



VIRTUAL CLASSES through

# September | 2025

televēda

## WEEK 1

### 1 Monday

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

### 2 Tuesday

8:30 a.m. Stretch Flow  
10 a.m. Sr Mindfulness 2.0

### 3 Wednesday

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

### 4 Thursday

4 p.m. Sketching Still Life \$

### 5 Friday

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

## WEEK 2

### 8 Monday

8:30 a.m. Sr Exercise  
10 a.m. Chair Yoga  
11:30 a.m. Stretch Flow  
12:30 p.m. Sr Musical Bingo  
2 p.m. Meditation Monday

### 9 Tuesday

8:30 a.m. Stretch Flow  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$

### 10 Wednesday

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

### 11 Thursday

4 p.m. Sketching Still Life \$

### 12 Friday

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

## WEEK 3

### 15 Monday

8:30 a.m. Sr Exercise  
10 a.m. Chair Yoga  
11:30 a.m. Stretch Flow  
12:30 p.m. Sr Musical Bingo  
2 p.m. Meditation Monday

### 16 Tuesday

8:30 a.m. Stretch Flow  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$

### 17 Wednesday

8:30 a.m. Sr Exercise  
8:30 a.m. Ageless Yoga  
12:30 p.m. Sr Bingo  
5 p.m. Desert Plant Adaptations  
5:30 p.m. Fitness Talk

### 18 Thursday

4 p.m. Sketching Still Life \$

### 19 Friday

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

## WEEK 4

### 22 Monday

8:30 a.m. Sr Exercise  
10 a.m. Chair Yoga  
11:30 a.m. Stretch Flow  
12:30 p.m. Sr Musical Bingo  
2 p.m. Meditation Monday

### 23 Tuesday

8:30 a.m. Stretch Flow  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$

### 24 Wednesday

8:30 a.m. Sr Exercise  
8:30 a.m. Ageless Yoga  
12:30 p.m. Sr Bingo  
5 p.m. Cave Critters

### 25 Thursday

4 p.m. Sketching Still Life \$

### 26 Friday

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

## WEEK 5

### 29 Monday

8:30 a.m. Sr Exercise  
10 a.m. Chair Yoga  
11:30 a.m. Stretch Flow  
12:30 p.m. Sr Musical Bingo  
2 p.m. Meditation Monday

### 30 Tuesday

8:30 a.m. Stretch Flow  
10 a.m. Sr Mindfulness 2.0  
11 a.m. Sr Watercolor \$