

# November 2020 Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Walking Challenge	2 Walking Challenge  Knitters Network 9:00-10:30  Guitar Lessons Beg. – 10:30 Intermediate 11:30	3 VOTE VOTE VOTE  Walking Challenge Bone Builders 9:00-10:00  Tai Chi Practice: 10:30-11:30  Creative Writing 3:00	4 Walking Challenge  Yoga 8:30-9:45  Better Balance 10:30-11:30  Great Courses Via Zoom	5 Walking Challenge Bone Builders 9-10:00 Knitters 9:00-11:00  Tai Chi Fall Prevention Lessons 10:30-11:30  SUN 73 Instruction Zoom 1:15  Ukulele Club 5:30	6 Walking Challenge  Better Balance 10:30-11:30	7 Walking Challenge
8 Walking Challenge	9 Walking Challenge  Knitters Network 9:00-10:30  Guitar Lessons Beg. – 10:30 Intermediate 11:30	10 Walking Challenge  Bone Builders 9:00-10:00  Tai Chi Practice: 10:30-11:30  Creative Writing 3:00	11  CENTER CLOSED FOR VETERANS DAY HOLIDAY	12 Walking Challenge  Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30  SUN 73 Instruction Zoom 1:15	13 Walking Challenge  Better Balance 10:30-11:30	14 Walking Challenge
15 Walking Challenge	16 Walking Challenge Knitters Network 9:00-10:30  Guitar Lessons Beg. – 10:30 Intermediate 11:30	17 Walking Challenge  Bone Builders 9:00-10:00  Tai Chi Practice: 10:30-11:30  Creative Writing 3:00	18 Walking Challenge Yoga 8:30-9:45 Better Balance 10:30-11:30  Great Courses Via Zoom 1:30-3:00	19 Walking Challenge Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30  SUN 73 Instruction Zoom 1:15  Ukulele Club 5:30	20 Walking Challenge  Better Balance 10:30-11:30  THANKSGIVING TO GO DINNER 11:30-1:00	21 Walking Challenge
22 Walking Challenge	23 Walking Challenge Knitters Network 9:00-10:30  Guitar Lessons Beg. – 10:30 Intermediate 11:30	24 Walking Challenge Bone Builders 9:00-10:00  Tai Chi Practice: 10:30-11:30  Creative Writing 3:00	25 Walking Challenge Yoga 8:30-9:45 Better Balance 10:30-11:30  Great Courses Via Zoom 1:30-3:00	26 <i>Center Closed Happy Thanksgiving</i> 	27  Center Closed	28
29	30  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](http://www.volunteersinvt.org)*