

VIRTUAL CLASSES through **televēda**

WEEK 1

1 Monday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Musical
Bingo
5 p.m. Marine Biology Q&A

2 Tuesday

10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

3 Wednesday

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

5 Friday

8:30 a.m. Sr Exercise
9 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo
2 p.m. Sr Oil Painting \$

4 Thursday

WEEK 2

8 Monday

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

9 Tuesday

10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$
5 p.m. Penguin Adaptations

10 Wednesday

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

11 Thursday

10:30 a.m. Sr. Yoga,
Meditation and Health

12 Friday

8:30 a.m. Sr Exercise
9 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo
2 p.m. Sr Oil Painting \$

WEEK 3

15 Monday

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

16 Tuesday

10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

17 Wednesday

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

18 Thursday

10:30 a.m. Sr. Yoga,
Meditation and Health
5 p.m. Cave Critters

19 Friday

8:30 a.m. Sr Exercise
9 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo
2 p.m. Sr Oil Painting \$

WEEK 4

22 Monday

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

23 Tuesday

10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

24 Wednesday

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

25 Thursday

10:30 a.m. Sr. Yoga,
Meditation and Health
5 p.m. Desert Plant
Adaptations

26 Friday

8:30 a.m. Sr Exercise
9 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo
2 p.m. Sr Oil Painting \$

WEEK 5

29 Monday

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

30 Tuesday

10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

31 Wednesday

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

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schedule](#)

