

Ellington Senior Center VIRTUAL Programs September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZOOM ID: 251 344 4651</p>	1	2	3	4
	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2 1:30 pm Ted Talk</p>	<p>9:00 am Gentle Yoga 10:30 am Chair Yoga</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2</p>	
7	8	9	10	11
<p style="color: red; font-weight: bold;">NO PROGRAMS</p> 	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2 1:30 pm Ted Talk</p>	<p>9:00 am Gentle Yoga 10:30 am Chair Yoga</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2</p>	<p>10:00 am How to Use My Active Center</p>
14	15	16	17	18
<p>9:00 am Chess 10:00 am -12:00 pm Curbside Registration 3:00 pm Meditation</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2 1:30 pm Ted Talk</p>	<p>9:00 am Gentle Yoga 10:30 am Chair Yoga</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2 1pm Rebecca Stack: Medicare</p>	<p>10:00 am -12:00 pm Curbside Registration</p>
21	22	23	24	25
<p>9:00 am Chess 3:00 pm Meditation</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2 1:30 pm Ted Talk</p>	<p>9:00 am Gentle Yoga 10:30 am Chair Yoga</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2</p>	<p>10:00 am -12:00 pm Tech Assist</p>
28	29	30		
<p>9:00 am Chess 10:00 am -12:00 pm Tech Assist 3:00 pm Meditation</p>	<p>10 am Fit & Strong - Level 1 11 am Power Fitness - Level 2 1:30 pm Ted Talk</p>	<p>9:00 am Gentle Yoga 10:30 am Chair Yoga</p>		<p>Also find us on Facebook Live & YouTube</p>