



PROGRAM CALENDAR - JANUARY 2021

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES				CLOSED New Year's Day
4	5	6	7	8
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Redwood Heroes virtual program	10 Fall Prevention Tai Chi via Zoom 11 Owls in Winter 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 1:30 Monthly ArtisTree Project	9:30 1:1 Public Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
11	12	13	14	15
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 More Fun with the Dolphins virtual program	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 10 Veggie VanGo 11:10 am Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Gerda III & "Number the Stars" virtual program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
18	19	20	21	22
CLOSED Martin Luther King Jr	10 am Phone BINGO 10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 2 Jefferson's Monticello virtual program	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Hearst Castle virtual program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
25	26	27	28	29
9 Coffee Talk with guest speaker Gary Smith 10 Tai Chi with a Chair via Zoom	10 am Phone BINGO 10:30 am Strengthen & Stretch Zoom Class 2 National Portrait Gallery virtual program	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	Birthday Day 10:30 am Strengthen & Stretch Zoom Class 1 Caregiver Support Tea	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom