

VIRTUAL CLASSES through **televēda**

WEEK 1

- 1 Friday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Gentle Yoga
- 12:30 p.m. Sr Musical Bingo
- 1 p.m. Silversneakers TaiChi/Qigong \$
- 3 p.m. Sr Oil Painting

WEEK 2

- 4 Monday**
- 5 Tuesday**
- 9 a.m. All Levels Yoga
- 10 a.m. Sr Mindfulness
- 10:30 a.m. Sr Entertainment – Frank Mackey
- 11 a.m. Sr Watercolor
- 4:30 p.m. Arizona Place Names

- 6 Wednesday**
- 8:30 a.m. Sr Exercise
- 11 a.m. Sr Drawing
- 12:30 p.m. Sr Bingo

- 8 Friday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Gentle Yoga
- 12:30 p.m. Sr Musical Bingo
- 1 p.m. Silversneakers TaiChi/Qigong \$
- 3 p.m. Sr Oil Painting

WEEK 3

- 11 Monday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Chair Yoga
- 10 a.m. Active Adults Brains & Balance \$
- 12:30 p.m. Sr Musical Bingo
- 5 p.m. All About Sharks

- 12 Tuesday**
- 9 a.m. All Levels Yoga
- 10 a.m. Sr Mindfulness
- 11 a.m. Sr Watercolor

- 13 Wednesday**
- 8:30 a.m. Sr Exercise
- 11 a.m. Sr Drawing
- 12:30 p.m. Sr Bingo

- 15 Friday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Gentle Yoga
- 12:30 p.m. Sr Musical Bingo
- 1 p.m. Silversneakers TaiChi/Qigong \$
- 3 p.m. Sr Oil Painting

WEEK 4

- 18 Monday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Chair Yoga
- 10 a.m. Active Adults Brains & Balance \$
- 12:30 p.m. Sr Musical Bingo
- 5 p.m. Vaquita Porpoise Conservation

- 19 Tuesday**
- 9 a.m. All Levels Yoga
- 10 a.m. Sr Mindfulness
- 11 a.m. Sr Watercolor

- 20 Wednesday**
- 8:30 a.m. Sr Exercise
- 11 a.m. Sr Drawing
- 12:30 p.m. Sr Bingo
- 3:30 p.m. Sonoran Desert Q&A
- 5 p.m. Desert Plant Adaptations

- 22 Friday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Gentle Yoga
- 10:30 a.m. Sr Entertainment – The Prezley's
- 12:30 p.m. Sr Musical Bingo
- 1 p.m. Silversneakers TaiChi/Qigong \$
- 3 p.m. Sr Oil Painting

WEEK 5

- 25 Monday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Chair Yoga
- 10 a.m. Active Adults Brains & Balance \$
- 12:30 p.m. Sr Musical Bingo

- 26 Tuesday**
- 9 a.m. All Levels Yoga
- 10 a.m. Sr Mindfulness

- 27 Wednesday**
- 8:30 a.m. Sr Exercise
- 11 a.m. Sr Drawing
- 12:30 p.m. Sr Bingo
- 28 Thursday**
- 5 p.m. Cave Critters

- 29 Friday**
- 8:30 a.m. Sr Exercise
- 9 a.m. Gentle Yoga
- 12:30 p.m. Sr Musical Bingo
- 1 p.m. Silversneakers TaiChi/Qigong \$
- 3 p.m. Sr Oil Painting