

VIRTUAL CLASSES through **televēda**

WEEK 1

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

1 Friday

8:30 a.m. Sr Exercise
9 a.m. Ageless Yoga

WEEK 2

4 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga

5 Tuesday

9 a.m. All Levels Yoga
9 a.m. DSLR Photography: Basic Camera Setting and Controls
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

6 Wednesday

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

7 Thursday

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

8 Friday

9 a.m. Ageless Yoga

WEEK 3

11 Monday

12 Tuesday

9 a.m. All Levels Yoga
9 a.m. DSLR Photography: Use the Aperture Setting
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

13 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

14 Thursday

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

15 Friday

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

WEEK 4

18 Monday

8:30 a.m. Sr Exercise
9 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
5 p.m. Arizona State Symbols

19 Tuesday

9 a.m. All Levels Yoga
9 a.m. DSLR Photography: Use the Shutter Speed Setting
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

20 Wednesday

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

21 Thursday

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

22 Friday

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

WEEK 5

25 Monday

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

26 Tuesday

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

27 Wednesday

8:30 a.m. Sr Exercise

28 Thursday

29 Friday