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Lester Outside (weather Permitting) / Indoors AND Online 10:00 AM - 3:00 PM  
Quilting Group\* 10:45 AM Tai Chi With Deby Goldenberg In Person And Online 12:30  
PM -3:00 PM Bridge Fridays 9:30 AM Balance & Stretching With Garner Lester Online  
11:00 AM Tai Ji Quan: Moving For Better Balance\* In-person And Online Virtual And  
In-person ... Feb 2th, 2024 Friendship Bracelets 101 Fun To Make Fun To Wear Fun  
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Idolatrous About Or Bound To Any Doctrine, Theory Or Ideology, Even Buddhist  
Ones. Buddhist Teachings Are Guiding Means To Feb 7th, 2024 Strong Mindfulness:  
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Hanh, 1993; Nhat Hanh & Gheung, 2010). Niemiec (2012a) Has Also Created  
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Review Labeling Emotions Mindfulness Of Emotions In The Body Exercise: Soften, Soothe, Allow Exercise: Working With Shame Meditation: Loving-Kindness Toward Difficult Person Informal Practice: Soften, Mar 15th, 2024.

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