

VIRTUAL CLASSES through **televēda**

WEEK 1

1 Tuesday

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

2 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
5 p.m. Desert Plant Adaptations
3 Thursday
10:30 p.m. Sr Yoga, Meditation & Health

4 Friday

8:30 a.m. Sr Exercise
9 a.m. All Levels Yoga
12:30 p.m. Sr Musical Bingo

WEEK 2

7 Monday

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

8 Tuesday

9 a.m. All Levels Yoga
9 a.m. iPhone Photography: Settings, Operating & Editing
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

9 Wednesday

8:30 a.m. Sr Exercise
10 a.m. Active Adult Advisory Committee
12:30 p.m. Sr Bingo
5 p.m. Bug Pinning
10 Thursday
10:30 p.m. Sr Yoga, Meditation & Health

11 Friday

8:30 a.m. Sr Exercise
9 a.m. All Levels Yoga
12:30 p.m. Sr Musical Bingo

WEEK 3

14 Monday

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

15 Tuesday

9 a.m. All Levels Yoga
9 a.m. iPhone Photography: Lighting & Composition
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

16 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
17 Thursday
10:30 p.m. Sr Yoga, Meditation & Health

18 Friday

8:30 a.m. Sr Exercise
9 a.m. All Levels Yoga
12:30 p.m. Sr Musical Bingo

WEEK 4

21 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
5 p.m. Spooky Animals

22 Tuesday

9 a.m. All Levels Yoga
9 a.m. DSLR Photography: Automatic vs Manual Mode
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

23 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
24 Thursday
10:30 p.m. Sr Yoga, Meditation & Health

25 Friday

8:30 a.m. Sr Exercise
9 a.m. All Levels Yoga
12:30 p.m. Sr Musical Bingo

WEEK 5

28 Monday

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

29 Tuesday

9 a.m. All Levels Yoga
9 a.m. DSLR Photography: Which Lenses to Use & When
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

30 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
31 Thursday
10:30 p.m. Sr Yoga, Meditation & Health

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