

October 2020 Programs

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--------------------------|--|---|---|--|--|--------------------------|
| | | | | 1 Walk Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30 <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> Ukulele Club 5:30 | 2 Walk Better Balance 10:30-11:30 | 3 Walk |
| 4 Walk | 5 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30 How To Zoom 1:00-3:00 by appt. | 6 Walk Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45 Creative Writing 3:00 | 7 Walk Yoga 8:30-9:45 Better Balance 10:30-11:30 <i>Great Courses</i> <i>Via Zoom</i> 1:30-3:00 | 8 Walk Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30 Vintage Button Workshop 1:30-2:30 <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> | 9 Walk Better Balance 10:30-11:30 | 10 Walk |
| 11 Walk | 12 Walk Center Closed for Columbus Day | 13 Walk VNA FLU CLINIC 9-12:00 By Appointment Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45 Creative Writing 3:00 | 14 Walk Yoga 8:30-9:45 Better Balance 10:30-11:30 <i>Great Courses</i> <i>Via Zoom</i> 1:30-3:00 | 15 Walk Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30 How To Zoom 1:00-3:00 by appt. <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> Ukulele Club 5:30 | 16 Walk Better Balance 10:30-11:30 | 17 Walk |
| 18 Walk | 19 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30 | 20 Walk Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45 CCSI ANNUAL MEETING Via Zoom 1:00 Creative Writing 3:00 | 21 Walk Yoga 8:30-9:45 Better Balance 10:30-11:30 <i>Great Courses</i> <i>Via Zoom</i> 1:30-3:00 | 22 Walk Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30 <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> | 23 Walk Better Balance 10:30-11:30 | 24 Walk |
| 25 Walk | 26 Walk Knitters Network 9:00-10:30 Guitar Lessons Beg. – 10:30 Intermediate 11:30 | 27 Walk Bone Builders 9:00-10:00 Tai Chi Practice: 10:30-11:45 Creative Writing 3:00 | 28 Walk Yoga 8:30-9:45 Better Balance 10:30-11:30 <i>Great Courses</i> <i>Via Zoom</i> 1:30-3:00 | 29 Walk Bone Builders 9-10:00 Knitters 9:00-11:00 Tai Chi Fall Prevention Lessons 10:30-11:30 <i>SUN 73 Instruction</i> <i>Zoom 1:15</i> | 30 Walk Better Balance 10:30-11:30 | 31 Walk |

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