

# Center Virtual Classes and Videos

## August 2020

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>4</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense &amp; Balance-w/George  Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>5</p> <p>11:00 Sun Style Tai Chi with Robert  Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>6</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>7</p> <p>11:00 Cooking with Gary: Menu: Pulled pork or beef Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>
<p>10</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>11</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense &amp; Balance-w/George 1:00 Book Club: Heart of Darkness Author: Joseph Conrad Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>12</p> <p>11:00 Sun Style Tai Chi with Robert  Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>13</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>14</p>
<p>17</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>18</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense &amp; Balance-w/George  Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>19</p> <p>11:00 Sun Style Tai Chi with Robert  Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>20</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>21</p>
<p>24</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>25</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense &amp; Balance-w/George Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>26</p> <p>11:00 Sun Style Tai Chi with Robert  Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>27</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>	<p>28</p>
<p>31</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: <a href="mailto:bdotson@clermontseniors.com">bdotson@clermontseniors.com</a></p>				<p><b>Go to Clermont Senior Services Face Book page for Video Links:</b></p> <ul style="list-style-type: none"> <li>◆ Make a clay craft with Megan</li> <li>◆ Pool Table tips from a competitor</li> <li>◆ Meditation with Helen</li> <li>◆ Cooking with Gary</li> </ul> <p><b>This institution is an equal opportunity provider and employer.”</b></p>