

TAI CHI HOME – APRIL CLASS GUIDE

Hello, my Tai Chi Friends

I hope you're keeping well, and feeling energized by this *month* of the Dragon, within the Year of the Dragon! Here's a guide to our 'Tai Chi Home' activities for April. There are in-person weekly Tai Chi and Qigong classes for all levels, and opportunities to participate online.

Highlight:

Mark your calendar for the 26th Annual World Tai Chi & Qigong Day celebration in Connecticut!

A great tradition continues with a gathering on **Saturday April 27th** at the **Colchester Town Green**, where more than **sixteen teachers** from eastern and central Connecticut join together to bring you **free classes and demonstrations**. The celebration begins as we join the **'Worldwide Wave' at 10:00am**, followed by a day of classes and demonstrations from a variety of tai chi and qigong traditions.

See flyer attached

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!



Nadine Marfurt - Valle Verzasca, Switzerland

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., 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. , 06249 (off the Green)

and **Livestream on Zoom** - see weekly 'Tai Chi Home' emails for access information - 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

12:30-1:30pm - Qigong Five Animal Frolics. Enjoy an introduction to this centuries old health exercise form. Supple movements, simple to learn, wonderful to feel!

In-person at Chaplin Senior Center, 132 Chaplin St, Chaplin CT - (860) 455-1327

Thursdays

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 (warm up and tea 8:15) - Qigong Morning Energy. Learn & enjoy traditional qigong forms, to clear away the week's stress and generate fresh morning energy... with some fine Chinese tea to open the session!

In-person at Hope & Wellness Studio, 39 Nott Hwy, Ashford CT - (860) 477-0994 **Note: no class on Sat Apr 27th**

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

How Do I Pay?

Yang Tai Chi on Zoom, Afternoon & Evening Classes

Yang Tai Chi for Health & Wholeness - Tue 4:00-5:00 and Thu 6:30-7:30pm

- ♦ Drop-in: \$10 each
- ♦ For the month, once a week: \$35
- ♦ For the month, twice a week: \$65

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)

(continued)

How Do I Pay?

Yang Tai Chi In-Person, Afternoon & Evening Classes

Yang Tai Chi for Health & Wholeness - Lebanon - Tue 4:00-5:00pm and Thu 6:30-7:30pm

- ♦ Drop-in: \$10 each
- ♦ For the month, once a week: \$35
- ♦ For the month, twice a week: \$65

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)

Qigong Five Animal Frolics – Chaplin Senior Center - Wed 12:30-1:30pm

- ♦ Drop-in: \$5 each

Payment to: *Chaplin Senior Center*

bring to class (Questions? call 860-455-1327)

Welcome to Tai Chi – Lebanon Library - Thu 5:15-6:15pm

- ♦ 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 \$20 for the month
- ♦ Twice a week: \$35 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)

Hope & Wellness Studio Classes

Qigong Early Energy - Sat 8:00-9:00am

- ♦ Drop-in: \$18 each
- ♦ For the month: \$15 per session

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)



Raychel Sanner – Oklahoma prairie