

# January

## SPECIAL NOTICE

**CHINESE NEW YEAR** - Chinese New Year begins on January 23. Jade Forest's Lion Dance team will be performing at local restaurants on **Sunday, January 29**. Performance schedule will be posted at the school and on Facebook.

**SUNDAY BELLY DANCE CLASSES** - The Fundamentals of Belly Dance with Sabrina is held every **Sunday morning from 10–11:30**. \$15 drop in/\$12 prepaid.

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|--|--|---|--|--|
| <p><b>Lion Dance Practice</b></p> <p>Mondays @ 7:00 pm<br/>Through February 7</p>                                     | <p><b>2</b><br/><b>NO MORNING KUNG FU</b></p> <p>Adults - 6:00–7:00<br/>Tai Chi - 7:30–8:30</p>   | <p><b>3</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Kids - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Adult Sparring - 7:00<br/>Adults - 7:30–8:30</p>  | <p><b>4</b></p> <p>Adults - 8:30–9:30 am<br/>Juniors - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Tai Chi - 7:30–8:30</p>  | <p><b>5</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Adults - 6:00–7:00<br/>Adults - 7:30–8:30</p>  | <p><b>6</b></p> <p>Tai Chi - 7:30–8:30 am<br/>Adults - 8:30–9:30 am<br/><b>Kids &amp; Juniors</b> - 4:30–5:30<br/>Adults - 6:00–7:00</p>   | <p><b>7</b></p> <p>Adults - 9:30–10:30 am<br/>Pee Wees - 10:40 - 11:10<br/>Tai Chi - 11:15–12:00</p>   |
| <p><b>8</b><br/><b>Performance Class</b> 9:00am</p>   | <p><b>9</b></p> <p>Adults - 8:30–9:30 am<br/>Adults - 6:00–7:00<br/><b>Lion Dance Practice</b> - 7:00<br/>Tai Chi - 7:30–8:30</p>                                     | <p><b>10</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Kids - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Adult Sparring - 7:00<br/>Adults - 7:30–8:30</p> | <p><b>11</b></p> <p>Adults - 8:30–9:30 am<br/>Juniors - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Tai Chi - 7:30–8:30</p> | <p><b>12</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Adults - 6:00–7:00<br/>Adults - 7:30–8:30</p> | <p><b>13</b></p> <p>Tai Chi - 7:30–8:30 am<br/>Adults - 8:30–9:30 am<br/><b>Kids &amp; Juniors</b> - 4:30–5:30<br/>(Kids &amp; Jr. Sparring)<br/>Adults - 6:00–7:00</p>                                      | <p><b>14</b></p> <p>Adults - 9:30–10:30 am<br/>Pee Wees - 10:40 - 11:10<br/>Tai Chi - 11:15–12:00</p>  |
| <p><b>15</b><br/><b>Shaolin Jie Ben Gong</b><br/>9:00am<br/><b>Shaolin Forms Review</b><br/>10:00am</p>               | <p><b>16</b> <b>MARTIN LUTHER KING'S DAY</b><br/><b>NO MORNING KUNG FU</b></p> <p>Adults - 6:00–7:00<br/><b>Lion Dance Practice</b>- 7:00<br/>Tai Chi - 7:30–8:30</p> | <p><b>17</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Kids - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Adult Sparring - 7:00<br/>Adults - 7:30–8:30</p> | <p><b>18</b></p> <p>Adults - 8:30–9:30 am<br/>Juniors - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Tai Chi - 7:30–8:30</p> | <p><b>19</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Adults - 6:00–7:00<br/>Adults - 7:30–8:30</p> | <p><b>20</b></p> <p>Tai Chi - 7:30–8:30 am<br/>Adults - 8:30–9:30 am<br/><b>Kids &amp; Juniors</b> - 4:30–5:30<br/>Adults - 6:00–7:00</p>  | <p><b>21</b></p> <p>Adults - 9:30–10:30 am<br/>Pee Wees - 10:40 - 11:10<br/>Tai Chi - 11:15–12:00<br/><b>Ba Gua Qigong Review</b><br/>12:00pm</p>  |
| <p><b>22</b><br/><b>Chin-Na Review</b> 9:00am</p>   | <p><b>23</b> <b>CHINESE NEW YEAR BEGINS</b></p> <p>Adults - 8:30–9:30 am<br/>Adults - 6:00–7:00<br/><b>Lion Dance Practice</b> - 7:00<br/>Tai Chi - 7:30–8:30</p>     | <p><b>24</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Kids - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Adult Sparring - 7:00<br/>Adults - 7:30–8:30</p> | <p><b>25</b></p> <p>Adults - 8:30–9:30 am<br/>Juniors - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Tai Chi - 7:30–8:30</p> | <p><b>26</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Adults - 6:00–7:00<br/>Adults - 7:30–8:30</p> | <p><b>27</b></p> <p>Tai Chi - 7:30–8:30 am<br/>Adults - 8:30–9:30 am<br/><b>Kids &amp; Juniors</b> - 4:30–5:30<br/>(Kids &amp; Jr. Sparring)<br/>Adults - 6:00–7:00</p>                                      | <p><b>28</b></p> <p>Adults - 9:30–10:30 am<br/>Pee Wees - 10:40 - 11:10<br/>Tai Chi - 11:15–12:00</p>  |
| <p><b>29</b><br/><b>LION DANCE TEAM CHINESE NEW YEAR CELEBRATION</b><br/>See Events Board for locations and times</p> | <p><b>30</b></p> <p>Adults - 8:30–9:30 am<br/>Adults - 6:00–7:00<br/>Tai Chi - 7:30–8:30</p>  | <p><b>31</b></p> <p>Tai Chi Practice Class - 6:45am<br/>Kids - 4:30–5:30<br/>Adults - 6:00–7:00<br/>Adult Sparring - 7:00<br/>Adults - 7:30–8:30</p> | <p><b>Jade Forest</b><br/><b>781-871-9062</b></p>  |   | <p><b>Monthly Calendars</b> can be downloaded at our website<br/>JadeForestRockland.com</p> <p> Find us on Facebook</p> | <p> <b>SNOW NUMBER</b> <br/><b>617-312-7810</b><br/>for schedule changes<br/>REMEMBER if Rockland schools are closed due to snow, there will be NO morning Kung Fu or Tai Chi classes.</p> |