

### Highlights

#### **Tuesday Afternoon Tai Chi, Downtown Willimantic**

♦ **Tuesdays: 4:00-5:00pm - Meditation in Motion.** Tranquil Tai Chi in the classic *Yang* style, and traditional Qigong exercises for seasonal health. Balance and tune your body, mind and spirit!

**In person** at 59 Church Street, Willimantic CT (on the block between Main St. and the Willi Food Coop) - *Questions?* call Joe at (959) 444-3979

#### **Thursday Lebanon – Different Meeting Time This Week**

♦ Senior Center class 3:30-4:30pm - **No Class This Week**

♦ Library class - **Meets 4:00-5:00 this week**

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

### When We Meet this Week

Jan 20<sup>th</sup> – 24<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

**4:00-5:00pm - Meditation in Motion.** Tranquil Tai Chi in the classic *Yang* style, and simple *Dao Yin* exercises for seasonal health. Balance and tune your energy during the week, and in these changing times!

**In person** downtown Willimantic, 59 Church Street (on the block between Main St. and the Willi Food CoOp) - *Questions?* call Joe at (959) 444-3979

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

#### Wednesday

**9:30-11:00am - 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

**No Senior Center class this week: 3:30-4:30pm - 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, 22 Imogene Ln, Lebanon CT (off the Green)

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

**Different Library class time this week: 4:00-5:00pm - 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

#### 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)

**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 Jan 20<sup>th</sup>*

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

Meeting ID: 847 9420 4020

Passcode: 448-710

**Tuesday – 4:00-5:00pm – Meditation in Motion**

**No Zoom class this Thursday – 3:30-4:30pm - Yang Tai Chi for Health & Balance**



*Birger Strahl - Hokkaidō, Japan*