

August 2020 Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 Walk
2 Walk	3 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30	4 Walk Bone Builders 9:00-10:00	5 Walk Yoga 8:30-9:45 Kayak 9:30 Better Balance 10:30-11:30	6 Walk Bone Builders 9:00-10:00 Tai Chi Fall Prevention Lessons 10:30-11:30 SUN 73 Instruction Zoom 1:15 Call Becky for invite	7 Walk Better Balance 10:30-11:30	8 Walk
9 Walk	10 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30	11 Walk Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45	12 Walk Yoga 8:30-9:45 Kayak 9:30 Better Balance 10:30-11:30 GAME DAY 12:00-2:00	13 Walk Bone Builders 9:00-10:00 Tai Chi Fall Prevention Lessons 10:30-11:30 SUN 73 Instruction Zoom 1:15 Call Becky for invite UKULELE 5:45	14 Walk Better Balance 10:30-11:30	15 Walk
16 Walk	17 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30	18 Walk CCC BOARD OF DIRECTORS Meeting ZOOM 9:00 Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45	19 Walk Yoga 8:30-9:45 Kayak 9:30 Better Balance 10:30-11:30	20 Walk Bone Builders 9:00-10:00 Tai Chi Fall Prevention Lessons 10:30-11:30 SUN 73 Instruction Zoom 1:15 Call Becky for invite	21 Walk Better Balance 10:30-11:30	22 Walk
23 Walk	24 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30	25 Walk Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45	26 Walk Yoga 8:30-9:45 Kayak 9:30 Better Balance 10:30-11:30	27 Walk Bone Builders 9:00-10:00 Tai Chi Fall Prevention Lessons 10:30-11:30 SUN 73 Instruction Zoom 1:15 Call Becky for invite	28 Walk Better Balance 10:30-11:30	29 Walk
30 Walk	31 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30					

VIRTUAL CLASSES on PEG TV - Channel 1075

Better Balance - Mondays, Wednesdays, Fridays 9:30

Falls Prevention Tai Chi for Beginners - Tuesdays and Thursdays 9:30

Bone Builders - watch anytime on You Tube www.volunteersinvt.org