

Summer 2020 Lifespan OnLine Schedule - BY THE WAY		Zoom room is open at 10 am and 1:15 pm.	
			Classes are at 10:30 and 1:30
	10:30		1:30
	Both the morning and afternoon links are on the website.		
	The password comes in the weekly reader.		
PRE FALL WEEK			
Mon Aug 31	Morning Gatherings		
Tues Sept 1	Morning Gatherings		Open Tech Support Session
Wed Sept 2	Morning Gatherings		Open Tech Support Session
Thurs Sept 3	Morning Gatherings		Open Tech Support Session
Fri Sept 4	Morning Gatherings		
WEEK 1			
Mon Sept 7	Coffee Hour		Technology Training
Tues Sept 8	Interactive Constitution		Intentional Mindfulness Zandra and Terry
Wed Sept 9	TAI CHI - Tina Rasheed		The Movie Club - Alexa Foreman
Thurs Sept 10	Healthy Cooking		Line Dancing - Rose Haven
Fri Sep 11	Coffee Hour		
WEEK 2			
Mon Sept 14	Coffee Hour		Technology Training
Tue Sept 15	Interactive Constitution		Intentional Mindfulness Zandra and Terry
Wed Sept 16	TAI CHI - Tina Rasheed		The Movie Club - Alexa Foreman
Thur Sept 15	Healthy Cooking		Line Dancing - Rose Haven
Fri Sept 18	Coffee Hour		
WEEK 3			
Mon Sept 21	Coffee Hour		Technology Training
Tue Sept 22	Interactive Constitution		Intentional Mindfulness Zandra and Terry
Wed Sept 23	TAI CHI - Tina Rasheed		The Movie Club - Alexa Foreman
Thur Sept 24	Healthy Cooking		Line Dancing - Rose Haven
Fri Sept 25	Coffee Hour		
WEEK 4			
Mon Sep 28	Coffee Hour		Technology Training
Tue Sept 29	Interactive Constitution		Intentional Mindfulness Zandra and Terry
Wed Sept 30	TAI CHI - Tina Rasheed		The Movie Club - Alexa Foreman
Thurs Oct 1	Healthy Cooking		Line Dancing - Rose Haven
Fri Oct 23	Coffee Hour		
WEEK 5			
Mon Oct 5	Coffee Hour		Technology Training
Tues Oct 6	Interactive Constitution		Aging Today - Lois Ricci
Wed Oct 7	TAI CHI - Tina Rasheed		The Movie Club - Alexa Foreman
Thur Oct 8	Healthy Cooking		Line Dancing - Rose Haven
Fri Oct 9	Coffee Hour		

WEEK 6		
Mon Oct 12	Coffee Hour	Technology Training
Tues Oct 13	Interactive Constitution	Aging Today - Lois Ricci
Wed Oct 14	TAI CHI - Tina Rasheed	The Movie Club - Alexa Foreman
Thur Oct 15	GAMES on ZOOM	Line Dancing - Rose Haven
Fri Oct 16	Coffee Hour	
WEEK 7		
Mon Oct 19	Coffee Hour	Technology Training
Tues Oct 20	Interactive Constitution	Aging Today - Lois Ricci
Wed Oct 21	TAI CHI - Tina Rasheed	The Movie Club - Alexa Foreman
Thur Oct 22	GAMES on ZOOM	Line Dancing - Rose Haven
Fri Oct 23	Coffee Hour	
WEEK 8		
Mon Oct 26	Coffee Hour	Technology Training
Tues Oct 27	Interactive Constitution	Aging Today - Lois Ricci
Wed Oct 28	TAI CHI - Tina Rasheed	The Movie Club - Alexa Foreman
Thur Oct 29	GAMES on ZOOM	Line Dancing - Rose Haven
Fri Oct 30	Coffee Hour	