

January 2021 Programs

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|---|--|---|--|--|---|
| | | | | | 1 CLOSED Good-bye 2020! Hello 2021! Happy New Year! | 2 |
| 3 | 4 Better Balance 9:30:30-10:00 PEG TV - 1075 | 5 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 | 6 Better Balance 9:30:30-10:00 PEG TV - 1075 | 7 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 | 8 Better Balance 9:30-10:00 PEG TV - 1075 | 9 Bone Builders PEG TV 10:00 |
| 10 Tai Chi w/Marty 8:00-9:00 Zoom | 11 Better Balance 9:30:30-10:00 PEG TV - 1075 | 12 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 | 13 Better Balance 9:30:30-10:00 PEG TV - 1075 | 14 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 | 15 Better Balance 9:30-10:00 PEG TV - 1075 | 16 Bone Builders PEG TV 10:00 |
| 17 Tai Chi w/Marty 8:00-9:00 Zoom | 18 Better Balance 9:30:30-10:00 PEG TV - 1075 | 19 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 | 20 Better Balance 9:30:30-10:00 PEG TV - 1075 Great Courses Via Zoom 1:30-3:00 | 21 Falls Prevention Tai Chi Beginners 9:30-10:00 PEGTV-1075 Fall Prevention Tai Chi Adv. 11:00-12 Zoom RAVNAH FOOT CLINIC by appointment SUN 73 Instruction Zoom 1:15 | 22 Better Balance 9:30-10:00 PEG TV - 1075 | 23 Bone Builders PEG TV 10:00 |
| 24 Tai Chi w/Marty 8:00-9:00 Zoom 31 Tai Chi w/Marty 8:00-9:00 Zoom | 25 Better Balance 9:30:30-10:00 PEG TV - 1075 | 26 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 | 27 Better Balance 9:30:30-10:00 PEG TV - 1075 Great Courses Via Zoom 1:30-3:00 | 28 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 | 29 Better Balance 9:30-10:00 PEG TV - 1075 | 30 Bone Builders PEG TV 10:00 |

Refer to the program descriptions for details