

DECEMBER 2020 DIGITAL PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Evergreen Senior Living</p>	<p>2 9:00-10:30 AM Mindfulness Meditation</p> <p>10 AM Carol Boerckel: Dramatic Nature Scene</p> <p>11 AM-12 PM TAI CHI</p> <p>2 PM Beginner Zoom</p> <p>3-4 PM Music Fundamentals (Ends)</p>	<p>3 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10:00 AM Great Books</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2-3 PM Writing Workshop</p>	<p>4 9:00-10:30 AM Mindfulness Meditation</p> <p>10:00 AM ARC Avid Reader's Book Club</p> <p>11 AM How to Host Zoom</p>
<p>7 9:00-10:30 AM Mindfulness Meditation</p> <p>10 AM Beginner Zoom</p> <p>11 AM-12 PM TAI CHI</p>	<p>8 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10 AM Carol Boerckel: Resume Watercolor Class</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Sugar Creek Alzheimer's Care Center</p> <p>6:30 PM McLean County History Museum: Holiday Stories Program</p>	<p>9 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p> <p>12-1:30 PM Women's Grief Support Group</p> <p>2-3:30 PM Men's Grief Support Group</p>	<p>10 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>1 PM Exercise and the Challenges of Aging: Meet ARC's NEW Personal Trainer</p>	<p>11 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM Virtual Cookie Exchange</p> <p>2 PM How to Host Zoom</p>
<p>14 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>15 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>1:00 PM Parkinson's Group</p> <p>2:00 PM Virtual Bingo: Bloomington Public Library</p>	<p>16 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p> <p>12:00 PM ARC Tech Club</p> <p>12:00 Co-ed Grief Support Group</p>	<p>17 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>10-11 AM ARC Foodies Group: Favorite Holiday Desserts</p> <p>11-12 Beginners Qigong and Taiji</p>	<p>18 9:00-10:30 AM Mindfulness Meditation</p>
<p>21 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p> <p>1 PM Gingerbread House Show and Tell</p>	<p>22 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Evergreen Senior Living</p>	<p>23 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p> <p>12-1:30 PM Women's Grief Support Group</p> <p>2-3:30 PM Men's Grief Support Group</p>	<p>24 CLOSED</p>	<p>25 CLOSED</p>
<p>28 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>29 9:00 AM PEPS</p> <p>10:00 AM Yoga</p> <p>11-12 Beginners Qigong and Taiji</p> <p>2:00 PM Virtual Bingo: Bickford House</p>	<p>30 9:00-10:30 AM Mindfulness Meditation</p> <p>11 AM-12 PM TAI CHI</p>	<p>31 CLOSED</p>	