

December 2020 Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Bone Builders 8:30 PEG TV Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Deepening your Tai Chi Practice Zoom 11:00-12:00	2 Better Balance 9:30:30-10:00 PEG TV - 1075 Great Courses Via Zoom 1:30-3:00	3 Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Fall Prevention Tai Chi Adv. 11:00-12 Zoom SUN 73 Instruction Zoom 1:15 Stress Busters Zoom 3:00	4 Better Balance 9:30-10:00 PEG TV - 1075	5 Bone Builders PEG TV 10:00
6	7 Better Balance 9:30:30-10:00 PEG TV - 1075	8 Bone Builders 8:30 PEG TV Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Deepening your Tai Chi Practice Zoom 11:00-12:00	9 Better Balance 9:30:30-10:00 PEG TV - 1075 Great Courses Via Zoom 1:30-3:00	10 Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Fall Prevention Tai Chi Adv. 11:00-12 Zoom SUN 73 Instruction Zoom 1:15 Stress Busters Zoom 3:00	11 Better Balance 9:30-10:00 PEG TV - 1075	12 Bone Builders PEG TV 10:00
13	14 Better Balance 9:30:30-10:00 PEG TV - 1075	15 Bone Builders 8:30 PEG TV Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Deepening your Tai Chi Practice Zoom 11:00-12:00	16 Better Balance 9:30:30-10:00 PEG TV - 1075 Great Courses Via Zoom 1:30-3:00	17 Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Fall Prevention Tai Chi Adv. 11:00-12 Zoom SUN 73 Instruction Zoom 1:15 RAVNAH FOOT CLINIC by appointment Stress Busters Zoom 3:00	18 Better Balance 9:30-10:00 PEG TV - 1075 HOLIDAY DINNER TO GO 11:30-1:00 FUEL RAFFLE DRAWING	19 Bone Builders PEG TV 10:00
20	21 Better Balance 9:30:30-10:00 PEG TV - 1075	22 Bone Builders 8:30 PEG TV Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Deepening your Tai Chi Practice Zoom 11:00-12:00	23 Better Balance 9:30:30-10:00 PEG TV - 1075	24 <i>Center Closed</i> 	25 <i>Center Closed</i> 	26 Bone Builders PEG TV 10:00
27	28 Better Balance 9:30:30-10:00 PEG TV - 1075	29 Bone Builders 8:30 PEG TV Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Deepening your Tai Chi Practice Zoom 11:00-12:00	30 Better Balance 9:30:30-10:00 PEG TV - 1075	31 Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Fall Prevention Tai Chi Adv. 11:00-12 Zoom SUN 73 Instruction Zoom 1:15		

Refer to the program descriptions for details