



Linda's T'ai Chi Weekly Handout September 18, 2022

Looking Forward as We Enter Fall and Winter 2022- 2023



Our T'ai Chi in the Park was a grand success. Thank you for coming and bringing friends and neighbors. But, alas, our time together in the park comes to an end Thursday September 29, 2022. Our Qigong/ Shi Ba Shi class will continue indoors at Hillcrest Church on Larrabee Avenue a block from the Firehouse on Thursday October 6, 2022 with a NEW TIME: 10 AM. (Capital letters for emphasis, I am not shouting).

We have other time changes as well for some classes; some classes stay the same. The Tuesday ZOOM Class will begin at 10 AM starting October 4, 2022. What a great way to start your day. (This is a new time)

The 11:30 PM Intermediate class on Tuesday stays the same- no changes.

The Tuesday beginning class will have a new start time. It will begin at 3 PM at the Firehouse starting Tuesday October 4, 2022.

There are no changes to the 11:15 AM Advanced class on Wednesday, the fan or the sword and no changes to the Thursday beginning class that meets on Thursday at 11 AM at the Firehouse.

Looking ahead to the holiday season. I do have classes on Wednesday November 23, the day before Thanksgiving. If you are in town, take a break and come to the advanced class. Hey, give it a try if you are a beginner or intermediate student. Follow- along and see what is ahead as you advance through sets 1 and 2.

I take a break in December. I hold classes the week of December 5 and 12<sup>th</sup>. Then, a nice long holiday with classes starting up again January 9, 2023. Tuition for December is \$15.00 for half a month. If you decide to pay the entire month's tuition, I will donate it to the Firehouse as I did last year.

Now to the weather. If the predictions are accurate, we may have a great deal of precipitation this fall and winter. I cancel classes if the weather affects the roads and makes travel unsafe. So, before heading out, check your email to make sure I have not cancelled a class. I try to be very careful

and sometimes, I cancel and the sun shines through. I try and err on the side of caution. You can always call me at my home number at 360-389-5754. You may get Ernie and he will know where I am.

One more time, the pandemic. Will it ever end? The infection rate at this point is low but we all know people who are getting sick. That infection rate is good but who knows what will happen in the late fall and winter. I have gotten the flu vaccine and the new COVID 19 Booster. I think I glow green at night, not sure.

All students must be vaccinated to be in class and we will continue masking until the virus is nothing but an annoying bug that does little harm to people.

Thank you all for a wonderful spring and summer at Linda's T'ai Chi.

Peace,

Linda