CASA Fall Schedule @ N. Laurel 50+ Center

Time	Name of the Program	Brief Description	Requirements	Costs	Note
Monday					
	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			
			N. a		
		practicing. We primarily practice Yang style	No experience	_	mirrior
09:00-10:00am		Tai Chi.	is required.	free	studio
	太极书法 (Tai Chi		1. No		
	Calligraphy)	Chinese Calligraphy and Tai Chi are	experience is		
		interconnected, sharing the same roots and	required; 2.		
		resonating in their forms. Practicing	prepare a brush		
		calligraphy is a mental exercise that	and water		
		enhances one's thinking abilities, and it is	drawing and		
10:00-11:00am		also a physical activity that requires almost	writing cloth		
		full-body involvement. This course focuses	(teacher will		
		on practicing and cultivating Qi (vital	provide		Small room
		energy) through calligraphy, providing a	detailed		in the
		peaceful and comfortable writing	instruction at	_	Hammond
		experience.	the 1st class).	free	Branch
10:00-12:00	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.)			
12:00-1:00pm	Lunch Break				
	Seminar				
1:00-2:00pm	/Games/Interest	Seminars (on the topics, such as aging and			
(1st, 3rd	Group Activities	health, gardenning, flower arrangements,			Hammond
Monday)		etc.)			Branch
		Join the singing group, learn vocal and			Branch
		instrumental music, develop musical			
1:00-2:00 pm	△ □ □ · · · · · · · · · · · · · · · · ·	appreciation and enhance score-reading	l		
(2nd, 4th	合唱 (Chorus starts	skills! You will also master classic choral	All music lovers		Hammond
Monday)	@9/9)	works from Chinese and other composers.	are welcome!	free	Branch
	广场舞(Happy Music	Peer lead Chinese fitness dancing exercise:			
	Dance)				
		It is a rhythmic dancing exercise. The			
		purpose is to stay fit and strong, and			
		entertain the body and mind. It uses ballads,			
		and popular music songs and electronic	No experience		mirrior
		I de la companione de l	· ·	١.	studio
3·00-4·00nm		dance music as accompaniment.	lis required	ltree	
3:00-4:00pm		dance music as accompaniment.	is required.	free	Studio
3:00-4:00pm		dance music as accompaniment.	is required.	free	Stadio
3:00-4:00pm		dance music as accompaniment.	is required.	free	studio
3:00-4:00pm		dance music as accompaniment.	is required.	free	studio
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Thursday					
	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	No experience		mirrior
10:00-11:00am		Tai Chi.	is required.	free	studio
	Seminar	Seminar: 2 型糖尿病的基础知识			
	/Games/Interest	(Basics of Type 2 Diabetes, in Chinese, 9/12)			Hammond
11:00-12:00pm	Group Activities				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 roon 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:

- 1. 09/05 The kikeoff day.
- 2. 09/12 Thursday 11-12 am Seminar: 2 型糖尿病的基础知识 (Basics of Type 2 Diabetes, in Chinese)
- 3. 09/16 Moday 1:00-2:00pm Seminar: 美国养老院简介 in Chinese;
- 4. Mid-autumn中秋节 9/17, observe at 9/16 Monday.
- 5. Double Ninth重阳节 10/11, observe at 10/10 Thursday.

(Revised Aug. 24, 2024)