness

- Morning Stretch
- Feldenkrais
- Stronger Bones
- Chair Yoga
- Strength & Stability
- Afternoon Stretch
- Functional Strength Training
- Fit Fusion
- Easy to Follow Tai Chi
- Balance Matters
- Mindful Meditation & Breathing
- Taijiquan
- Dance Party

## Special Events

- Panel discussions
- Gardening
- Face drawing
- ... & more!

English,  
Spanish, &  
Mandarin!

