



## April, 2021 Redding Covid Vaccination Update



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## Update from Redding Health Department

04/14/2021

With widening COVID-19 vaccine distribution and increased availability, Redding will be holding its **final first dose vaccination clinic** on **April 23rd**. It's good news that we are sensing the supply of vaccine is starting to catch up with the demand. For those looking for a vaccination appointment there's still time for Redding residents who are 18 and older to sign up by clicking **HERE**.

Redding will still run **second dose clinics** after April 23rd for those who received their first dose in Redding. The **final second dose clinic** will be **May 21st**. Second dose recipients early in the week their shot is due will receive a call and/or email to set up an appointment.

*Doug Hartline, RS  
Redding Health Officer*

*Dr. Lawrence Leibowitz  
Director of Health*



### Weekly Class Schedule

#### **Mondays**

9:00 AM **Beginner Qi Gong & Tai Chi** with Sensei June Fagan *online*

2:00 PM **Playing with Clay** *in-person*

## **Tuesdays**

9:30 AM **Fitness to Fit You** with Garner Lester *in-person / online*  
11:00 AM **Tai Ji Quan: Moving for Better Balance** *in-person / online*  
2:30 PM **Intermediate Ukulele** with Wendy Matthews *outside / online*  
4:00 PM **Beginner Ukulele** with Wendy Matthews *online*  
4:00 PM **Yoga Nidra** with Deby Goldman April 27th *online: 2nd and 4th Tuesdays of the month*

## **Wednesdays**

9:00 AM **Gentle Yoga** with Laurie Mayper *in-person*  
9:30 AM **Intermediate Qi Gong & Tai Chi** with Sensei June Fagan *online*  
10:00 AM **Current Events Discussion** *online*

## **Thursdays**

9:30 AM **Fitness to Fit You** with Garner Lester *in-person / online*  
10:00 AM - 3:00 PM **Quilting Group** *in-person*  
11:00 AM **Tai Chi** with Deby Goldenberg *online*  
3:00 PM **Beginner/Intermediate French** *online through Weston Senior Center*

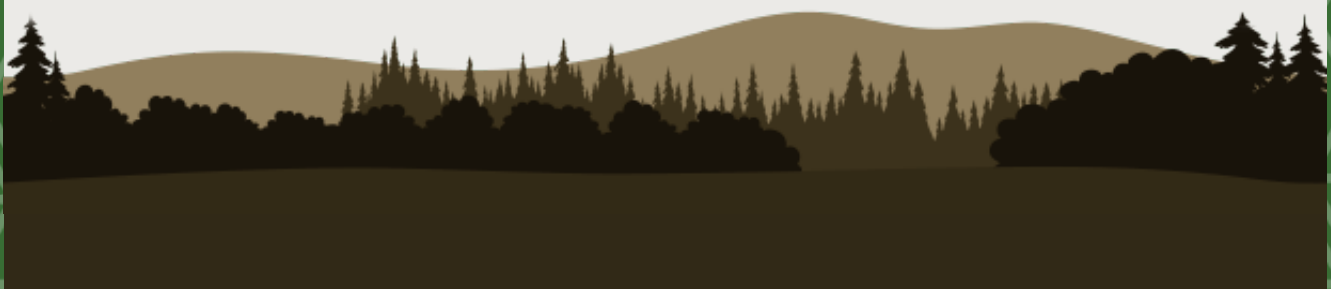
## **Fridays**

9:30 AM **Balance & Stretching** with Garner Lester *online*  
11:00 AM **Tai Ji Quan: Moving for Better Balance** *in-person / online*

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**Above all, stay home, stay safe, be well!**

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