

# TOWN OF SOUTHAMPTON SENIOR SERVICES WHAT'S HAPPENING?



**WHEN:**  
**WEEK OF May 24– 28, 2021**  
*ACCESSIBLE 24/7*

**WHERE:**  
**AT YOUR FINGERTIPS ON YOUR DEVICE OF  
CHOICE**  
*FROM THE COMFORT OF YOUR OWN HOME*

## FEATURING

**Did You Know? -Victoria Day • Who Was the Real Queen Victoria? • “Victoria Revealed” Exhibit at Kensington Palace • How an Indian Servant Became Queen Victoria’s Closest Friend • Queen Victoria’s Throne Chair • The Story of Tap Dance • Top 10 Tap Dancers of All Time • Top 10 Tap Dance Scenes in the Movies • The Evolution of Tap Dance • Helpful Stretches For Knee Arthritis & Osteoarthritis-Learning Level • Beginner Stretches For Sciatica / Back Pain Relief-Learning Level • Seated Workout With Weights For Seniors And Beginners | 20 Min • Seated Boxing Exercise for Seniors • 1930-Chrysler Building Opens to the Public • 1967- Building Walt Disney World • 1940- The Evacuation of Dunkirk • 1703- St. Petersburg Founded • 1937 – The Golden Gate Bridge Opened • “Provides Useful Information and Advice to Seniors” • The Official AARP Website • The National Institute on Aging • “America’s Most Trusted Senior Citizen Website” .....and don’t forget Facebook!**

## Victoria Day Monday

[https://www.youtube.com/watch?v=WV\\_wm2eJFDI](https://www.youtube.com/watch?v=WV_wm2eJFDI)  
<https://www.youtube.com/watch?v=WAlvtU7kH-s>  
<https://www.youtube.com/watch?v=Y6v6e6X9eHU>  
<https://www.youtube.com/watch?v=LmZPcXI73QM>  
<https://www.youtube.com/watch?v=6C38TvEBdpo>



## Tap Dance Tuesday

<https://www.youtube.com/watch?v=JXepPxf8D4k>  
<https://www.youtube.com/watch?v=YYqX41CKgkE>  
<https://www.youtube.com/watch?v=DVlrmXUO4V4>  
<https://www.youtube.com/watch?v=d03mJD2Pk0Y>



## Workout Wednesday

<https://www.youtube.com/watch?v=nbnlECXeAQ0>  
<https://www.youtube.com/watch?v=Osu2s-2XXaI>  
<https://www.youtube.com/watch?v=ivuJNGmtGgA>  
<https://www.youtube.com/watch?v=ReQBQ5Jpl-k&t=119s>  
<https://www.youtube.com/watch?v=Osu2s-2XXaI>



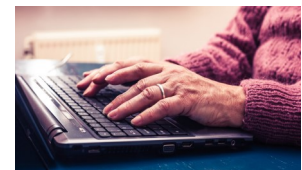
## On This Day Thursday

[https://www.youtube.com/watch?v=\\_j-ZJEfrjjQ](https://www.youtube.com/watch?v=_j-ZJEfrjjQ)  
<https://www.youtube.com/watch?v=gmkWwPKJCTU>  
<https://www.youtube.com/watch?v=Z9ifSG-CUUY>  
<https://www.youtube.com/watch?v=hq-COZdZpmo>  
<https://www.youtube.com/watch?v=OC5C9a2udjo>



## Frequented Friday – Some Great Websites for Seniors

[https://seniors.lovetoknow.com/Main\\_Page](https://seniors.lovetoknow.com/Main_Page)  
<https://www.aarp.org/concept-layout/>  
<https://www.nia.nih.gov/health/topics>  
<https://www.suddenlysenior.com/>  
....and don't forget Facebook!



**STAY SAFE &  
STAY CONNECTED**

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