

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

4 Tuesday

9 a.m. Ageless Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

5 Wednesday

12:30 p.m. Sr Bingo
5 p.m. Cave Critters

7 Friday

8:30 a.m. Sr Exercise
8:30 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
5 p.m. Harry Potter Crafts

11 Tuesday

9 a.m. Ageless 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
13 Thursday
10:30 p.m. Sr Yoga,
Meditation & Health

14 Friday

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

WEEK 3

17 Monday

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

18 Tuesday

9 a.m. Ageless 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
8:30 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. Ageless Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

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

WEEK 5

31 Monday

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

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