



Art & Music

The Stories Behind the Songs

Tuesday | 5:00 PM

Name that Tune and Trivia

Friday | 12:00 PM

Games

Brain Teasers & Trivia

Mon, Weds & Fri | 4:00 PM

Jeopardy

Thursday | 4:00 PM

Trivia Legends

Tuesday | 4:00 PM

Conversation

Coffee Chat

Everyday | 1:00 PM

Reminiscing for Joy and Health

Thursday | 5:00 PM

Golden Moments of Gratitude

Wednesday | 5:00 PM

Wise Ties: Strengthening Bonds & Communication

Thursday | 3:00 PM

Education

Fridays with Barry

Friday | 11:00 AM

Decades of Sounds

Monday | 5:00 PM

Lunch & Learn

Everyday | 11 & 12 PM

Exercise

Body Moves for Better Health

Mon, Thurs & Fri | 10:00 AM

Body Strong & Body Fit

Monday & Thurs | 2:00 PM

Chair Pilates

Friday | 6:00 PM

Gentle Chair Yoga

Tues & Thursday | 6:00 PM

Gentle Fit

Tuesday | 2:00 PM

Morning Yoga & Stretch

Monday & Friday | 9:00 AM

Mindful Movement

Monday & Wed. | 6:00 PM

Seated Strength & Stretch

Friday | 2:00 PM

Uniper Walking Club

Wednesday | 2:00 PM

Balance & Fall Prevention

Balance Training

Tuesday & Thurs | 9:00 AM

Body Balance

Wednesday | 10:00 AM

Steady Strides & Fall Prevention

Tuesday | 10:00 AM

*This Schedule Is Subject To Change, Please See Your UniTV Schedule For The Latest Programming.



Nutrition

In the Kitchen: Cooking Demos

Friday | 3:00 PM

Travel

Travel the World

Tuesday | 3:00 PM

Road Trip Across the USA

Wed | 3:00 PM

Relaxation

Mindfulness Meditation

Friday | 5:00 PM

Massage at Your Fingertips

Wednesday | 3:00 PM

Wind Down with Uniper

Everyday | 8:00 PM

Technology Class

Senior Savvy Technology

Monday | 3:00 PM

Interests

Class Name	Day & Time

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