

VIRTUAL CLASSES through **televēda**

WEEK 1

3 Friday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
5 p.m. Environmental Exploration

4 Tuesday

9 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor

5 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
5 p.m. Cave Critters

7 Friday

8:30 a.m. Sr Exercise
9:00 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 2

10 Monday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo

11 Tuesday

9 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor

12 Wednesday

8:30 a.m. Sr Exercise
10 a.m. Active Adult Advisory Committee
12:30 p.m. Sr Bingo
5 p.m. Desert Plant Adaptations
13 Thursday
10:30 p.m. Sr Yoga, Meditation & Health

14 Friday

8:30 a.m. Sr Exercise
9:00 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 3

17 Monday

18 Tuesday

9 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor

19 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo

20 Thursday

10:30 p.m. Sr Yoga, Meditation & Health

21 Friday

8:30 a.m. Sr Exercise
9:00 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 4

24 Monday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo

25 Tuesday

9 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0

26 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo

27 Thursday

10:30 p.m. Sr Yoga, Meditation & Health

28 Friday

8:30 a.m. Sr Exercise
9:00 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 5

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