

# JANUARY 2021 DIGITAL PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  CLOSED FOR NEW YEARS
4 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	5 9:00 AM PEPS 10:00 AM Yoga 11-12 Beginners Qigong and Taiji 2:00 PM Virtual Bingo: Jack Conlisk: Edward Jones	6 9:00-10:30 AM Mindfulness Meditation  10:00 AM Beginner Zoom 11 AM-12 PM TAI CHI	7 9:00 AM PEPS 10:00 AM Yoga 10:00 AM Great Books 11-12 Beginners Qigong and Taiji 2-3 PM Writing Workshop	8 9:00-10:30 AM Mindfulness Meditation  10:00 AM ARC Avid Reader's Book Club 12:00 PM Quilting and Sewing 2:00 PM How to Host Zoom
11 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	12 9:00 AM PEPS 10:00 AM Yoga 10:00 AM Beginner Zoom 10:00 AM Carol Boerckel: Wintery Scene with Birch Trees 11-12 Beginners Qigong and Taiji 2:00 PM Virtual Bingo: Bickford of Bloomington	13 9:00-10:30 AM Mindfulness Meditation 11 AM-12 PM TAI CHI 12-1:30 PM Women's Grief Support Group 2-3:30 PM Men's Grief Support Group	14 9:00 AM PEPS 10:00 AM Yoga 10 AM How to Host Zoom 11-12 Beginners Qigong and Taiji	15 9:00-10:30 AM Mindfulness Meditation 12:00 PM Quilting and Sewing
18 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	19 9:00 AM PEPS 10:00 AM Yoga 11-12 Beginners Qigong and Taiji 1:00 PM Parkinson's Group 2:00 PM Virtual Bingo: Bickford of Bloomington	20 9:00-10:30 AM Mindfulness Meditation 10:00 AM Carol Boerckel: Loose Snowy Landscape 11 AM-12 PM TAI CHI 12:00 PM Co-ed Grief Support Group 3:00 PM Music Enrichment with Rita Meland	21 9:00 AM PEPS 10:00 AM Yoga 10-11 AM ARC Foodies Group: Healthy Snacks 11-12 Beginners Qigong and Taiji	22 9:00-10:30 AM Mindfulness Meditation 12:00 PM Quilting and Sewing
25 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	26 9:00 AM PEPS 10:00 AM Yoga 11-12 Beginners Qigong and Taiji 2:00 PM Virtual Bingo: Bickford of Bloomington	27 9:00-10:30 AM Mindfulness Meditation 11 AM-12 PM TAI CHI 12:00 PM ARC Tech Club: Internet of Things 12-1:30 PM Women's Grief Support Group 2-3:30 PM Men's Grief Support Group	28 9:00 AM PEPS 10:00 AM Yoga 11-12 Beginners Qigong and Taiji	29 9:00-10:30 AM Mindfulness Meditation 12:00 PM Quilting and Sewing