

Thursday					
10:00-11:00am	太极 (Tai Chi)	Peer led Tai Chi group exercise: Tai Chi is an ancient Chinese marshal art for physical and mental exercise which can be benefit for health and well-being through practicing. We primarily practice Yang style Tai Chi.	No experience is required.	free	mirrior studio
11:00-12:00pm	Seminar /Games/Interest Group Activities	Seminar: 2 型糖尿病的基础知识 (Basics of Type 2 Diabetes, in Chinese, 9/12)			Hammond Branch
12:00-1:00pm	Lunch Break				
1:00-2:00pm	太极书法 (Tai Chi Calligraphy)	Chinese Calligraphy and Tai Chi are interconnected, sharing the same roots and resonating in their forms. Practicing calligraphy is a mental exercise that enhances one's thinking abilities, and it is also a physical activity that requires almost full-body involvement.This course focuses on practicing and cultivating Qi (vital energy) through calligraphy, providing a peaceful and comfortable writing experience.	1. No experience is required; 2. prepare a brush and water drawing and writing cloth (teacher will provide detailed instruction at the 1st class).	free	Small room in the Hammond Branch
1:00-3:00pm	交谊舞 (Social Dance)	Learn basic dance steps for social dances, such as Waltz, Rhuma, Cha-cha, ... exercise the body with the musical rhythm , and enhance socialization.	No experience is required.	free	mirrior studio
	Play Mah Jongg	(this activity can be secondary option.)			
	Play Cards	(this activity can be secondary option.)			
	Play Pingpong	(this activity can be secondary option.)			

Holidays & Events:

- 09/05 The kikeoff day.
- 09/12 Thursday 11-12 am Seminar: 2 型糖尿病的基础知识 (Basics of Type 2 Diabetes, in Chinese)
- 09/16 Moday 1:00-2:00pm Seminar: 美国养老院简介 in Chinese;
- Mid-autumn中秋节 9/17, observe at 9/16 Monday.
- Double Ninth重阳节 10/11, observe at 10/10 Thursday.

(Revised Aug. 24, 2024)