



December | 2025

televeda

WEEK 1	1 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday	2 Tuesday 10 a.m. Sr Mindfulness 2.0 11 a.m. Sr Watercolor \$	3 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 4 Thursday 8:30 a.m. Stretch & Mobility 4 p.m. Drawing for Beginners	5 Friday 8:30 a.m. Ageless Yoga 12:30 p.m. Sr Musical Bingo
	8 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday	9 Tuesday 10 a.m. Sr Mindfulness 2.0 11 a.m. Sr Watercolor \$	10 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 11 Thursday 8:30 a.m. Stretch & Mobility 4 p.m. Drawing for Beginners\$	12 Friday 8:30 a.m. Sr Exercise 8:30 a.m. Ageless Yoga 12:30 p.m. Sr Musical Bingo
	15 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday 5 p.m. Penguin Adaptations	16 Tuesday 10 a.m. Sr Mindfulness 2.0 11 a.m. Sr Watercolor \$	17 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 5 p.m. Cave Critters 18 Thursday 8:30 a.m. Stretch & Mobility 4 p.m. Drawing for Beginners\$	19 Friday 8:30 a.m. Sr Exercise 8:30 a.m. Ageless Yoga 12:30 p.m. Sr Musical Bingo
	22 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo	23 Tuesday 10 a.m. Sr Mindfulness 2.0	24 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 25 Thursday	26 Friday
WEEK 4				
WEEK 5	29 Monday 2 p.m. Meditation Monday	30 Tuesday <u>Access Class Schedule Here</u>	31 Wednesday	