

VIRTUAL CLASSES through **televēda**

**WEEK 1**

[Click here to access the schedule and classes](#)

**1 Thursday**  
10:30 a.m. Sr. Yoga, Meditation and Health

**2 Friday**  
8:30 a.m. Sr Exercise  
9 a.m. Ageless Yoga  
12:30 p.m. Sr Musical Bingo  
2 p.m. Sr Oil Painting \$

**WEEK 2**

**5 Monday**  
8:30 a.m. Sr Exercise  
12:30 p.m. Sr Musical Bingo

**6 Tuesday**  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$

**7 Wednesday**  
8:30 a.m. Sr Exercise  
11 a.m. Sr Drawing \$  
12:30 p.m. Sr Bingo  
**8 Thursday**

**9 Friday**  
8:30 a.m. Sr Exercise  
9 a.m. Ageless Yoga  
12:30 p.m. Sr Musical Bingo  
2 p.m. Sr Oil Painting \$

**WEEK 3**

**12 Monday**  
8:30 a.m. Sr Exercise  
12:30 p.m. Sr Musical Bingo  
5 p.m. Marine Biology Q&A

**13 Tuesday**  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$

**14 Wednesday**  
8:30 a.m. Sr Exercise  
11 a.m. Sr Drawing \$  
12:30 p.m. Sr Bingo  
**15 Thursday**  
5 p.m. Cave Critters

**16 Friday**  
8:30 a.m. Sr Exercise  
9 a.m. Ageless Yoga  
12:30 p.m. Sr Musical Bingo  
2 p.m. Sr Oil Painting \$

**WEEK 4**

**19 Monday**  
8:30 a.m. Sr Exercise  
12:30 p.m. Sr Musical Bingo

**20 Tuesday**  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$  
5 p.m. Penguin Adaptations

**21 Wednesday**  
8:30 a.m. Sr Exercise  
11 a.m. Sr Drawing \$  
12:30 p.m. Sr Bingo  
**22 Thursday**

**23 Friday**  
8:30 a.m. Sr Exercise  
9 a.m. Ageless Yoga  
12:30 p.m. Sr Musical Bingo  
2 p.m. Sr Oil Painting \$

**WEEK 5**

**26 Monday**  
8:30 a.m. Sr Exercise

**27 Tuesday**  
11 a.m. Sr Watercolor \$

**28 Wednesday**  
11 a.m. Sr Drawing \$  
**29 Thursday**

**30 Friday**  
8:30 a.m. Sr Exercise  
9 a.m. Ageless Yoga  
12:30 p.m. Sr Musical Bingo