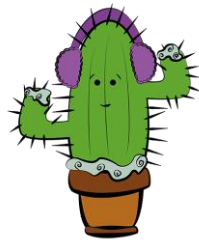
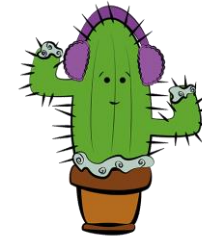






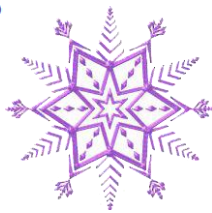



*Kaleidoscope  
Dance*



# January 2025



*Tai Chi  
& Well-Being*

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |
|---|---|--|--|--|---|---|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|---|---|---|---|---|---|---|---|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|---|----------|--|--|
| <p>Dec 2024</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> | 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 |  |  |  |  | <p>Feb 2025</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td></tr> </table> | 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 |  | <p>1</p>  | <p>2</p> | <p>3</p> <p><b>1:00 PM Gentle<br/>Tai Chi Qigong</b></p> | <p>4</p> <p><b>9:15 AM Crane<br/>Dance</b></p> |
| 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   |  |  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |
| 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  |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |
| <p>5</p>  | <p>6</p> <p><b>6:00 PM Tai Chi<br/>Yang Form</b><br/><b>7:00 PM Tai Chi<br/>Swords</b></p>  | <p>7</p> <p><b>1:00 PM Gentle<br/>Tai Chi<br/>Sequences</b></p>  | <p>8</p>   | <p>9</p>  | <p>10</p> <p><b>1:00 PM Gentle<br/>Tai Chi Qigong</b></p> | <p>11</p> <p><b>9:15 AM Crane<br/>Dance</b></p>   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |
| <p>12</p>    | <p>13</p> <p><b>6:00 PM Tai Chi<br/>Yang Form</b><br/><b>7:00 PM Tai Chi<br/>Swords</b></p> | <p>14</p> <p><b>1:00 PM Gentle<br/>Tai Chi<br/>Sequences</b></p> | <p>15</p>   | <p>16</p>  | <p>17</p> <p><b>1:00 PM Gentle<br/>Tai Chi Qigong</b></p> | <p>18</p> <p><b>9:15 AM Crane<br/>Dance</b></p>   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |
| <p>19</p>   | <p>20</p> <p><b>6:00 PM Tai Chi<br/>Yang Form</b><br/><b>7:00 PM Tai Chi<br/>Swords</b></p> | <p>21</p> <p><b>1:00 PM Gentle<br/>Tai Chi<br/>Sequences</b></p> | <p>22</p>  | <p>23</p> <p><b>7:30 PM Sound<br/>Meditation</b></p>   | <p>24</p> <p><b>1:00 PM Gentle<br/>Tai Chi Qigong</b></p> | <p>25</p> <p><b>9:15 AM Crane<br/>Dance</b></p>  |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |
| <p>26</p> <p><b>January</b></p>   | <p>27</p> <p><b>6:00 PM Tai Chi<br/>Yang Form</b><br/><b>7:00 PM Tai Chi<br/>Swords</b></p> | <p>28</p> <p><b>1:00 PM Gentle<br/>Tai Chi<br/>Sequences</b></p> | <p>29</p>  | <p>30</p>  | <p>31</p> <p><b>1:00 PM Gentle<br/>Tai Chi Qigong</b></p> |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |   |   |   |   |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |   |          |  |  |