

VIRTUAL CLASSES through **televēda**

WEEK 1

3 Monday

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

4 Tuesday

9 a.m.
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor

5 Wednesday

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

7 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 \$

6 Thursday

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

WEEK 2

10 Monday

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

11 Tuesday

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

12 Wednesday

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

14 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 \$

13 Thursday

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

WEEK 3

17 Monday

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

18 Tuesday

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

19 Wednesday

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

21 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 \$

20 Thursday

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

WEEK 4

24 Monday

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

25 Tuesday

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

26 Wednesday

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

28 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 \$

27 Thursday

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

WEEK 5

[Click here to
access the
schedule](#)