


# June 2020 Virtual Activities Calendar at The Center

The Center will be continue to be closed until the “stay smart-stay safe” order is lifted for seniors

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b> Walk Better Balance PEGTV 1075 9:30 SUN 73 Maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00	<b>2</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite	<b>3</b> Walk Better Balance PEGTV 1075 9:30 YANG 24 Maintenance Zoom 10:00 Call Laurie for invite	<b>4</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 SUN 73 Instruction Zoom 1:15 Call Becky for invite	<b>5</b> Walk 9:30 Better Balance PEGTV 1075 BINGO 10:00 e-mail your Walking Challenge Laps/miles homsted@ shoreham.net	<b>6</b> Walk
<b>7</b> Walk	<b>8</b> Walk Better Balance PEGTV 1075 9:30 SUN 73 Maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00	<b>9</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite	<b>10</b> Walk Better Balance PEGTV 1075 9:30 YANG 24 Maintenance Zoom 10:00 Call Laurie for invite	<b>11</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 SUN 73 Instruction Zoom 1:15 Becky for invite	<b>12</b> Walk Better Balance PEGTV 1075 9:30 BINGO 10:00 e-mail your Walking Challenge Laps/miles homsted@ shoreham.net	<b>13</b> Walk
<b>14</b> Walk	<b>15</b> Walk Better Balance PEGTV 1075 9:30 SUN 73 Maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00	<b>16</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite	<b>17</b> Walk Better Balance Go to: PEGTV 1075 9:30 YANG 24 Maintenance Zoom 10:00 Call Laurie for invite	<b>18</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 SUN 73 Instruction Zoom 1:15 Becky for invite	<b>19</b> Walk Better Balance PEGTV 1075 9:30 BINGO 10:00 e-mail your Walking Challenge Laps/miles homsted@ shoreham.net	<b>20</b> Walk
<b>21</b> Walk 	<b>22</b> Walk Better Balance PEGTV 1075 9:30 SUN 73 Maintenance Zoom 11:30 Call Laurie for invite Guitar – Zoom Beginners 12:00 Intermediate 1:00	<b>23</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite	<b>24</b> Walk Better Balance Go to: PEGTV 1075 YANG 24 Maintenance Zoom 10:00 Call Laurie for invite	<b>25</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 SUN 73 Instruction Zoom 1:15 Becky for invite	<b>26</b> Walk Better Balance PEGTV 1075 9:30 BINGO 10:00 e-mail your Walking Challenge Laps/miles homsted@ shoreham.net	<b>27</b> Walk
<b>28</b> Walk	<b>29</b> 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	<b>30</b> Walk Bone Builder 9:30 <a href="http://www.volunteersinvt.org">www.volunteersinvt.org</a> 9:30 Falls Prevention Tai Chi for Beginners PEGTV 1075 Falls Prevention Tai Chi Maintenance Zoom 11:30 Call Laurie for invite				