

TAI CHI HOME – NOVEMBER CLASS GUIDE

Hello, my Tai Chi Friends

I hope you're keeping well, and finding centered moments in the passage of the season. Here's a guide to our activities for November. There are in-person weekly Tai Chi and Qigong classes for all levels, and opportunities to participate online.

Highlights

Sat. Morning Qigong & Tai Chi *Beginners and all levels welcome*

Begin your weekend with gently energizing traditional exercises. This month we'll enjoy qigong exercises that wake & balance the 'Five Elements' (primary energy qualities), and practice the wonderfully simple 'Embrace the Moon' tai chi form.

◆ Saturdays - 8:30-9:30am

In-person at Storrs Friends (Quaker) Meetinghouse, 57 Hunting Lodge Rd, Storrs CT 06278 (just off the northwest corner of UConn campus) - call Joe (959) 444-3979

new Tues. Evening Intro Class *Beginners and all levels welcome*

◆ Tuesdays - 5:45-6:45pm - **Evening Tai Chi.** For beginners and all levels. Introducing simple, gentle Tai Chi exercises to unwind & harmonize for health, balance and a restful end to your day!

In-person at the new Andover Senior Center, 25 School St, Andover CT 06232 - (860) 798-6862 or call Joe (959) 444-3979

Look for weekly schedules, Zoom links and more in the separate weekly emails, as well. *Come and enjoy the flow of tai chi and qigong movement.* If you know friends or family who might also enjoy some enriching group time and movements, please feel free to share this email!



Niklas Jonasson – Tjeldøya, Tjeldsund, Norway

As always we'd love to have you, and look forward to being with you!

yours,

Joe Pandolfo

joeLpan@sbcglobal.net

(959) 444-3979



When Do We Meet?

Tuesdays

9:30-10:30am - Tai Chi for Better Balance. A modern selection of traditional movements, shown in studies funded by the CDC to improve balance and reduce falls.

In-person at Ashford, Knowlton Memorial Hall, 25 Pompey Hollow Rd. - (860) 487-5122

First and Third Tuesdays, 11:00-11:30 - Brain Training. Integrating a short session of simple Tai Chi & Qigong movements into a morning-long biweekly health program.

In-person at Lebanon Senior Center, 22 Imogene Ln. (off the Green) **Call (860) 642-3040 for details.**

4:00-5:00pm - Yang-style Tai Chi for Health & Balance. Learn & enjoy the world's most popularly practiced Tai Chi form, for calm strength & wholeness.

In-person at Lebanon Senior Center, 22 Imogene Ln. (off the Green)

and **Livestream on Zoom** - see weekly 'Tai Chi Home' emails for access information - **call Joe (959)444-3979**

new 5:45-6:45pm - Intro to Tai Chi. Enjoy the basic relaxation and rejuvenation of Tai Chi movements, using short easy-to-learn forms.

In-person at the new Andover Senior Center, 25 School St, Andover CT 06232 - (860) 798-6862 **or call Joe (959) 444-3979**

Wednesdays

9:30-10:30am - Tai Chi for Better Balance. A modern selection of traditional movements, shown in studies funded by the CDC to improve balance and reduce falls.

In-person at the Coventry Senior Center, Patriots Park, 172 Lake St. 06238 - (860) 742-3525

Thursdays *(no classes Thurs Nov 28th)*

5:00-6:00pm - Welcome to Tai Chi. Learn & enjoy the basics of Yang-style Tai Chi and the ancient exercises at its origin, for tranquility, health & wholeness.

In-person at Lebanon Library, 580 Exeter Rd, Lebanon CT (off the Green) - (860) 642-7763

6:30-7:30pm - Yang-style Tai Chi for Health & Balance. Learn & enjoy the world's most popularly practiced Tai Chi form, for calm strength & wholeness.

In-person at Lebanon Senior Center, 37R West Town St., Lebanon CT (off the Green)

and **Livestream on Zoom** - see weekly 'Tai Chi Home' emails for access information - **call Joe (959) 444-3979**

Fridays

9:30-10:30am - Tai Chi for Better Balance. A modern selection of traditional movements, shown in studies to improve balance and reduce falls!

In-person Ashford, Knowlton Memorial Hall, 25 Pompey Hollow Rd. - (860) 487-5122

Saturdays

8:30 - 9:30am - Body-Mind-Spirit Tuning (Qigong & Tai Chi). Learn & enjoy traditional exercises to clear away the week's stress and generate fresh morning energy... with some fine Chinese tea to finish.

In-person at Storrs Friends (Quaker) Meetinghouse, 57 Hunting Lodge Rd, Storrs CT 06278 (just off the northwest corner of UConn campus) - **call Joe (959) 444-3979**

How Do I Pay?

Yang Tai Chi on Zoom, Afternoon & Evening Classes

Yang Tai Chi for Health & Wholeness - Tue 4:00-5:00pm, Thu 6:30-7:30pm (no class Thurs Nov 28th)

- ♦ Drop-in: \$10 each
- ♦ For the month: once a week \$36; twice a week \$72

Payment to: *Joe Pandolfo Tai Chi & Qigong*

183 Perry Hill Rd, Ashford CT 06278 **or** securely online at Venmo: www.venmo.com/joeptaichi, or PayPal: www.paypal.me/joeptaichi
(Questions? call Joe at 959-444-3979)

Yang Tai Chi In-Person, Afternoon & Evening Classes

new Intro to Tai Chi - Andover - Tue 5:45-6:45 pm

- ♦ Drop-in: \$10 each
- Payment to: *Joe Pandolfo Tai Chi & Qigong*
bring to class (Questions? call Joe at 959-444-3979)

Yang Tai Chi for Health & Wholeness - Lebanon - Tue 4:00-5:00pm, Thu 6:30-7:30pm (no class Thurs Nov 28th)

- ♦ Drop-in: \$10 each
 - ♦ For the month: once a week \$36; twice a week \$72
- Payment to: *Joe Pandolfo Tai Chi & Qigong*
bring to class **or** securely online at Venmo: www.venmo.com/joeptaichi, or PayPal: www.paypal.me/joeptaichi
(Questions? call Joe at 959-444-3979)

Welcome to Tai Chi – Lebanon Library - Thu 5:15-6:15pm (no class Thurs Nov 28th)

- ♦ free of charge for in-person Library attendees

Brain Training - First and Third Tuesdays, 11:00-11:30 (part of a morning-long, biweekly health program)

- ♦ Call Lebanon Senior Center for details, (860) 642-3040

Moving for Better Balance Classes, In-Person

Tai Chi for Better Balance, Ashford, Knowlton Hall - Tues & Fri 9:30-10:30am

- ♦ Drop-in/Once a week: \$5 each or \$15 for the month
 - ♦ Twice a week: \$30 for the month
- Payment to: *Town of Ashford*
bring to class (Questions? call Joe at 959-444-3979)

Tai Chi for Better Balance, Coventry - Wed 9:30-10:30am

- ♦ Drop-in: \$5 each
- Payment to: *Coventry Senior Center*
bring to class (Questions? call 860-742-3525)

Saturday Morning Class

Body ~ Mind ~ Spirit Tuning, Storrs Friends Meetinghouse - Sat 8:30-9:30am

- ♦ Drop-in: \$15 each
- ♦ For the month: \$12 per session



Geike Verniers – Madeira Islands, Portugal