




Kaleidoscope  
Dance



# December 2024



Tai Chi  
& Well-Being

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
1 	2 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Fencing and Push Hands	3 1:00 PM Gentle Tai Chi Sequences	4	5	6 1:00 PM Gentle Tai Chi Qigong	7 9:15 AM Crane Dance																																																																																																	
8	9 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Fencing and Push Hands	10 1:00 PM Gentle Tai Chi Sequences	11 	12 	13 1:00 PM Gentle Tai Chi Qigong	14 9:15 AM Crane Dance																																																																																																	
15 	16 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Fencing and Push Hands	17 1:00 PM Gentle Tai Chi Sequences	18	19 7:30 PM Sound Meditation with Qigong	20 1:00 PM Gentle Tai Chi Qigong	21 9:15 AM Crane Dance																																																																																																	
22	23 6:00 PM NO CLASS: Tai Chi Yang Form 7:00 PM NO CLASS: Tai Chi Push Hands	24 1:00 PM Gentle Tai Chi Sequences 	25 Happy Hannuka! Merry Christmas!	26 	27 1:00 PM Gentle Tai Chi Qigong	28 9:15 AM Crane Dance																																																																																																	
29 	30 6:00 PM NO CLASS: Tai Chi Yang Form 7:00 PM NO CLASS: Tai Chi Push Hands	31 1:00 PM Gentle Tai Chi Sequences 	<table border="1"> <thead> <tr> <th colspan="7">Nov 2024</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>		Nov 2024							S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<table border="1"> <thead> <tr> <th colspan="7">Jan 2025</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>	Jan 2025							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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