

May 2020 Virtual Activities Calendar at The Center

The Center will be closed through May 15. At that time, we will re-evaluate the COVID 19 situation

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p style="text-align: center;">For Falls Prevention Tai Chi for Beginners and Better Balance Go to: PEGTV 1075 bulletin board</p>			<p style="text-align: center;">1 Walk Happy May Day! Call a Friend e-mail your Walking Challenge laps</p>	<p style="text-align: center;">2 Walk</p>
3 Walk	<p style="text-align: center;">4 Walk Better Balance Go to: PEGTV 1075 bulletin board SUN 73 maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00</p>	<p style="text-align: center;">5 Walk Bone Builder 9:30 www.volunteersinvt.org Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite</p>	<p style="text-align: center;">6 Walk Better Balance Go to: PEGTV 1075 bulletin board YANG 24 Maintenance Zoom 11:30 Call Laurie for invite Great Courses Zoom 1:30</p>	<p style="text-align: center;">7 Walk Bone Builder 9:30 www.volunteersinvt.org Legal Aid Clinic calls by appointment SUN 73 Instruction Zoom 1:15 Call Laurie for invite</p>	<p style="text-align: center;">8 Walk Better Balance Go to: PEGTV 1075 bulletin board e-mail your Walking Challenge laps</p>	<p style="text-align: center;">9 Walk</p>
10 Walk 	<p style="text-align: center;">11 Walk Better Balance Go to: PEGTV 1075 bulletin board SUN 73 maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00</p>	<p style="text-align: center;">12 Walk Bone Builder 9:30 www.volunteersinvt.org Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite</p>	<p style="text-align: center;">13 Walk Better Balance Go to: PEGTV 1075 bulletin board YANG 24 Maintenance Zoom 11:30 Call Laurie for invite Great Courses Zoom 1:30</p>	<p style="text-align: center;">14 Walk Bone Builder 9:30 www.volunteersinvt.org SUN 73 Instruction Zoom 1:15 Call Laurie for invite</p>	<p style="text-align: center;">15 Walk Better Balance Go to: PEGTV 1075 bulletin board e-mail your Walking Challenge laps</p>	<p style="text-align: center;">16 Walk</p>
17 Walk	<p style="text-align: center;">18 Walk Better Balance Go to: PEGTV 1075 SUN 73 maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00</p>	<p style="text-align: center;">19 Walk Bone Builder 9:30 www.volunteersinvt.org Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite</p>	<p style="text-align: center;">20 Walk Better Balance Go to: PEGTV 1075 bulletin board YANG 24 Maintenance Zoom 11:30 Call Laurie for invite Great Courses Zoom 1:30</p>	<p style="text-align: center;">21 Walk Bone Builder 9:30 www.volunteersinvt.org SUN 73 Instruction Zoom 1:15 Call Laurie for invite</p>	<p style="text-align: center;">22 Walk Better Balance Go to: PEGTV 1075 bulletin board e-mail your Walking Challenge laps</p>	<p style="text-align: center;">23 Walk</p>
24 Walk	<p style="text-align: center;">25 Walk <i>Memorial Day</i> </p>	<p style="text-align: center;">26 Walk Bone Builder 9:30 www.volunteersinvt.org Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite</p>	<p style="text-align: center;">27 <i>National Senior Health & Fitness Day</i> Better Balance Go to: PEGTV 1075 bulletin board YANG 24 Maintenance Zoom 11:30 Call Laurie for invite Great Courses Zoom 1:30</p>	<p style="text-align: center;">28 Walk Bone Builder 9:30 www.volunteersinvt.org SUN 73 Instruction Zoom 1:15 Call Laurie for invite</p>	<p style="text-align: center;">29 Walk Better Balance Video 10:00 e-mail your Walking Challenge laps</p>	<p style="text-align: center;">30 Walk  <i>World Tai Chi Day 10:00</i></p>
31 Walk						