

## **At Risk Fall 2021 Classes at MSAC, as of 9/15/21**

The following classes are at risk of being cancelled due to low enrollment. Please sign up right away if you're interested or call 223-2518 if you have questions.

<https://www.montpelier-vt.org/751/Classes>

1. 9307 Moving For Parkinson's (In-person)
2. 9300-E Gentle Yoga with Patty Crawford (Zoom)
3. 9103-A Drawing Basics with Janice Walrafen (In-person)
4. 9113 Pastels: Intermediate and Beyond with Jeneane Lunn (Zoom)
5. 9322 Qi Gong Sampler with Ellie Hayes (In-person)
6. 9300-A Chair Yoga with Ragan Sheridan (Zoom)
7. 9207 Poetry Workshop with Samn Stockwell (Zoom)
8. 9216 Great Decisions Current Events Discussions with Barbara Thompson and John Turner (Zoom)
9. 9101 Digital Photography with Linda Hogan (In-person)
- 10.9311-D Hua Yue Tai Chi with Ellie Hayes (In-person)
- 11.9210-D Writing Tuesday with Maggie Thompson (Zoom)
- 12.9300-V Moderate yoga to Improve Balance with Ragan Sheridan (Zoom)
- 13.9311-B Tai Chi for Fall Prevention with Ellie Hayes (In-person)
- 14.9104-B The Anti-inflammatory Diet with Lisa Mase (Zoom)
- 15.9300-J Moving into Stillness with Sarah Parker Givens (Zoom)
- 16.9304-A Bone Builders with Laura Morse (Zoom)
- 17.9300-W Moderate Yoga Monday with Ron Sweet (Zoom)
- 18.9103-B Drawing Nature with Janice Walrafen (In-person)
- 19.9205 Opera IV with Erik Nielsen (Zoom)