



RESIDENT ACTIVITY RESOURCE GUIDE

AEROBICS

[VIDEO: Chair Yoga](#)

Length: 30 minutes

[VIDEO: Silver Sneakers](#)

Length: 10 minutes

[VIDEO: Zumba](#)

Length: 5 minutes

[VIDEO: Standing Exercises](#)

Length: 15 minutes

[VIDEO: Chair Yoga](#)

Length: 10 minutes

NEW CAPABILITY

Add links in the description of activities for families and residents to view or send Announcements or Messages with links to the activity, video, etc.