

# NOVEMBER 2020 DIGITAL PROGRAMMING VIA ZOOM 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI  1:00 PM Ukulele Lessons	<b>3</b> CLOSED	<b>4</b> 9:00-10:30 AM Mindfulness Meditation  10:00 AM Beginner Zoom 11 AM-12 PM TAI CHI 3-4 PM Music Fundamentals (NEW)	<b>5</b> 9:00 AM PEPS 10:00 AM Yoga 10:00 AM Great Books 11:00 AM Social Security and the Effects from Covid-19: Foundation for Financial Education 11-12 Beginners Qigong and Taiji 2-3 PM Writing Workshop	<b>6</b> 9:00-10:30 AM Mindfulness Meditation 12-1 PM Quilting/Sewing 10:00 AM ARC Avid Reader's Book Club 2:00 PM Virtual Bingo: Celebrity Bingo sponsored by Rick Lewis: ARC's Director of Operations
<b>9</b> 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI  1:00 PM Ukulele Lessons (Ends) 2:00 PM Beginner Zoom	<b>10</b> 9:00 AM PEPS 10:00 AM Yoga 11-12 Beginners Qigong and Taiji	<b>11</b> 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 3-4 PM Music Fundamentals	<b>12</b> 9:00 AM PEPS 10:00 AM Yoga 11-12 Beginners Qigong and Taiji 2:00 PM How to Host Zoom	<b>13</b> 9:00-10:30 AM Mindfulness Meditation  2:00 PM Virtual Bingo: Sugar Creek Alzheimer's Special Care Center
<b>16</b> 8:45-10:30 AM The Bike Path Watercolor Class: Carol Boerckel  9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	<b>17</b> 9:00 AM PEPS 10:00 AM Yoga 10:30 AM Normal Police Department: Frauds and Scams 11-12 Beginners Qigong and Taiji  1:00 PM Parkinson's Group 2:00 PM Beginner Zoom	<b>18</b> 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI 12:00 PM ARC Tech Club 3-4 PM Music Fundamentals 4 PM Virtual Arts and Crafts Show and Happy Hour	<b>19</b> 8:45-11 AM Dramatic Nature Scene in Watercolor: Carol Boerckel 9:00 AM PEPS 10:00 AM Yoga 10-11 AM ARC Foodies Group: Thanksgiving Side Dishes 11-12 Beginners Qigong and Taiji	<b>20</b> 9:00-10:30 AM Mindfulness Meditation  2:00 PM Virtual Bingo: Amy and Brent Wick
<b>23</b> 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	<b>24</b> 9:00 AM PEPS 10:00 AM Yoga  11-12 Beginners Qigong and Taiji  2:00 PM Virtual Bingo: Bickford House	<b>25</b> 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	<b>26</b> CLOSED	<b>27</b> CLOSED
<b>30</b> 9:00-10:30 AM Mindfulness Meditation  11 AM-12 PM TAI CHI	<b>VETERAN'S DAY PROGRAM NOVEMBER 11TH</b>  The Normal Township Activity and Recreation Center will be honoring the service of military veterans with our annual Veteran's Day Recognition program. This program will be presented virtually due to the pandemic. Join us on November 11, 2020 on ARC's Facebook Page for the broadcast featuring an inspirational message by ARC member Chaplain, Colonel David Terrinoni, United States Air Force, retired, as well as a video tribute to the branches of the US military armed forces.			