

VIRTUAL CLASSES through **televēda**

WEEK 1

2 Monday

3 Tuesday

9 a.m. Ageless Yoga
10 a.m. Sr Mindfulness 2.0
12:30 p.m. Sr Musical Bingo

4 Wednesday

8:30 a.m. Sr Exercise
11 a.m. Sr Drawing \$
12:30 p.m. Sr Bingo
5 p.m. Desert Plant Adaptations
5 Thursday

6 Friday

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

WEEK 2

9 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
4:30 p.m. Sr Watercolor – Design Fashion \$

10 Tuesday

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

11 Wednesday

8:30 a.m. Sr Exercise
10 a.m. Active Adult Advisory Committee
11 a.m. Sr Drawing \$
12:30 p.m. Sr Bingo
5 p.m. Bug Pinning
12 Thursday

13 Friday

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

WEEK 3

16 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
4:30 p.m. Watercolor – Design Fashion \$
5 p.m. Dragonflies & Butterflies

17 Tuesday

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

18 Wednesday

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

20 Friday

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

WEEK 4

23 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
4:30 p.m. Watercolor – Design Fashion \$

24 Tuesday

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

25 Wednesday

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

27 Friday

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

WEEK 5

30 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
4:30 p.m. Watercolor – Design Fashion \$

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