

CHANDLER REC

VIRTUAL CLASSES

In partnership with



televēda

for class information visit
chandleraz.gov/RecAtHome


APRIL | 2023

Week 1



3 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
4 p.m.
Art for All 


4 Tuesday

10 a.m.
Sr Strength
10 a.m.
Mindfulness-
Brain Games
11 a.m.
Sr Watercolor \$ 

5 Wednesday

8:30 a.m.
Sr Exercise
8:30 a.m.
iPhone Photography
for Beginners
11 a.m.
Sr Drawing \$ 
12:30 p.m.
Sr Bingo
4 p.m.
Mug Cooking 


6 Thursday


10:30 a.m.
Fit Over Fifty \$ 
7 Friday
8:30 a.m.
Sr Exercise
9 a.m.
Gentle Yoga
12:30 p.m.
Sr Musical Bingo


PROGRAM CONTACTS

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 **Hybrid program** that may be taken in-person or virtually online. See registration receipt for complete details.



 **Therapeutic Recreation** specifically designed for individuals with physical, mental, emotional, or social limitations.

 **Therapeutic Recreation+** is designed for individuals with physical, mental, emotional, or social limitations in addition to general population.


\$ All program/class fees are paid during the registration process.

Week 2



10 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
4 p.m.
Art for All 
5 p.m.
Earth Day Crafts


11 Tuesday

10 a.m.
Sr Strength
10 a.m.
Mindfulness-
Brain Games
11 a.m.
Sr Watercolor \$ 

12 Wednesday



8:30 a.m.
Sr Exercise
8:30 a.m.
iPhone Photography
for Beginners
11 a.m.
Sr Drawing \$ 
12:30 p.m.
Sr Bingo
4 p.m.
Mug Cooking 

13 Thursday



10:30 a.m.
Fit Over Fifty \$ 
14 Friday
8:30 a.m.
Sr Exercise
9 a.m.
Gentle Yoga
12:30 p.m.
Sr Musical Bingo

Week 3



17 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
4 p.m.
Art for All 



18 Tuesday

10 a.m.
Sr Strength
10 a.m.
Mindfulness-
Brain Games
11 a.m.
Sr Watercolor \$ 
4 p.m.
Book Club 

19 Wednesday


8:30 a.m.
Sr Exercise
11 a.m.
Sr Drawing \$ 
12:30 p.m.
Sr Bingo
4 p.m.
Mug Cooking 
6 p.m.
Sonoran Desert
Q&A

20 Thursday


10:30 a.m.
Fit Over Fifty \$ 
4 p.m.
Book Club 
21 Friday
8:30 a.m.
Sr Exercise
9 a.m.
Gentle Yoga
12:30 p.m.
Sr Musical Bingo

Week 4


24 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


25 Tuesday

10 a.m.
Sr Strength
10 a.m.
Mindfulness-
Brain Games
11 a.m.
Sr Watercolor \$ 

26 Wednesday

8:30 a.m.
Sr Exercise
11 a.m.
Sr Drawing \$ 
12:30 p.m.
Sr Bingo
6 p.m.
Effects of
Urbanization
Globally & Locally In
Your Back Yard

27 Thursday

10:30 a.m.
Fit Over Fifty \$ 
28 Friday
8:30 a.m.
Sr Exercise
9 a.m.
Gentle Yoga
12:30 p.m.
Sr Musical Bingo



DISCOVER.

IMAGINE.

GROW.

with **Chandler Recreation**