

2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>10am:</b> Tai Chi w/ Julie <b>3pm:</b> Yoga w/ Josh</p>	<p>4</p> <p><b>10am:</b> Virtual Table Talk for CAL+ Members</p>	<p>5</p> <p><b>10am:</b> Chair Yoga <b>Anytime:</b> Low Impact Workout with Athens YMCA (Contact CAL office for access link)</p>	<p>6</p> <p><b>7pm:</b> Live Stream for Healthy Rivers Concert <a href="https://garivers.org/event/live-stream-for-healthy-rivers/?instance_id=34">https://garivers.org/event/live-stream-for-healthy-rivers/?instance_id=34</a></p>	<p>7</p> <p><b>9am:</b> Morning Mindfulness at the GA Museum of Art (Zoom) <b>12pm:</b> Top 10 Legal Steps to Take Now w/ French Law Group (RSVP with CAL office)</p>
<p>10</p> <p><b>10am:</b> Tai Chi w/ Julie (Zoom) <b>3pm:</b> Yoga w/ Josh (Zoom)</p>	<p>11</p> <p><b>10am:</b> Virtual Table Talk for CAL+ Members <b>12pm:</b> Line Dancing Class (Zoom)</p>	<p>12</p> <p><b>10am:</b> Chair Yoga <b>2-3pm:</b> Name That Tune (Call the CAL office today at 706-549-4850 to play)</p>	<p>13</p> <p><b>12pm:</b> Air Fryer Basics with UGA Cooperative Extension (Zoom) *** Check out the Perseid Meteor Shower this week! <a href="https://blogs.nasa.gov/Watch_the_Skies/">https://blogs.nasa.gov/Watch_the_Skies/</a></p>	<p>14</p> <p><b>11am:</b> Virtual Trip:Tallulah Gorge <b>Anytime:</b> Watch Janet Geddis from Avid Bookshop share her "Summer Reads" (pre-recorded, YouTube)</p>
<p>17</p> <p><b>10am:</b> Tai Chi w/ Julie (Zoom) <b>3pm:</b> Yoga w/ Josh (Zoom)</p>	<p>18</p> <p><b>10am:</b> Virtual Table Talk for CAL+ Members <b>2pm:</b> Outsmart Your Smartphone</p>	<p>19</p> <p><b>10am:</b> Chair Yoga <b>1:30pm:</b> Dandelion Painting art class (RSVP by 8/12 to receive materials)</p>	<p>20</p> <p><b>7:30pm:</b> Hammonds House Museum Presents: Conversations About Jazz <a href="http://www.eventbrite.com/e/conversations-about-jazz-and-other-distractions-with-carl-anthony-tickets-107173077560">www.eventbrite.com/e/conversations-about-jazz-and-other-distractions-with-carl-anthony-tickets-107173077560</a></p>	<p>21</p> <p><b>Anytime:</b> Visit The Louvre on Instagram and "Follow the Flowers" in the museum's paintings! <a href="https://www.instagram.com/tv/CCtSIMVC1oI/?igshid=1b6i799kfrfeu">https://www.instagram.com/tv/CCtSIMVC1oI/?igshid=1b6i799kfrfeu</a></p>
<p>24</p> <p><b>10am:</b> Tai Chi w/ Julie (Zoom) <b>3pm:</b> Yoga w/ Josh (Zoom)</p>	<p>25</p> <p><b>10am:</b> Virtual Table Talk for CAL+ Members</p>	<p>26</p> <p><b>10am:</b> Chair Yoga <b>2-3pm:</b> Name That Tune (Call the CAL office today at 706-549-4850 to play)</p>	<p>27</p> <p><b>5pm:</b> Live Classical Guitar Performance (Zoom)</p>	<p>28</p> <p><b>12pm:</b> Virtual Bingo! (RSVP by 8/21 to receive a bingo card, space is limited)</p>
<p>31</p> <p><b>10am:</b> Tai Chi w/ Julie (Zoom) <b>3pm:</b> Yoga w/ Josh (Zoom)</p>			<p><b>Welcome to the Center for Active Living ONLINE Edition!</b></p> <p>To register for Zoom classes, please email <a href="mailto:nfrederick@accaging.org">nfrederick@accaging.org</a> Check out Center for Active Living's YouTube Channel for pre-recorded videos and visit us at <a href="http://accaging.org">accaging.org</a>, Facebook for continued updates.</p>	