



**Tai Chi Classes**—Come experience the gentle, calming, yet strengthening exercise that is increasingly recognized as beneficial to persons of all ages and levels of fitness. Randy Sheets (SHPC music director) leads classes for beginners or experienced tai chi players in our Fellowship Hall. If you have questions or wonder if Tai Chi is for you and your physical condition, please contact Randy at the church or at [rsheets@shpc.us](mailto:rsheets@shpc.us). Come join us for this practice known as “moving meditation.” Refer to the church calendar on this website for the schedule.