

## September 2020 Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH</b>	1 Walk  <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi Practice:</b> 10:30-11:45	2 Walk  <b>Yoga</b> 8:30-9:45  <b>Kayak</b> 9:30  <b>Better Balance</b> 10:30-11:30	3 Walk <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi</b> <b>Fall Prevention Lessons</b> 10:30-11:30  <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> <i>Call Becky for invite</i>  <b>Ukulele Club 5:30</b>	4 Walk  <b>Better Balance</b> 10:30-11:30	5 Walk
6 Walk		7  <b>Center Closed for Labor Day</b>	8 Walk  <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi Practice:</b> 10:30-11:45  <b>Creative Writing 3:00</b>	9 Walk  <b>Yoga</b> 8:30-9:45  <b>Kayak</b> 9:30  <b>Better Balance</b> 10:30-11:30	10 Walk <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi</b> <b>Fall Prevention Lessons</b> 10:30-11:30  <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> <i>Call Becky for invite</i>	11 Walk  <b>Better Balance</b> 10:30-11:30
13 Walk	14 Walk  <b>Knitters Network</b> 9:00-10:30  <b>Guitar Lessons</b> Beg. – 10:30 Intermediate 11:30	15 Walk  <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi Practice:</b> 10:30-11:45  <b>Drive In Drive Out Painting Event</b> 1:00-2:00  <b>Creative Writing 3:00</b>	16 Walk <b>Yoga</b> 8:30-9:45  <b>Kayak</b> 9:30  <b>Better Balance</b> 10:30-11:30  <i>Great Courses</i> <i>Via Zoom</i> <i>1:30-3:00</i>	17 Walk <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi</b> <b>Fall Prevention Lessons</b> 10:30-11:30  <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> <i>Call Becky for invite</i>  <b>Ukulele Club 5:30</b>	18 Walk  <b>Better Balance</b> 10:30-11:30	19 Walk
20 Walk	21 Walk  <b>Knitters Network</b> 9:00-10:30  <b>Guitar Lessons</b> Beg. – 10:30 Intermediate 11:30	22 Walk  <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi Practice:</b> 10:30-11:45  <b>Creative Writing 3:00</b>	23 Walk <b>Yoga</b> 8:30-9:45  <b>Kayak</b> 9:30  <b>Better Balance</b> 10:30-11:30  <i>Great Courses</i> <i>Via Zoom</i> <i>1:30-3:00</i>	24 Walk <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi</b> <b>Fall Prevention Lessons</b> 10:30-11:30  <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> <i>Call Becky for invite</i>	25 Walk  <b>Better Balance</b> 10:30-11:30  <b>16th ANNUAL COMMUNITY CENTER GOLF OUTING</b>	26 Walk
27 Walk	28 Walk  <b>Knitters Network</b> 9:00-10:30  <b>Guitar Lessons</b> Beg. – 10:30 Intermediate 11:30	29 Walk  <b>Bone Builders</b> 9:00-10:00  <b>Tai Chi Practice:</b> 10:30-11:45  <b>Creative Writing 3:00</b>	30 Walk <b>Yoga</b> 8:30-9:45  <b>Kayak</b> 9:30  <b>Better Balance</b> 10:30-11:30 <b>Plant Swap</b> 11:30  <i>Great Courses</i> <i>Via Zoom</i> <i>1:30-3:00</i>			

### VIRTUAL CLASSES on PEG TV - Channel 1075

(Survey: Please call or e-mail and let us know if you are tuning in to our classes on PEG TV)

*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](http://www.volunteersinvt.org)*