

**PHOENIX T'AI CHI CENTRE
CHRISTMAS PARTY**
Wednesday, December 4, 2019



Program:

- 7:00 Welcome and Introductions
Steven Holbert; Paul Sims to provide background music
- 7:10 George - Yang 16 (demo and participation)
- 7:25 Svetlana and Helen - 16 sword form
- 7:35 Music by Jenny Rensby
- 7:45 Svetlana and Rafael - Merengue
- 8:00 Terry and Linda S. - Tai Chi for Arthritis
- 8:15 Sharon Bee - piano selections
- 8:25 Laura - Tai Chi fan
- 8:40 Steven - Old Yang, shortened form for competition
- 8:50 Marlene Manzie on her Harmonica
- 9:05 Yang Style 108 Form - first section of 19 moves
Students from all classes invited to participate in this demonstration.
- 9:15 Carroll Halford and the Sacred Circle Dancers
Everyone invited to join in to wrap up the evening
- 9:40 Farewell