

Highlights this week

Saturday Morning Qigong , Storrs - through July

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 to begin your weekend!

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) - *call Joe* (959)444-3979

Ashford Class locations for July

For the month of July our Tuesday class is at the Senior Center (to accommodate kids library camp); our Friday class is at our usual location in Knowlton Hall.

Tuesdays 9:30-10:30am - Tai Chi for 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 Senior Center**, 25 Tremko Ln - (860) 487-5122

Fridays 9:30-10:30am - Tai Chi for 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**, Pompey Hollow Rd - (860) 487-5122

When Do We Meet?

week of July 21st

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 Senior Center, 25 Tremko Ln, Hollow Rd, Ashford CT - (860) 487-5122

♦ **cost:** \$5 per session, pay in class ♦

On break for the summer: 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)

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

♦ **cost:** drop-in \$15 per session, monthly \$12 per session - **pay:** securely online at www.venmo.com/joeptaichi or www.paypal.me/joeptaichi , or 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

♦ **cost:** \$5 per session, pay in class ♦

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

♦ **free of charge** for Library visitors ♦

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

♦ **cost:** \$5 per session, pay in class ♦

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) - *call Joe* (959)444-3979

♦ **cost:** drop-in \$15 per session, monthly \$12 per session - **pay:** securely online at www.venmo.com/joeptaichi or www.paypal.me/joeptaichi , or in class ♦

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

yours,

Joe Pandolfo

joeLpan@sbcglobal.net

(959) 444-3979



Joining the Live Stream Class by Zoom

Tai Chi Home Zoom access for July

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

Meeting ID: 847 9420 4020

Passcode: 448-710

Tuesday, Friday 9:30-10:30am - Tai Chi for Balance [call Joe to pre-arrange 959-444-3979](tel:959-444-3979)



Kouji Tsuru – Oita, Japan