

## When We Meet this Week

Dec 3<sup>rd</sup> - 7<sup>th</sup>

### Class Times

*In-person locations are noted here. Some classes can also be joined on Zoom - see access information below.*

#### Tuesday

**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's Knowlton Hall, 25 Pompey Hollow Rd, Ashford CT - (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., Lebanon CT (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, 37R West Town St., Lebanon CT (off the Green)

*also Livestream on Zoom* - see below for access information - *call Joe (959)444-3979*

5:45-6:45pm - Evening Tai Chi. *on break through the holidays*

Introducing Tai Chi exercises to unwind & harmonize for health, balance and a restful end to your day! For beginners and all levels.

*In-person* at the new Andover Senior Center, 25 School St, Andover CT 06232- (860) 798-6862.

*This will be a drop-in class Tuesday evenings, \$10 payable in class*

#### Wednesday

**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 Coventry Senior Center, Patriots Park, 172 Lake St. 06238 - (860) 742-3525

#### Thursday

**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)

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

#### Friday

**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* at Ashford's Knowlton Hall, 25 Pompey Hollow Rd, Ashford CT - (860) 487-5122

#### Saturday

**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 (just outside the UConn campus, at the corner of North Eagleville Rd and Hunting Lodge Rd)

*We're now also providing access livestream on Zoom*- see below for access information - *call Joe (959)444-3979*

***You are all invited to join each class***

Find a guide to the monthly schedule of class dates and payments at <https://www.joeptaichi.com/>. *Please feel welcome and comfortable attending any class you're interested in.*

**As always, looking forward to being with you!**

yours,

Joe Pandolfo

[joeLpan@sbcglobal.net](mailto:joeLpan@sbcglobal.net)

959-444-3979



## **Joining the Live Stream Class by Zoom**

*Tai Chi Home Zoom access for the week of Dec 3<sup>rd</sup>- 7th*

*Join URL:*            <https://us02web.zoom.us/j/84794204020?pwd=amRLd2FxdkU2L2VqRlR1WUdadmpSZz09>

*Meeting ID:*        847 9420 4020

*Passcode:*         448-710

**Tuesday – 4:00-5:00pm - Yang Tai Chi for Health & Balance**

**Thursday – 6:30-7:30pm - Yang Tai Chi for Health & Balance**

**Saturday – 8:30-9:30am – Mind-Body-Spirit Tuning, Qigong & Tai Chi**



*Antonio Morillas - Fjaðrárgljúfur Canyon, Iceland*