

VIRTUAL CLASSES through **televēda**

WEEK 1

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

1 Wednesday

2 Thursday

3 Friday

12:30 p.m. Sr Musical Bingo

WEEK 2

6 Monday

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

7 Tuesday

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

8 Wednesday

8:30 a.m. Sr Exercise
10 a.m. Active Adult Advisory Committee
12:30 p.m. Sr Bingo
5 p.m. Cave Critters

10 Friday

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

WEEK 3

13 Monday

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

14 Tuesday

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

15 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
5 p.m. Desert Plant Adaptations

17 Friday

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

WEEK 4

20 Monday

21 Tuesday

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

22 Wednesday

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

24 Friday

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

23 Thursday

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

WEEK 5

27 Monday

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

28 Tuesday

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

29 Wednesday

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

31 Friday

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

30 Thursday

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