

**PHOENIX T'AI CHI CENTRE  
CHRISTMAS PARTY**

Wednesday, December 7, 2016  
at: Unitarian Fellowship of London  
557 Clarke Road, London ON



**Program:**

- 7:00 [6:50] Welcome and Introductions – Steven Holbert
- 7:00 Warm-up with singing – Ron Hicks accompanied by Paul Sims
- 7:10 Tai Chi Double Fan – Roseann McKay and Bob Campbell
- 7:25 Cleansing Qigong – Laura Vonka
- 7:35 Music by Jenny Rensby
- 7:45 Steven – Old Yang, Section IIa
- 8:00 Jazz dance to M. Buble's "Jingle Bell Rock" – Ella & Lilly Truppe
- 8:10 Interlude with Paul Sims
- 8:15 Crane Tai Chi set – Students from the Hamilton Road Community Centre  
Short Form class
- 8:20 Tai Chi for Energy – Roseann McKay
- 8:30 Interlude with Marlene Manzie on her Harmonica
- 8:40 Three "Easy Tai Chi" short forms – Nina Roy
- 8:50 Music by Jenny Rensby
- 9:05 Yang Style 108 Form – first section of 19 moves  
Students from all classes are invited to participate in this demonstration.
- 9:15 Carroll Halford and the Sacred Circle Dancers  
Everyone is invited to join in and wrap up the evening
- 9:40 Farewell